

Talk N Walk to School

Start the day walking, talking and enjoying 'play on the way' to school.

Talk N Walk is a Nature Play WA program that supports conversation, connection and 'play on the way' using simple prompt cards or our free Talk N Walk app.



Organising a Talk N Walk to School Day



Choose an event date



Register your event with Nature Play WA
<https://tinyurl.com/3bchjbzr>



Promote your event to the school community
(poster & social tiles p.3&4)



Hold your Talk N Walk to School Day

Co-designed with over 100 WA kids!

- ✓ **Build social connection**
- ✓ **Encourage physical activity**
- ✓ **Support wellbeing through nature**

Your Move schools can post about their event to receive points to spend on the Your Move portal. **Talk N Walk decks of cards are available!**



Participating schools go in the draw to win \$250 for their school wellbeing initiatives!*

**Drawn by Nature Play WA at the end of Term 4, 2026*



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

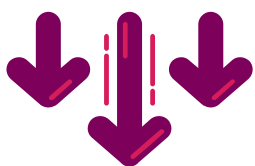
Just 10 minutes of walking can...



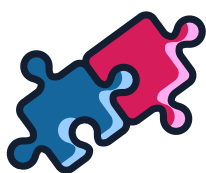
Boost mood



Lower cortisol



Reduce anxiety in the moment



Improve thinking & problem solving

Families can be encouraged to continue using the free Talk N Walk app together to extend the benefits of walking and talking into their daily lives.

Scan to download the free Talk N Walk app



Android



iOS

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

Talk N Walk



Students at Marmion PS created a '**play on the way**' bingo board of activities to complement use of the Talk N Walk app.



Bramfield PS leaders drew **chalk message prompts along primary walking routes**, e.g. 'Look up, can you spot the birds nest?'



Rostrata PS held a **community walk-in from a local park**. Student leaders handed out the Talk N Walk cards at the start, and staff and students walked about 10 minutes together to school.



Geographe Education Support Centre **combined their Talk N Walk to School Day with a family morning tea**.



The Eneabba PS Chaplain and school principal **walked laps of the oval with students**, using the Talk N Walk cards to scaffold conversation.



Talk N Walk to School Day

Date:

Start the day walking, talking and enjoying 'play on the way' to school.

Parents:

Scan to download Nature Play WA's free **Talk N Walk app*** – co-designed with more than 100 WA kids!



Android



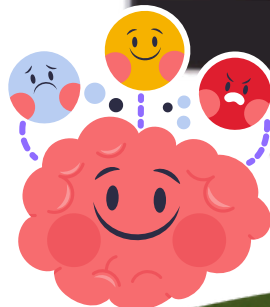
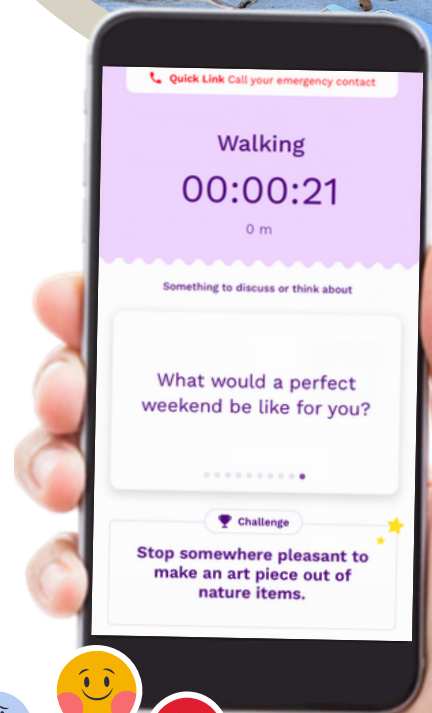
iOS

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

**WA Department of Education approved*

Students

- Complete the nature play activity challenges on the way to school.
- Chat with friends or family using the conversation prompts.
- Hone in on how walking and talking makes you feel.



Talk N Walk to School Socials Posts

We know it's sometimes hard to find the right words for your social posts, so we've got you covered! Download suggested text for your social posts, along with the below image tiles to share with your school families and communities to get the word out!



Download the below socials tiles and some suggested text at: <https://www.natureplaywa.org.au/talk-n-walk-to-school-social-media/>

