



Talk N Walk

Toolkit for Community Groups



A physical activity and mental wellbeing in nature program developed by Nature Play WA and Western Australian girls.

Proudly supported by:





About the Program

Talk N Walk is a highly adaptable, award-winning, physical and mental wellbeing in nature program facilitated through the Talk N Walk app or tech-free downloadable resources provided in this toolkit.

The program has been co-designed with more than 100 ten- to fifteen-year-old girls, including those who identify as girls and non-gender conforming individuals, from around WA.

What is a Talk N Walk?

A Talk N Walk is a social walk in nature where participants complete a nature activity challenge while walking and talking with the support of conversation starter prompts. Participants can use the app or handheld cards to guide nature activities and conversations during their walk.

Participants are asked to consider their mood before and after their walks to facilitate an understanding of how physical activity paired with social interaction in nature can improve mental wellbeing.

How to Implement Talk N Walk

Talk N Walk is a simple, versatile and valuable tool that community groups can utilise to achieve multiple program goals. Everything you need to get started is provided in this toolkit.

Take participants out for Talk N Walk sessions at anytime, anywhere - the more natural the location the better.

When planning sessions, ensure they are inclusive and accessible, giving consideration to any mobility or sensory needs. The activities can be adapted for any age group and can be run in pairs, in small groups or even as a community event.

We recommended participants Talk N Walk for at least 10 minutes to see the positive impacts.

Participants can use either the Talk N Walk app, loaded on an iPad or phone, or the hardcopy activity and conversation cards provided in this toolkit.



Spaces with plants, grass, water, shade and wildlife are ideal.



Adapt how you implement Talk N Walk, considering mobility and sensory needs.



Talk N Walk for >10minutes to see the benefits.



**Australian Access Awards 2023 Winner of Not-for-Profit/Community App of the Year; Joint winner of the Commissioner for Children and Young People's 'Best Practice in Children's Consultation' Award at the IPAA WA Achievement Awards 2022*



1

Choose where to walk - consider any mobility or sensory needs.



2

Ask participants to label how they are feeling before the walk.



3

Group participants and distribute the conversation and nature challenge cards, or use the Talk N Walk app on ipads.



4

Start talking and walking! If conversation strays from the cards that's fine.



5

Regroup and ask participants to compare how they are feeling after the the Talk N Walk.



6

Plan the next Talk N Walk session.



Talk N Walk can seamlessly integrate into community programs, serving multiple purposes. Its simple, flexible format allows it to be adapted to various program goals (outlined in the examples below) while providing a fun and engaging experience for participants.

Mental and Emotional Wellbeing:

By framing talking and walking in nature as a life skill technique and making Talk N Walk sessions a routine part of their program, facilitators can empower participants to take an active role in managing their health and wellbeing.

Using the Talk N Walk app or downloadable charts provided (see Appendix), ask participants to label how they are feeling before and after each Talk N Walk to help reinforce how the combination of getting outdoors, being physically active, and connecting with one another positively affects mental wellbeing.



"Apart from physical health benefits, research has demonstrated that contact with nature has restorative properties, fostering an individual's feelings of vitality, alertness, focus, and resurgence in energy." There is also a growing body of evidence that shows that "nature's green gym" provides benefits that outweigh those provided by exercising indoors." More People More Active Outdoors Framework - Department of Local Government, Sport and Cultural Industries

Social Interaction:

Walking side by side creates a more comfortable and less intimidating environment for participants to talk. It removes the pressure of direct eye contact and allows them to focus on the conversation rather than feeling self-conscious.

The conversation starters can serve as icebreakers, prompting discussions on various topics. These can range from favourite hobbies and interests, to personal experiences, allowing participants to share and learn more about each other in a fun and non-threatening way.


"the [Talk N Walk] activity was great in getting participants who usually would not interact into a conversation where they were able to find out common interests and hobbies. Many of the topics were also fun to discuss and there was lots of laughter and banter in the group." Spectrum Space facilitator on trialling Talk N Walk as part of the 2023 'autism friendliness' program review.

CEO



Team Building:

For community programs that involve teamwork and collaboration, Talk N Walk can help in building a sense of camaraderie among participants. The shared nature activity challenge and conversation prompts create opportunities for kids to work together and bond as a team.



Consider adapting and expanding the nature activity challenges e.g. If the challenge is to 'Collect the prettiest leaves' encourage participants to create a garland or artwork with them after the walk.



Physical Activity:

Physical activity is known to enhance mood and reduce stress. As participants engage in the Talk N Walk session, they are also benefiting from the positive effects of exercise, contributing to an overall sense of well-being.

