



Did you know that, in 2019, an amazing **141 schools** participated in Walktober?



Walktober 2020: Walking to Wellbeing

Information for secondary pupils, staff and their families to use at home

The **Walktober challenge** is all about walking to improve your wellbeing. Walktober, run annually since 2016 by the Travel Planning Teams at [Hampshire County Council](#) and [Southampton City Council](#), is a challenge held each October to celebrate and focus the mind on International Walk to School Month. The pandemic, and subsequent lockdown, has taught us all that exercising and spending time outside enjoying your surroundings is great, if not essential, for your wellbeing.

Triple celebrations this year!

Unusually this year, during October, as well as **Walktober**, we will also be promoting **Walk to School Week** (5-9 October) and **Clean Air Day** (8 October), both delayed due to Covid-19.



Here's what you did in Walktober 2019

"picked **blackberries** and **conkers**, cycled on my **bike**, tried out the **assault course** at Queen Elizabeth Country Park, shared our activities on Instagram and Facebook, **coloured in** our Walktober cards and **hurdled pumpkins**, enjoyed **spending time together outside** walking, went on **new** walking routes **in the rain** collecting sweet chestnuts, looked at the changes in the weather, collected a treasury of **special natural objects** which evolved into a nature **sculpture** that the whole family contributed to, **learned** tree names and what happens to **trees in a storm**, tried **new routes to school**, went for woodland walks in country parks and on **trails** at **National Trust** properties, walked and played '**Mindful 5**' to **connect us to the world around us**"



What do you need to do during Walktober 2020?

Walktober means pupils, staff and their families finding opportunities to walk and be outside as often as possible: to and from school or work, but also trying to find other opportunities to enjoy spending time outside, with members of your household (or others, whilst social distancing), and encourage and inspire others to do the same. This pack will give you all the information you need to participate and is being shared with you as your school has signed up for this year's challenge. It contains lots of ideas for you to use throughout the month, and into the future, to make time spent outdoors more interesting and fulfilling. **Walktober** is structured around [Hampshire](#) and the [NHS's Five Steps to Wellbeing](#) as evidence suggests that these are the five steps that we can all take to improve our mental wellbeing:

Connect, Be Active, Keep Learning, Give to Others and Be Mindful

Please follow up-to-date Government advice on social distancing when exercising outside or doing any of these activities.

myjourneyhampshire.com/walktober



Overview: The Five Steps to Wellbeing



It doesn't matter if it's five minutes, fifty minutes or more. Every outdoors experience can make a difference to your wellbeing.

✓ Connect ... with nature

Our **Walktober Activities Toolkit** supports families in connecting with the outside world during **Walktober**, and into the future. As well as just having fun outside, the activities are designed to complement curriculum subjects such as English, Geography, Environmental Studies, Art, Photography and PE. Complete the **challenge card** to log your Walktober activities and enter our **photo competition** to win one of many great prizes including a family ticket to a Hampshire attraction, an experience day for two or more in Hampshire or a new activity and fitness tracker.



✓ Be active ... outside

Follow our '**Be Active in Walktober**' guide (see p.4) with details on **Walk to School Week (5-9 October)**, cycling toolkits, Park and Stride, and Transition Time activities to keep you travelling safely and actively to school whenever possible.



✓ Be mindful ... think about the world around you

8 October is Clean Air Day and we are focusing on the opportunity to learn that air pollution affects you from your first breath to your last. See [our webpages](#) for more information and enter our "Air pollution affects you from your first breath to your last" [poster design competition](#) to win some brilliant prizes.

✓ Keep learning ... about the great outdoors

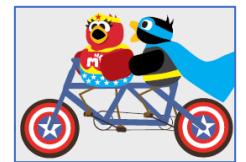
Whilst out walking, take photos to record your new experiences, posting them to our social media channels using **#Walktober**. Tag in your school too so they can tell everyone what you've been up to. We will repost the best photos and have prizes available too. **See below for full details of our [social media channels](#) and [photo competition](#).**



✓ Give to others ... by being kind to your community

This is an opportunity for staff and pupils to give something back, to their school or local community. We were inspired, during last year's **Walktober**, by the Head of School at [Crofton Anne Dale Juniors](#), who, instead of driving, walked the 22 miles from her home to school in a single day, raising over £700 for a school well-being dog. What a fantastic achievement! So ... **what could you do to support your school or local community?** Only you will know the best way to help. Some ideas are:

- Offer to help your elderly or less able **neighbours** with their shopping, walking their dog or even just popping into their garden for a chat if they can't have many visitors at the moment
- If you are more arty, why not **decorate some stones** and place them for others to spot on a local walking route?
- Aged 16 or 17? Why not could sign up to the [National Citizen Service](#) (NCS) and take part in their [autumn challenge](#) during half term? It's a great way to meet new people, learn new skills and give a little back to your community
- If you enjoy keeping busy, why not **volunteer** at your local community centre or at a local garden?
- You could organise a **sponsored walk** during **Walktober** to raise money for some cycle storage or green screening plants for your school grounds to improve the local air quality



