



Talk **N** Walk

Event Toolkit



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 the 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 a Talk N Walk Event

A Talk N Walk event is a simple community building activation - suitable for all ages and fitness levels - that local government, schools and community groups can run to promote active recreation and mental wellbeing. Everything you need is provided in this toolkit.

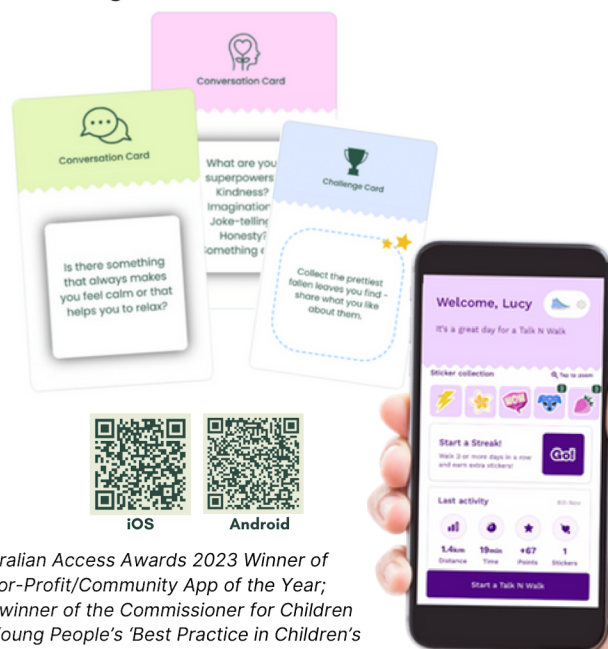
APPENDIX

- **Talk N Walk Cards**
- **Feelings Chart**
- **Checkpoint Posters**



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 organising a Talk N Walk event - additional resources, information and supports coming soon!



**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*

PRE-EVENT...

Choose a walking trail for your event location.

- We recommend a looped nature trail between 1-2kms
- Consider the mobility and sensory needs of participants.
- A location with plenty of shade, plants, grass, water and wildlife is ideal

Contact your local government to book the event location (if applicable) and complete any paperwork needed.

Promote the event to your target audience.



Use the Trails WA website to select the perfect location
<https://trails.wa.com.au>

ON THE DAY...

Set out 4-6 Talk N Walk 'checkpoints' (we recommend every 300-400m's) at locations along the walking trail.

- Print off the checkpoint signage (see Appendix) for each selected location.

At each checkpoint, place a printed and laminated deck of Talk N Walk cards (see Appendix).

- Separate the cards into their categories (green, pink, purple, blue and blank). Place the piles of cards in holders or boxes and place them at each checkpoint.

At the first checkpoint – or event 'Start' - place a printed 'BEFORE Talking and Walking I feel...' chart (see Appendix).

- Make pens, stickers or stamps available for participants to mark their response.

At the final checkpoint – or event 'Finish' - place a printed 'AFTER Talking and Walking I feel...' chart (see Appendix).

- Make pens, stickers or stamps available for participants to mark their response



GET STARTED...

On arrival, ask participants to mark (on the printed chart) how they are feeling before they Talk N Walk along the trail. Explain that they should collect three Talk N Walk cards at each checkpoint – one 'activity challenge' and two conversation cards. At each checkpoint they can swap out their cards for new ones.

On completion of the Talk N Walk Trail, ask participants to mark (on the printed chart) how they are now feeling. Discuss their feedback and, if they enjoyed the Talk N Walk, encourage them to download the Talk N Walk app to try at home.



Participants can make up their own nature-based activities or conversation starters using the blank cards provided.



Participants can use either the Talk N Walk cards provided at each checkpoint or the Talk N Walk app downloaded on their device.



OVERVIEW OF EVENT FORMAT



1

Set out 4-6 Talk N Walk checkpoints with Talk N Walk cards and signage (see Appendix) along a nature-based walking trail.



2

Use the 'Feelings Chart' (see Appendix) to ask participants to share how they are feeling before they Talk N Walk the trail



3

At each checkpoint participants swap out one activity and two conversation cards to complete on their way to the next checkpoint.



4

On completion, using the 'Feelings Chart' (see Appendix) ask participants to share how they are now feeling after talking and walking along the trail.

ADDITIONAL EVENT IDEAS...

- Set up nature crafts and wellbeing activities at the final checkpoint or event 'finish'. Visit the Nature Play WA website for inspiration.
<https://www.natureplaywa.org.au/downloadable-resources-families/>
- Combine the event with a community picnic.
- If your selected trail has a sealed footpath, draw promotional messages, inspirational quotes and/or walking challenges along it.
- Set up a 'Wellbeing Wall' for participants to draw and write strategies the use to support their wellbeing.
- If you have A-frame signage, use it to hang the cards at each checkpoint.

"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

"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



Green cards support 'getting to know you' discussions.



Purple cards spark creativity and imagination.



Pink cards foster grown mindset and mindfulness.



Participants complete the activity challenge as they Talk N Walk.



APPENDIX

Talk N Walk Card Deck - Nature Activities and Conversation Starters

Print several card decks, cut and laminate them. Separate the cards into their categories (green, pink, purple, blue and blank). Place the piles of cards in holders or boxes and place them at each checkpoint. The free Talk N Walk app can be used in place of the cards.

How I'm Feeling Chart

Ask participants to mark their mood before and after they Talk N Walk the trail.

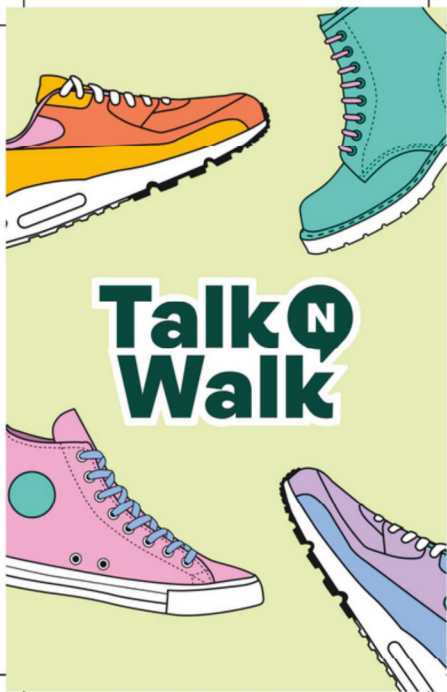
Checkpoint Poster

Print and include at each Talk N Walk checkpoint along the trail.

The 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.





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	



Talk N Walk

CHECKPOINT

Take one 'challenge' card and two 'conversation' cards - or write your own!

Swap out your cards at each checkpoint....



iOS



Android

Use either the Talk N Walk cards or the free Talk N Walk app downloaded on your device!

A Nature Play WA Program, proudly supported by Telethon.





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

**NATURE PLAY WA
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