- **33% of Talk N Walk Pilot Program participants reported walking more during the four-week trial.**

Promoting Environmental Awareness:

The nature aspect of Talk N Walk can also be used as an educational tool to foster environmental awareness. It provides an opportunity for discussions on nature, wildlife, and the importance of preserving the environment.

Building Mentor and Mentee Relationships:

Talk N Walk can be used as a bonding activity for mentors and mentees. The shared experience of completing a nature challenge and engaging in thoughtful conversations creates a platform for meaningful connections. The walking aspect provides a dynamic and active environment for mentor-guided discussions.

"Almost 50% of Talk N Walk Pilot Program participants reported being able to talk more about things they wouldn't normally talk about."





Where applicable, families can be encouraged to use the Talk N Walk app at home to extend the goals of the community program into their daily lives.



Facilitator Guidance

Program facilitators can use Talk N Walk as a tool to guide discussions and ensure that conversations remain positive, inclusive, and respectful. They can intervene if needed, provide additional prompts, and ensure that everyone has an opportunity to share.

When planning Talk N Walk sessions, make sure they are inclusive and accessible to all participants, considering any mobility or sensory needs.

Program facilitators and/or participants can create their own conversation prompts and/or nature activity challenges using the blank cards provided (see Appendix).



Green cards support 'getting to know you' discussions.



Pink cards foster grown mindset and mindfulness.



Purple cards spark creativity and imagination.



Participants complete the activity challenge as they Talk N Walk.

CEO



"Feeling socially connected plays an important role in promoting happiness, self-esteem and confidence. Proven links include lower rates of anxiety and depression, higher self-esteem, greater empathy, and more trusting and co-operative relationships. It is why this project [Talk N Walk] is so important." Dr Jacqueline Reid M Ed; B Psych; Bed; BSc; PGC Leadership

APPENDIX

Talk N Walk Card Deck - Nature Activities and Conversation Starters

Print, cut, laminate and provide to participants.