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Competitions & Social Media

"We are convinced that our walking has had a positive impact on all of us as we feel fitter and happier"



Photo competition entries

To enter our photo competition, simply send us an image captured during your **Walktober** activities (the file must be less than 10Mb) and tell us how **Walktober** benefited your wellbeing. We will use your experiences to inspire others and will reward the most imaginative and active pupils. We have lots of great prizes to give away including **family tickets** to a Hampshire attraction, an **active experience** day out, a **sports action camera** and a brand-new **activity and fitness tracker**.

You can submit entries to our competitions* on our website: www.myjourneyhampshire.com/walktober - simply follow the **secondary pupils' photo competition link**. **Please – only send us photos of nature, no people thanks.** Please use the [same link](#) to let us know about your fundraising activities so we can share your success with others.






Deadline for entries: Friday 6 November 2020.

* Please see the Travel Planning competition [terms here](#).

Social media

Let us know how you get on and how much you raise when you submit your competition entry at the end of the month. You can also share your fundraising activities on our social media channels using **#Walktober**. We would love to share your achievements with others and don't forget to tag in your school so they see how great you've been! **Please – only send us photos of nature, no people thanks.**

 [@myjourneyhants](#)
 [@myjourneyhampshire](#)
 [@MyJourneyHants](#)

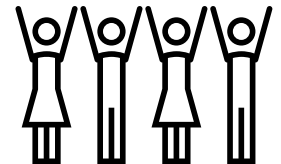


"We enjoyed spending time with dad out walking as he is often at work. He enjoyed it as he has depression and walking through the woods was interesting and connected him with nature which he enjoyed in the moment"

"It's been fun. It got our family talking"

"We made precious memories"

"Sunday family walks are now a tradition"



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Be Active in Walktober



“Walktober gave us a chance to reconnect as a family”



Be Active in Walktober

The My Journey website has lots of information on the following topics. Simply follow the links to find out more about active and safe travel to school:

- ✓ **Walk to School Week (5-9 October)** is the [Living Streets](#) initiative which invites pupils and parents from around the UK to unite for one week of walking to school. Why not download one of the Living Streets **resources for secondary schools** to make the week a little more fun? There's a [Walk Randomiser](#) and a “[My Walking Week](#)” journal to try.



Helping you to keep walking, keep cycling, keep your distance

[Active travel to school – information for parents](#): These pages contain information and initiatives to take the stress out of the school run by encouraging walking and cycling to school. There is a new link to our information to support you with [social distancing](#) on the school run.

- ✓ For cyclists, see our [information pages](#) which include training videos and toolkits. If you need cycle training, [find a Bikeability course near you](#) or ask your school to sign up to [Bikeability \(available free to Hampshire schools\)](#) or try our new [Cycle Safety for Young People](#) presentation.

- ✓ See our [Wellbeing](#) pages for lots of ideas of activities to try out from home including our [wellbeing activity fliers](#) for secondary pupils. There are lots of links to support with family wellbeing such as [mindfulness](#) apps, [podcasts](#) (to aid sleep), [bullet journaling](#) and sources of support for families.



- ✓ Visit our [Transition Time](#) pages for support with **Year 7** pupils moving to a new school and planning a new and unfamiliar journey. There are toolkits designed to lead you through the process of **planning your new journey** to school whilst keeping it **active, safe, pollution-free and sustainable**. They each contain a link to an **8-minute, original and humorous [Histrionics film](#)**, commissioned by the My Journey Team, to inspire you in a fun and educational way. If you have to drive some of the way to school, follow the guidance on [Park and Stride](#), parking a 5-10 minute walk away from the school gates and walking the last part of your journey. Please always [Parkwise](#).

July 2020 Summer Edition
Transition Time



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Activities toolkit

The next six pages form a collection of activities put together by the My Journey Travel Planning Team to inspire families out Walking for their Wellbeing this Walktober and beyond. Feel free to try them, adapt them or use your own ideas.

Themed around Hampshire County Council and the NHS's 5 Steps to Wellbeing, these activities are suitable for use in autumn and winter. When out on walks near to your home, why not try some of these ideas to make the experience a little richer? Please remember not to pick any wildflowers.

Please follow up-to-date Government advice on social distancing when exercising outside or doing any of these activities. Wash your hands before and after going outside.

Mindful Scavenger Hunt – new for 2020!

To get you started, why not try out our brand new [Mindful Scavenger Hunt](#) put together by our friend Kate at The Mindful Runner? Watch this [short film](#) and follow her instructions for a fantastic mindful start to this year's **Walktober** challenge.



