



# Playful walks



Playing often happens without much planning but sometimes it's helpful to have a few suggestions ready – we all run out of ideas sometimes.

Every child benefits from the opportunity to play outdoors. You don't have to spend money on expensive activities or travel miles to a particular playground. Everybody can provide low-cost opportunities locally.



We can make every day an adventure. We have put together a selection of themed walks to help you and your family get out and about in your local area, including a space walk, a creepy crawly walk and a pirate walk.

These walks have been adapted from examples from Wrexham County Borough Council's Play and Youth Support Team.



**For more playful ideas, go to: [www.playfulchildhoods.wales](http://www.playfulchildhoods.wales)**





# Space Walk

3...2...1... lift off!

It's time for you and your crew to venture into outer space.

## Before take-off:

Plan your journey – how many planets will you visit?



## Things to do in space:

- Go for a moon walk, walking in slow motion with arms out wide.
- Use your light speed to get to the next planet.
- Find some moon rocks, a lightsaber and some stardust to take back to earth.
- Quick! Hide from the aliens! How many did you spot.
- Wave to other astronauts, ask them what planets they have been to.

## Back to earth:

Can you crack the code?

**My Very Easy Method Just Speeds Up Names.**



Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune





# Creepy Crawly Walk

**Creepy crawlies – in the grass they lay, can you see any while you play?**

## Before you go:



Draw a picture of a creepy crawly you would like to see – what would you call it?

## Things to do on your crawly adventure:

- Look in the long tall grass and see if you can spot anything.
- Walk slowly like a snail and do everything in slow motion.
- Run to the next bit where you might find a creepy crawly (watch the road) – look under a stone, what do you see?
- Give all your insects a name in alphabetical order, such as: Adam the Ant, Bert the Beast, Carol the Caterpillar...
- Take a look at what's hiding in the trees.

## After your adventure:



Draw the creepy crawlies you have seen. What colour were they?  
How many legs did they have?





# Pirate Walk

**Aye aye captain, shiver me timbers. Use these playful ideas to have a swashbuckling adventure!**

## **Before you set sail:**

Practice your pirate phrases – arrrr, ahoy matey, loot, savvy?

## **During your voyage:**



- Find a plank to walk.
- Make up a song about being at sea.
- Find some treasure – look for leaves, petals, pine cones, rocks, grass and daisies.
- Find a great hiding spot for your treasure and return in a couple of days to see if anyone found it.
- Imagine you have a pet parrot. What would it say?
- Greet everyone you see by saying 'Arr me hearty!'
- Find a stick to swing like a sword.

## **When you return to shore:**

Make a map so you know how to get back to your treasure.





# Dinosaur Walk

**Watch out! There are dinosaurs about! Use these playful ideas to have a roarsome adventure!**

## Before you explore:

What supplies might an explorer have in their rucksack?



## During your expedition:

- Look for dinosaur footprints.
- Dig for fossils – stones, sticks, shells.
- Make a hide-out to look for dinosaurs without being spotted.
- Climb a tree to look for big dinosaurs.
- Try to walk like a t-rex – STOMP! STOMP! STOMP!
- Build a dinosaur nest using things like sticks, stones, leaves and mud.
- The dinosaurs are coming – run as fast as you can to escape.
- Flap your arms like pterodactyl wings.



## When you return to basecamp:

Draw pictures of the dinosaurs you saw on your walk.





# Knights and Princesses Walk

**Lords and ladies, it's time to get up and move our feet.  
Off we go on our next adventure!**

## **Before you go:**



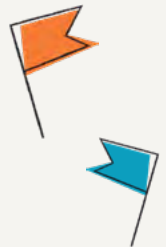
Practice how you would walk as a knight or a princess. What would your royal wave or bow look like? How would you ride a horse as a knight or princess?

## **On your walk:**

- Can you spot somewhere that would make a great castle?
- Look for anything you may need to add to your castle – are there flowers you can pick (only if appropriate)?
- Find sticks to make a bow and arrow to add to your outfit.

## **When you are back:**

How would your character defend their castle. Would it be with magic, swords, bow and arrow or maybe a dragon?





# Mythical Creatures Walk

**Mystical, magical beasts are all around us! Do you dare to believe in magic?**



## Before you go:

How many mythical creatures can you think of? Which one is your favourite? What type of mythical creature would you like to be?

## While you are out:

- Can you find the places where these creatures would live?
- Find the perfect stick to be your magic wand or broomstick.
- Can you flutter like a fairy, stomp like a troll, prance like a unicorn, or slither like a serpent?
- Can you breathe fire like a dragon or swish your tail like a mermaid?
- Collect things that you would find in a fairy garden.
- Write magic spells in mud.



## When you get back:

Why not make your own fairy garden from the things you have found?

