

# Talk N Walk to School Day

## *A student wellbeing initiative*

### Turn your commute to school into a wellbeing **Talk N Walk** with family and friends!

Download the free *Talk N Walk* app\* – with walking challenges, conversation starters and digital stickers – to change up your walk to school, have some fun and hone-in on how walking and talking makes you feel.

Walking promotes communication and social connection, which is key to mental health and wellbeing.

It's easier to access new ideas when walking and the distractions that catch your eye can spark interesting and unexpected conversations.



Even a 10 minute walk changes brain chemistry to boost happiness



Walking decreases the stress hormone cortisol and helps clear the mind



A brisk walk can be an effective way to reduce anxiety in the moment



Walking spurs creative thinking and problem solving

\*The Talk N Walk app is family friendly with no links to social media, in-app connectivity or personally identifying data.

The Talk N Walk to School Day initiative is proudly supported by the Department of Transport's **Your Move** program.



The Talk N Walk app has been co-designed by Nature Play WA and 100+ children and young people.  
[natureplaywa.org.au/talk-n-walk/](https://natureplaywa.org.au/talk-n-walk/)

