



Walktober Walking to Wellbeing



This October's Walktober challenge is about walking to improve your wellbeing

myjourneyhampshire.com/walktober



Pupils ... families ... staff

How could you create opportunities to walk this Walktober?



Walk to school or work



Find a new walking route through a park, or away from traffic, to breathe cleaner air



Walk to the park or a friend's house after school



Walk around the playground at lunchtime



Take your learning outside

You don't have to walk for hours for it to be good for you. Little bursts of walking and being outside are great too!

When else could we do some extra walking this month?
Does anyone have any ideas?



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Here's what children did in Walktober 2019:

We ... picked **blackberries** and **conkers**, cycled on my **bike**, tried out the **assault course** at Queen Elizabeth Country Park, **hurdled pumpkins**, enjoyed **spending time together outside** walking, went on **new** walking routes **in the rain** collecting sweet chestnuts, looked at the changes in the weather, collected a treasury of **special natural objects** which evolved into a nature **sculpture** that the whole family contributed to, **learned** tree names and what happens to **trees in a storm**, tried **new routes to school**, went for woodland walks in country parks and on **trails** at **National Trust** properties. We walked and played '**Mindful 5**' to **connect us to the world around us**.



"It's been fun. It got our family talking"



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Walktober 2020 is themed around Hampshire and the NHS's 'Five Steps to Wellbeing'

The 'Five Ways to Wellbeing' are now part of the new Alver Valley Personal Development Curriculum!



Be active ... outside

Be mindful ... think about the world around you

Keep learning ... about the great outdoors

Connect ... with nature

Give to others ... by being kind to your community



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Be active

See our website:



Teachers and Parents!

Visit our website for lots of information on:

- Safe and active travel
- Social distancing
- Wellbeing pages
- Transition Time including our **Histrionics** films
- **Toolkits** and **training videos** on scooting and cycling

www.myjourneyhampshire.com

www.myjourneysouthampton.com

PUPILS and Staff!

Join in
Walk to School Week
5-9 October

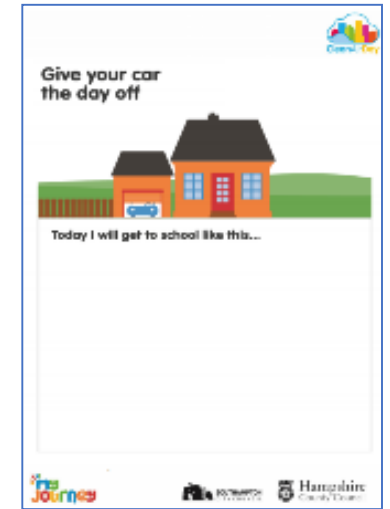


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Be mindful

Join in **Clean Air Day** on 8 October
and learn what
we can do to
clean up the air
we breathe



School challenge walk to school
on the 8th October – Staff,
children, parents! Who will walk
the furthest?

- **Theme:** air pollution affects you from your first breath to your last
- **Pupil poster competition** and **school competition** to win a flow meter (mobile air quality monitor)



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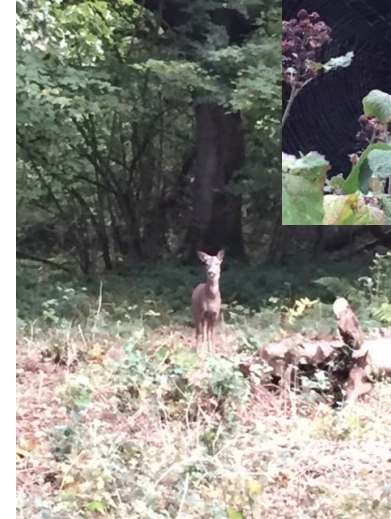
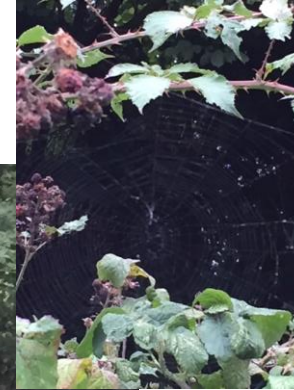
Keep learning



Whilst out walking, why not take some 'looking closely' photos to record your new experiences, ask an adult to post your favourite ones to Dojo or Tapestry or our social media channels using **#Alvervalley** **#Walktober**

<https://youtu.be/xCUBP2xN7eY>

Tag in our school so we can tell everyone what you've been up to.



