

The **Walktober** challenge is all about walking to improve your wellbeing. Walktober, run annually since 2016 by the Travel Planning Teams at [Hampshire County Council](#) and [Southampton City Council](#), is a challenge held each October to celebrate and focus the mind on International Walk to School Month. The pandemic, and subsequent lockdown, has taught us all that exercising and spending time outside enjoying your surroundings is great, if not essential, for your wellbeing.

### Triple celebrations this year!

Unusually this year, during October, as well as **Walktober**, we will also be promoting **Walk to School Week** (5-9 October) and **Clean Air Day** (8 October), both delayed due to Covid-19.

**Walktober means pupils, staff and their families finding opportunities to walk and be outside as often as possible:** to and from school or work, but also trying to find other opportunities to enjoy spending time outside, with household members (or others, whilst social distancing), and encourage and inspire others to do the same.

**Connect, Be Active, Keep Learning, Give to Others and Be Mindful**

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[myjourneyhampshire.com/walktober](http://myjourneyhampshire.com/walktober)





Helping you to keep walking, keep cycling, keep your distance

### Be Active in Walktober

The My Journey website has lots of information on the following topics. Simply follow the links to find out more about active and safe travel to school:

- Walk to School Week (5-9 October) is the [Living Streets](#) initiative which invites pupils and parents from around the UK to unite for one week of walking to school. There's a [Walk Randomiser](#) and a "[My Walking Week](#)" journal to try.



- [Active travel to school – information for parents](#): These pages contain information and initiatives to take the stress out of the school run by encouraging walking and cycling to school. There is a new link to our information to support families with [social distancing](#) on the school run.



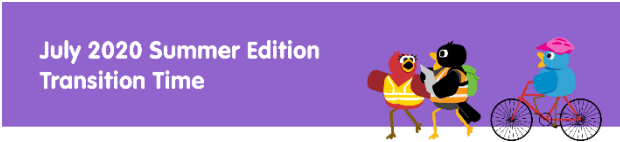
For cyclists, see our [information pages](#) which include training videos and toolkits. If you need cycle training, [find a Bikeability course near you](#) or ask your school to sign up to [Bikeability](#) (available free to [Hampshire](#) schools) or try our new [Cycle Safety for Young People](#) presentation.

- See our [Wellbeing](#) pages for lots of ideas of activities to try out in school and from home including our [wellbeing activity fliers](#) for secondary pupils. There are lots of links to support with family wellbeing such as [mindfulness](#) apps, [podcasts](#) (to aid sleep), [bullet journaling](#) and sources of support for families.



- Visit our [Transition Time](#) pages for support with **Year 7** pupils moving to a new school and planning a new and unfamiliar journey. The toolkit is designed to lead pupils through the process of **planning their new journey** to school and, as much as is possible, keeping it **active, safe, pollution-free** and **sustainable**. It each contains a link to an **8-minute, original and humorous [Histrionics film](#)**, commissioned by the My Journey

Team, to inspire pupils in a fun and educational way. To support families who have to drive at least some of the way to school, follow the guidance on setting up a [Park and Stride](#) site a 5-10 minute walk away from the school gates and promote [Parkwise](#).



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# Activities toolkit

The next six pages form a collection of activities put together by the My Journey Travel Planning Team to inspire families out Walking for their Wellbeing this Walktober and beyond. Feel free to try them, adapt them or use your own ideas.

Themed around Hampshire County Council and the NHS's 5 Steps to Wellbeing, these activities are suitable for use in autumn and winter. When out on walks near to your home, why not try some of these ideas to make the experience a little richer? Please remember not to pick any wildflowers.

*Please follow up-to-date Government advice on social distancing when exercising outside or doing any of these activities. Wash your hands before and after going outside.*

## Mindful Scavenger Hunt – new for 2020!

To get you started, why not try out our brand new [Mindful Scavenger Hunt](#) put together by our friend Kate at The Mindful Runner? Watch this [short film](#) and follow her instructions for a fantastic mindful start to this year's Walktober challenge.



## Walktober Challenge Card

See the last page of this document for our **Challenge Card** which can be filled in each time pupils do an activity – simply print off one copy for each challenge participant, or use one per class, and use the pictures to log your **Walktober** activities. Don't forget to remind families to [enter our photo competition](#) by **Friday 6 November** for their chance to win a voucher for a family day out (this is in addition to the schools competition).



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## Let's HIIT the Park

Your local park is a great place to get some exercise and what better way than to try out a HIIT (High Intensity Interval Training) workout in the outdoors? There are loads of workout ideas on the internet, with videos to follow too. Why not challenge a friend to join you and alternate who plans and leads the workout? Or could you motivate the less active members of your household to join in?

