



TalkN Walk

WALK TO SCHOOL EVENT TOOLKIT



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

Proudly supported by:



Talk N Walk to School Day

How to Take Part



Register

Register your *Talk N Walk to School Day* with Nature Play WA



Schedule

Choose a date a date to hold your *Talk N Walk to School Day*



Promote

- Promote your event using the social media key message tiles
- Email the event flyer to parents
- Print the event posters and put them up around the school
- Countdown to the day using the social media tiles

Hold your *Talk N Walk to School Day*

Remind families to download the Talk N Walk app and change up their commute to school – with conversation starters, walking challenges and digital stickers – on your designated *Talk N Walk to School Day*. Consider adding some fanfare with some of these ideas:

- Draw some promotional messages, conversation starters or walking challenges (from the Talk N Walk app) in chalk on footpaths leading to school.
- Organise some wellbeing activities that families can participate in when they get to school (eg: rock decorating, yoga, nature bingo, breathing and bubbles activity, dance party etc.)
- Set up a 'Wellbeing Wall' for students, staff and parents stick up pictures and/or write about activities they do or strategies that they use to support their wellbeing.
- Ask students to create their own walking challenges and conversation starters and arrange a 'Talk N Walk' during recess and/or with buddy classes.

Visit www.natureplaywa.org.au/talk-n-walk-to-school for further information and to register your school to take part.



Talk N Walk to School Day

How to Take Part

Share

Email info@natureplaywa.org.au to let us know how your *Talk N Walk to School* event went, what you did, and how we could support you in running future Talk N Walk activities in support of student wellbeing.

- We would love for you to hashtag photos of your event on social media with the **#TalkNWalk** and **#NaturePlayWA** so we can share them in our website gallery and inspire other schools.
- If you're a **Your Move school**, don't forget to post about your event on the [Your Move portal](#)



Why Take Part?

By organising a Talk N Walk to School Day you can highlight, to your school community, the wellbeing benefits associated with walking and talking to and from school.

Conversation typically flows more freely when you're walking and being active outdoors has many powerful and wide-ranging health benefits.



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

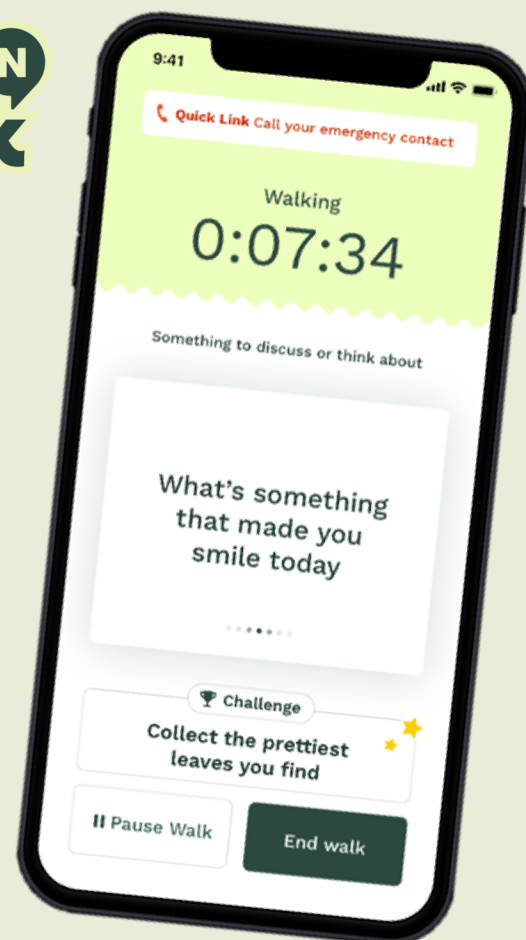
Talk N Walk



Android



iOS



Co-designed with 100 children and young people, 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.

For more on the Talk N Walk program visit natureplaywa.org.au/talk-n-walk



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.



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natureplaywa.org.au/talk-n-walk/



Talk N Walk to School Day

Date:

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Conversation Card

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



Conversation Card

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



Conversation Card

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



Conversation Card

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



Conversation Card

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



Conversation Card

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



Conversation Card

What is one of your
funniest memories?

What is one of your
earliest childhood
memories?



Conversation Card

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 something
that makes you
nervous or scared?



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Conversation Card

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



Conversation Card

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



Conversation Card

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



Conversation Card

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



Conversation Card

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



Conversation Card

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



Conversation Card

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



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

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



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Conversation Card

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



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

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



Conversation Card

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



Conversation Card

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



Conversation Card

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



Conversation Card

Have you learnt something new recently?
What was it?



Conversation Card

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



Conversation Card

What are three positive things you can say about yourself?



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Conversation Card

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



Conversation Card

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



Conversation Card

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



Conversation Card

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



Conversation Card

What are some ways you can show kindness to yourself?



Conversation Card

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



Conversation Card

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



Conversation Card

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



Conversation Card

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



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Conversation Card

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



Conversation Card

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



Conversation Card

What's your dream for your future?



Conversation Card

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



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 be a character in a movie, what movie and what character would it be?



Conversation Card

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



Conversation Card

What would a perfect weekend be like for you?



Conversation Card

Describe your dream house...



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Conversation Card

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



Conversation Card

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



Challenge Card

Look for four leaf
clovers.

&

Find a dandelion and
make a wish.



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

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

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



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

Hug a tree and release
any stress or worries.

&

Find some shade and
do some yoga moves.



Challenge Card

Skip or hop around your
school oval or
playground.

&

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



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Challenge Card



Pick a texture
and find three natural
examples of it

&

Play at least four rounds
of I Spy.



Challenge Card



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



Challenge Card



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



Challenge Card



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



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



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



Challenge Card



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



Write your own card



Write your own card



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