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Connect

Walktober Activities Toolkit

Lots of activities to do outside from home with your families or with your teachers in school

Mindful Scavenger Hunt – new for 2020!



Please follow up-to-date Government advice on social distancing when exercising outside or doing any of these activities.

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Challenge Card

The Walktober Challenge:
To complete a Walktober wellbeing activity on as many days during October as possible.

Colour the pictures below to show which days of Walktober you achieved an activity. Use the space underneath to note what activity you did, and how it made you feel. You can use one grid for each person taking part, or one for the whole family or class – whichever you prefer. Don't forget to start with our [Mindful Scavenger Hunt](#) and finish by entering our competition to win a great prize for your family or school. Good luck!

START	1	2	3	4	5	6	7
My Walktober day today ...	Start with a mindful scavenger hunt!						
8	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23
24	25	26	27	28	29	30	31

Congratulations! You made it to the end. Don't forget to enter our pupil competition or schools' competition. Entry form at www.myjourneyhampshire.com/walktober. Deadline for entry: Friday 6 November

Please follow up-to-date Government advice on social distancing when exercising outside or doing any of these activities.

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Give to others

This is an opportunity for staff and pupils to give something back, to their school or local community.

What could you or your pupils do to support your school or local community?



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It's competition time!



Liberty's Owl, Raptor And
Reptile Centre
Near Ringwood in The New Forest



Inspire
others!

Pupils

- Tell **Walktober** which **Walktober** activities you have tried
- Did you and your family feel a benefit to your wellbeing?
- Include a photo of your challenge card or your favourite activity
- Win **vouchers for family days out in Hampshire**

Deadline for entries:
Friday 6 November

TUDOR
HOUSE
& GARDEN



"Sunday family
walks are now a
tradition"



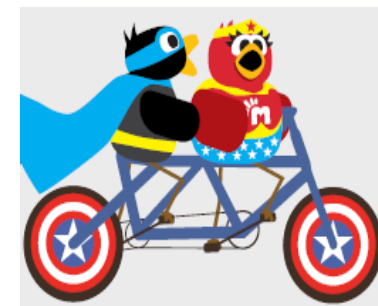
WINCHESTER
SCIENCE CENTRE
AND PLANETARIUM



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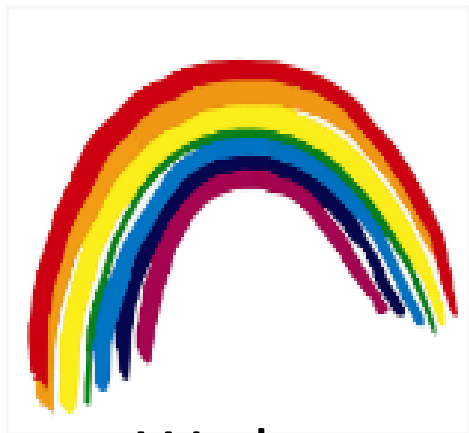
A quick Walktober reminder:

- **Enjoy spending time outdoors**, on your own or with friends (whilst observing social distancing)
- Use our **toolkit for ideas** if you like
- Fill in the **challenge card** to keep a record of what you did
- **Do something kind** for someone in your community
- **Post your best photos** on Tapestry and Class Dojo using **#Walktober**
- **#Alvervalley**
- **Enter our competition** at www.myjourneyhampshire.com/walktober
- **Oh, and “Walk to Wellbeing”, having fun and feeling great 😊**



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Walktober: Walking to Wellbeing



We hope you enjoy taking part in Walktober and have some fantastic experiences whilst walking to improve your wellbeing.



Mindful Scavenger Hunt

Start right away with our brand-new [Mindful Scavenger Hunt](#) put together by Kate at The Mindful Runner. Watch this [short film](#) and follow her instructions for a fantastic mindful start to this year's **Walktober** challenge.



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Alver Valley Schools Chickens