Alternatively, you could try out a new sport like **scotting** or **skateboarding**. It's great for a workout but please protect your head, elbows and knees!

## Challenge yourself to Walk

How about **setting yourself a mileage goal** for the month to focus your walking efforts? For example, it is **224 miles** from Winchester to Paris, as the crow flies. If you were to walk that distance by the end of the 31 days of Walktober, you would need to walk an average of  $(224 / 31 =) 7 \frac{1}{4}$  miles a day. Perhaps there are two other places that have more relevance to you that you could select like walking to the town or city where you live is twinned with. Don't forget you could use this challenge to **raise some money** for your school or another worthy cause, and you could **inspire others** to join you on the challenge too.

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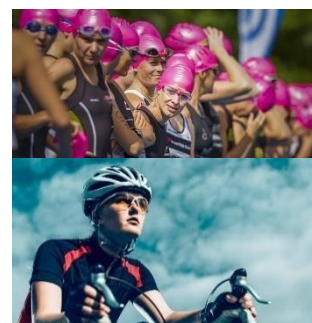
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## Trial a Triathlon

Another fun way to travel a long distance would be to pick your start and end points but break down the challenge into a biathlon or triathlon, instead of just a walking challenge. For example, if you stuck with Winchester to Paris as your start and end points, you could break it down as follows:

- **Cycle:** Winchester to the coast at Selsey – 33 miles
- **Swim:** The English Channel (Selsey to Saint-Valery-en-Ceux) – 88 miles
- **Walk or run:** Saint-Valery-en-Ceux to Paris – 103 miles



Obviously, you wouldn't actually go to those locations but just use them as measures of how much of each of the three activities you would aim to complete that month. If you fancy actually trying out a triathlon, search out local events online such as the annual [TryTri event](#).

## Is the DofE for me?

If you are aged 14 or older and interested in starting on a **Duke of Edinburgh** journey, Walktober could be the perfect time to [make some enquiries](#) and sign up at your school. The awards involve helping the community and environment, becoming fitter, developing new skills and completing an expedition.

## Oh yes - This Girl Can!

[This Girl Can](#) is a great website if you are after inspiration to try out a new sport near where you live. It has lots of ideas for activities to do from home and outside and there are some inspirational films to watch sharing other women's success stories.



If you prefer a more creative approach to being outdoors head, with a friend or two, to some woodland and search out an area with lots of fallen branches. Gather them up and lean them onto a tree with a suitable supporting branch to create a den. Otherwise, you could use twine or string to join them together at the top and fan them out into a circular tent.

Once you have finished your camp, sweep out the inside and settle down for some den adventures – you could even take a picnic along with you or a book to read.

## Woodland weaving

In your camp, you could get creative, using a three-pronged stick or four straight sticks which you can make into a square frame by joining the corners with wool or twine. Then weave your wool or twine around the frame to create a loom and secure it tightly. Collect up some of the autumn treasures around you and weave them through the loom to create a sculptural piece of art.





# Activities toolkit: Creative constructions

## Scouting about



## Journey sticks

Alternatively, take different coloured lengths of wool with you. Find a short stick and attach the most interesting objects (leaves, feathers etc) you find on your journey to the stick using the wool. Use a different colour of wool for each sight, sound, feeling and smell. Later, see if you can recount your journey to someone in your household or write it up as a story.

## Supersize me!



On a piece of paper, draw an everyday object or animal – anything you like with a clean outline – a face, city, fish or sunset for example. Then, with your drawing in hand, go on a walk and collect up autumn spoils – fallen leaves, branches, twigs, petals, pinecones and so on. Clear a rectangle on the ground to represent your page and recreate your sketch in super-size using your findings.



## Pebble pictures

Collect up a few pebbles or stones during your walk. When you get home, decorate them with acrylic paints in colourful, eye-catching designs and then leave them along your walking route for others to spot. Alternatively, you could create pebble sculptures and pictures using the pebble you find on the beach. Don't forget to send us a photo of them!



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### Surround sounds

Take a notebook and pen on your autumn walk today. Make a note of all of your observations, grouped into the five senses: what you see, hear and smell, and what you can taste on the air and feel, both emotionally and physically.

Think about the natural elements outside – the things growing around you - and the manmade ones too. Do they create a different feeling inside you? Can you see or hear any wildlife? You might have to look carefully. Can you “smell” the weather on the breeze – is there a rainstorm brewing or is the sun starting to dry up the puddles?



Take some **photos** to record your observations or sketch them on your paper. If you get a good image, you could enter it in our photo competition or tag our social media channels (see page 3 for more information).

### Rhythmic write-up

When you return home from your “surround sounds” walk, use your notes to put together a short **poem** as a record of your observations. When you write, you could use some of the skills you are learning in your English at school.