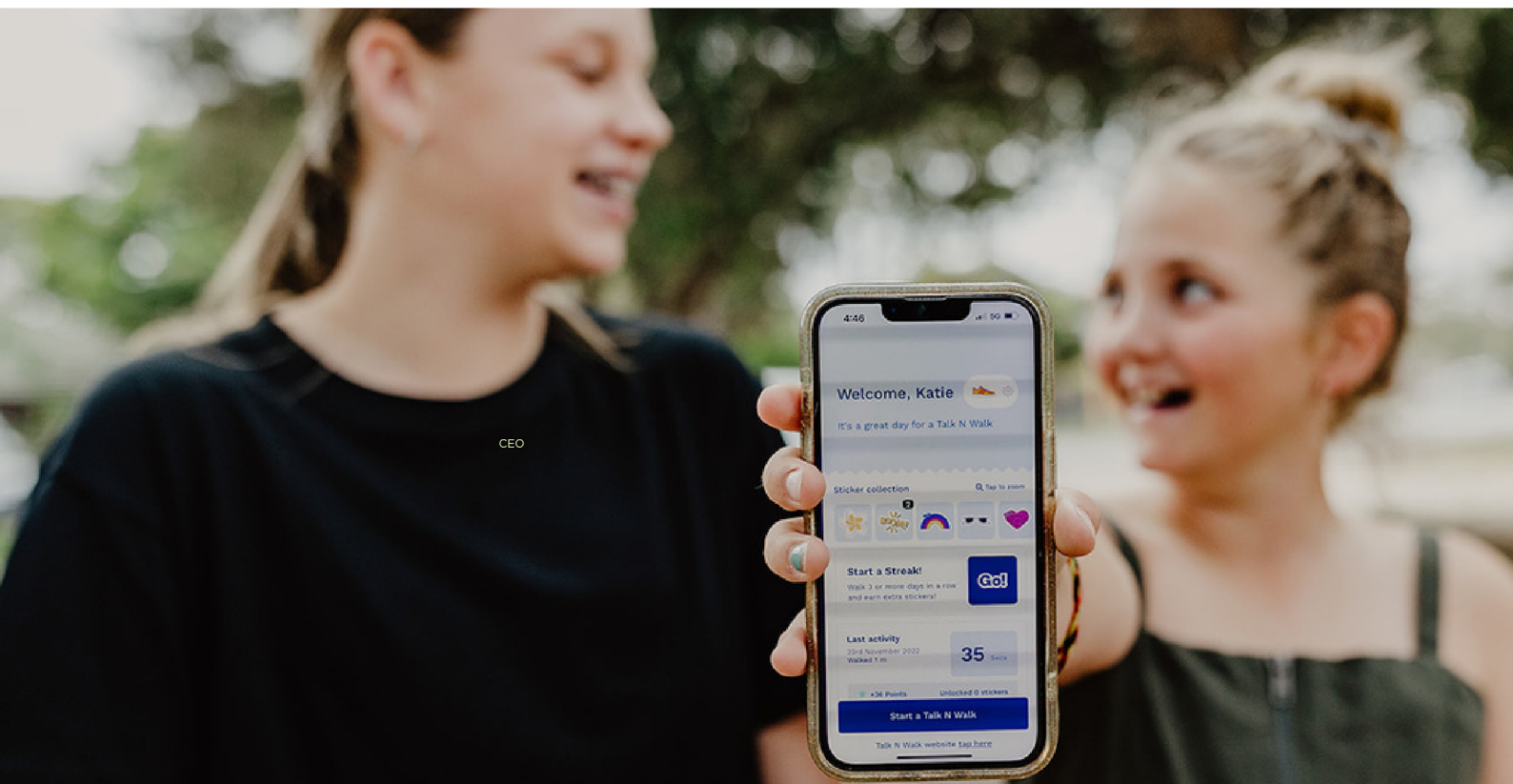
How I'm Feeling Chart

Print a copy and ask participants to add a coloured sticker to show their mood before they Talk N Walk and a different coloured sticker to show their mood after they Talk N Walk.

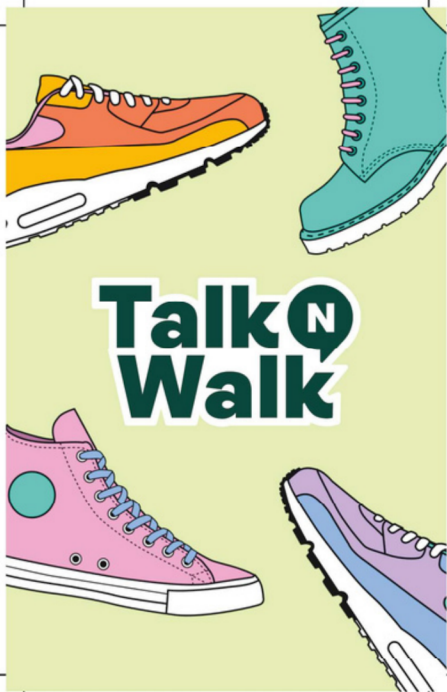
Talk N Walk App

Developed with support from Telethon, Healthway and the Department of Local Government Sport and Cultural Industries, the Talk N Walk app is free of charge, has no in-app advertising or payments, is secure, private and, once downloaded, can be used completely offline. In 2023 the Talk N Walk App won a coveted national award for digital accessibility from the Centre for Accessibility Australia, receiving the 2023 award for Not-for-Profit/Community Organisation App of the Year.

Families can be encouraged to use the Talk N Walk app at home to extend the health and wellbeing goals of the program into their daily lives.



*"Feeling connected to nature was important for her well-being...[our] Daughter asked for "bush" like places to walk even when you are in the city. Together we have investigated local bush land, nature reserves, coastline to plan for future walks."
Parent participant - Talk N Walk Pilot Program*



Conversation Card



Conversation Card

Have you read any good books or seen any great movies lately?

Do you know any knock knock jokes?
What is the funniest joke you know?



Conversation Card



Conversation Card



Conversation Card

Is summer, autumn, winter or spring your favourite time of year? Why?

What are your favourite and least favourite things about being in nature?

Is there something that always makes you feel calm or that helps you to relax?



Conversation Card



Conversation Card



Conversation Card

Is there a skill you have that no one knows about? What are some things you are good at?

What is something that makes you nervous or scared?

Do you like to collect things? If so, what kind of stuff? If not, what collection would you like to start?



Conversation Card

What is one of your funniest memories?

What is one of your earliest childhood memories?



Conversation Card

What do you want to do for a job when you're older? Why?



Conversation Card

Do you have any hobbies or things you really like to do in your spare time?



Conversation Card

Who is someone you admire or look up to? Why?



Conversation Card

Have you ever volunteered or raised money for a cause you believe in? What was it?



Conversation Card

What are some things we have in common? What are some things that are different about us?



Conversation Card

If you were a teacher, what year level and subject would you like to teach? Why?



Conversation Card

What's the nicest thing someone has done for you lately? What has made you smile today?



Conversation Card

What are your superpowers?
Kindness?
Imagination?
Joke-telling?
Honesty?
Something else?



Conversation Card

What is a new skill you would like to learn? How could you go about it?