For example, could you use some **similes**, **metaphors**, **assonance**, **alliteration**, **onomatopoeia** or, perhaps, **personification**. When describing the sound of the birds in the trees – were they chatting or screeching at each other? Did the branches crack under your boots or the leaves dance in the trees? Think about what style of poem you might write – an **acrostic** or **haiku** perhaps, or just **free verse** with no rhythm or rhyme?



### Poetic podcast

When your poem is finished, you could write it out and illustrate it using the sketches or photos you took. Then perform it for your family or friends or you could also consider recording it as a **podcast** to share with an audience online – if you’ve not recorded one before, there’s lots of **guidance online** or your teachers might be able to help in school.



If you’ve never listened to a podcast, there are lots suitable for teenagers.

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[Here](#) are some recommendations that we found, but there are plenty more.

Think you know your local area? From memory, can you draw a map of it – perhaps your route to school or to the park? See if you can add in details such as road names and landmarks such as your house, shops, parks, road crossings and your school. Could you use a symbol to represent these places and then add a key to your map?

Now take your map on your walk and see if it is a good representation of your area. Do you need to make any changes? Can another member of your household use your map to follow the same route without you helping them? See [www.google.com/maps](http://www.google.com/maps) or [www.openstreetmap.org](http://www.openstreetmap.org) for route, key and icon ideas and our humorous **Histrionics films** launched in July 2020 for some [KS3 Roman Centurion](#) inspiration on mapping a new route.







# Activities toolkit: Get your bearings



## Mapping your area



## Rotating routing

Do you go the same way to school or the park every day? Is there a different way you could walk, scoot, cycle or run? Take a look on a map and see if there are other suitable routes away from traffic fumes and through green spaces, even if it means walking a little further. Try out the new route and, when you return, list the different things that you saw? What did you hear? Try to compare the different routes. Which one do you prefer? Is the air cleaner on one route than the other? Is one hillier or flatter than another? Did one make you feel calmer or happier? Perhaps you could take different routes to school throughout the week to keep it interesting and fun? Remember, the shortest route is not always the best one.

## Sensory map

Take a piece of paper and pencil on your walk and mark an X at the centre to represent you. Find a good place to sit on your walking route and listen to the sounds around you. You will need to ask anyone with you to be quiet, so you can listen carefully. Mark all the sounds, feelings or smells you experience with a simple mark, indicating the direction and distance of the sound from your location (X) on the map. The size and intensity of the mark can represent the strength of your experience. For example, a few dark, wavy lines could represent a strong gust of wind, or a lightly drawn, musical note could indicate a distant singing. When you have finished (how long you do this for is up to you), compare your map to someone else's. Did you experience the same sounds, feelings and smells?



**Taking time out to sit and listen to nature around you is a great way to be mindful.**

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This can be extremely helpful during times of stress such as exams. **Yoga** is another way to balance the body and mind and, again, there are lots of videos accessible for this online. See our [wellbeing](#) pages for more ideas.



### Final thoughts

There are lots of [parks to explore](#) across Hampshire and the [Hampshire Countryside Service](#) is a good source of walks - they have made a few recommendations for [Autumn walks](#) or, for interesting routes nearer Southampton, visit [Go Jauntly](#). [Mindkit](#) also have some great suggestions for mindful activities whether you have 5 minutes, an hour or more.

Like our **Histrionics** films? Missed our **Mental Health Awareness Week** film? [Click here](#) and take a look now! The film is themed around kindness, mental health and exercise for wellbeing, all woven into the true tale of an English cyclist, James Moore, who was brought up in France in the 19<sup>th</sup> century.



*Thank you to the fantastic **Travel Planning Team** at Hampshire County Council, and to their dogs, for taking lots of the fabulous photos included in this guide whilst exercising during lockdown!*

Breathe some mindfulness into your life

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Whilst 60 minutes of physical activity a day is recommended for children and young people, **being mindful** can also have fantastic benefits for the body and mind. There are lots of suggestions about how to **meditate** online and [this guide](#) gives instructions to get you going

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!**



# Challenge Card

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

<b>START</b> 	<b>1</b> 	<b>2</b> 	<b>3</b> 	<b>4</b> 	<b>5</b> 	<b>6</b> 	<b>7</b> 
My Walktober day today ...	Start with a <a href="#">mindful scavenger hunt!</a>						
<b>8</b> 	<b>9</b> 	<b>10</b> 	<b>11</b> 	<b>12</b> 	<b>13</b> 	<b>14</b> 	<b>15</b> 
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Congratulations! You made it to the end. Don't forget to enter our **pupil photo competition** or our **schools' competition**. Entry form at [www.myjourneyhampshire.com/walktober](http://www.myjourneyhampshire.com/walktober). Deadline for entry: **Friday 6 November**

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