Conversation Card

What are three positive things you can say about yourself?



Conversation Card

What is a mistake you've made and learnt from?



Conversation Card

Have you learnt something new recently? What was it?



Conversation Card

What are five things you want to experience in the next five years?



Conversation Card

What's something, or who is someone, important to you and why?



Conversation Card

What are some things that help you to de-stress? Dancing? Cooking? Deep breaths? Something else?



Conversation Card

Think of something you're grateful for starting with each letter in your name.



Conversation Card

What's something nice you could plan to do for a family member or friend to show them you care about them?



Conversation Card

As you walk, think or talk about a problem you are having and possible solutions.



Conversation Card

Think about a time when something was difficult but you kept going. How did you feel afterwards?



Conversation Card

Think of a time when you were kind to someone by asking 'Would you like to join in?' or 'Are you OK?' How did you feel?



Conversation Card

What are some ways you can show kindness to yourself?



Conversation Card

Guess what my favourite animal is and tell me why you think so?



Conversation Card

Describe your dream house...



Conversation Card

What would a perfect weekend be like for you?



Conversation Card

If you could have one wish, what would it be?



Conversation Card

If you could be a character in a movie, what movie and what character would it be?



Conversation Card

If you could choose one cartoon character to be your friend in real life, who would you choose and why?



Conversation Card

If you could choose a superpower, what would it be? Why?



Conversation Card

What's your dream for your future?



Conversation Card

If you were stranded on an island, what three things would you want with you?



Conversation Card

What are some of the things you are curious, or want to learn, about?



Conversation Card

If you could design the school uniform, what would it look like?



Conversation Card

Would you rather come up with new ideas or discover how things work? Why?



Conversation Card

Is there a country or a place you would like to explore? What is it?



Conversation Card

What do you think life will be like 50 years from now?



Conversation Card

Would you rather be able to run really fast or jump really high? Why?



Challenge Card

Collect the prettiest fallen leaves you find - share what you like about them.



Challenge Card

Take paper and a pencil on your walk and draw all the things you find beautiful.



Challenge Card

Take paper and a pencil with you and make a map of where you walk. Highlight all your favourite spots.



Challenge Card

As you walk, try to spot every colour of the rainbow in nature.
&
Look and listen for birds - do you know what they're called?



Challenge Card

Stop somewhere pleasant and make a piece of art out of nature items.



Challenge Card

Stop at the playground and build a sandcastle with a tunnel the whole way through it.



Challenge Card

Imagine you're a wizard and find a stick to use as your wand. What spells will you cast?



Challenge Card

Pick a texture and find three natural examples of it
&
Play at least four rounds of I Spy.



Challenge Card

Skip or hop around your school oval or playground.

&

See how many steps you can walk balancing some nature on your head.



Challenge Card

Hug a tree and release any stress or worries.

&

Find some shade and do some yoga moves.



Challenge Card

Create a pattern out of nature items, cover it up then see if your friend can re-create it (no peeking!).



Challenge Card

Smell the plants and flowers as you walk. Talk about which ones you like and don't like the smell of.



Challenge Card

Make up a "word at a time" story, where you take turns, adding one word at a time. Start with Once - upon - a - time...



Challenge Card

Stop somewhere nice to play a game of Noughts and Crosses using sticks for your board and nature as your tokens.



Challenge Card

Look for four leaf clovers.

&

Find a dandelion and make a wish.

Talk N Walk

Send students outside to 'Talk N Walk' for their wellbeing. Provide a walking challenge and one or more discussion cards.



Conversation cards that support 'getting to know you' discussions.



Conversation cards to spark creativity & imagination.



Conversation cards to foster growth mindset & mindfulness.



Challenges for students to complete as they 'Talk N Walk'.



Write your own card



Write your own card



Write your own card



Write your own card



Write your own card



Write your own card



Write your own card















Write your own card



Write your own card

	Tired	
	Bored	
	Sad	
	Calm	
	Happy	
	Proud	
	Worried	
	Silly	
	Frustrated	
	Angry	
	Over-excited	
	Scared	

	Tired	
	Bored	
	Sad	
	Calm	
	Happy	
	Proud	
	Worried	
	Silly	
	Frustrated	
	Angry	
	Over-excited	
	Scared	



Further information regarding the Talk N Walk program is available from the Nature Play WA website www.natureplaywa.org.au/Talk-N-Walk or by emailing info@natureplaywa.org.au

Please get in touch if you are implementing the program within your community - additional resources, information and supports coming soon!

**NATURE PLAY WA
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17 HACKETT DRIVE
(CNR MOUNTS BAY ROAD & HACKETT DRIVE)
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