Walktober Challenge Card

See the last page of this document for our **Challenge Card** which you can fill in each time you do an activity – simply print off one copy for each family member, or share one between you, and use the pictures to log your Walktober activities – and don't forget to [enter our photo competition](#) by **Friday 6 November** for your chance to win one of our great prizes.

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Activities toolkit: Action packed



Let's HIIT the Park

Your local park is a great place to get some exercise and what better way than to try out a HIIT (High Intensity Interval Training) workout in the outdoors? There are loads of workout ideas on the internet, with videos to follow too. Why not challenge a friend to join you and alternate who plans and leads the workout? Or could you motivate the less active members of your household to join in?



Alternatively, you could try out a new sport like **scouting** or **skateboarding**. It's great for a workout but please protect your head, elbows and knees!

Challenge yourself to Walk

How about **setting yourself a mileage goal** for the month to focus your walking efforts? For example, it is [224 miles](#) from Winchester to Paris, as the crow flies. If you were to walk that distance by the end of the 31 days of Walktober, you would need to walk an average of $(224 / 31 =) 7 \frac{1}{4}$ miles a day. Perhaps there are two other places that have more relevance to you that you could select like walking to the town or city where you live is twinned with. Don't forget you could use this challenge to **raise some money** for your school or another worthy cause, and you could **inspire others** to join you on the challenge too.

Trial a Triathlon

Another fun way to travel a long distance would be to pick your start and end points but break down the challenge into a biathlon or triathlon, instead of just a walking challenge. For example, if you stuck with Winchester to Paris as your start and end points, you could break it down as follows:

- **Cycle:** Winchester to the coast at Selsey – 33 miles
- **Swim:** The English Channel (Selsey to Saint-Valery-en-Ceux) – 88 miles
- **Walk or run:** Saint-Valery-en-Ceux to Paris – 103 miles



Obviously, you wouldn't actually go to those locations but just use them as measures of how much of each of the three activities you would aim to complete that month. If you fancy actually trying out a triathlon, search out local events online such as the annual [TryTri event](#).

Is the DofE for me?

If you are aged 14 or older and interested in starting on a **Duke of Edinburgh** journey, Walktober could be the perfect time to [make some enquiries](#) and sign up at your school. The awards involve helping the community and environment, becoming fitter, developing new skills and completing an expedition.

Oh yes - This Girl Can!

[This Girl Can](#) is a great website if you are after inspiration to try out a new sport near where you live. It has lots of ideas for activities to do from home and outside and there are some inspirational films to watch sharing other women's success stories.



Please follow up-to-date Government advice on social distancing when exercising outside or doing any of these activities.

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Activities toolkit: Creative constructions



Scouting about

If you prefer a more creative approach to being outdoors head, with a friend or two, to some woodland and search out an area with lots of fallen branches. Gather them up and lean them onto a tree with a suitable supporting branch to create a den. Otherwise, you could use twine or string to join them together at the top and fan them out into a circular tent.

Once you have finished your camp, sweep out the inside and settle down for some den adventures – you could even take a picnic along with you or a book to read.

Woodland weaving

In your camp, you could get creative, using a three-pronged stick or four straight sticks which you can make into a square frame by joining the corners with wool or twine. Then weave your wool or twine around the frame to create a loom and secure it tightly. Collect up some of the autumn treasures around you and weave them through the loom to create a sculptural piece of art.



Journey sticks

Alternatively, take different coloured lengths of wool with you. Find a short stick and attach the most interesting objects (leaves, feathers etc) you find on your journey to the stick using the wool. Use a different colour of wool for each sight, sound, feeling and smell. Later, see if you can recount your journey to someone in your household or write it up as a story.

Supersize me!



On a piece of paper, draw an everyday object or animal – anything you like with a clean outline – a face, city, fish or sunset for example. Then, with your drawing in hand, go on a walk and collect up autumn spoils – fallen leaves, branches, twigs, petals, pinecones and so on. Clear a rectangle on the ground to represent your page and recreate your sketch in super-size using your findings.



Pebble pictures

Collect up a few pebbles or stones during your walk. When you get home, decorate them with acrylic paints in colourful, eye-catching designs and then leave them along your walking route for others to spot. Alternatively, you could create pebble sculptures and pictures using the pebble you find on the beach. Don't forget to send us a photo of them!



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Activities toolkit: Sense the words



Surround sounds

Take a notebook and pen on your autumn walk today. Make a note of all of your observations, grouped into the five senses: what you see, hear and smell, and what you can taste on the air and feel, both emotionally and physically.

Think about the natural elements outside – the things growing around you - and the manmade ones too. Do they create a different feeling inside you? Can you see or hear any wildlife? You might have to look carefully. Can you “smell” the weather on the breeze – is there a rainstorm brewing or is the sun starting to dry up the puddles?



Take some **photos** to record your observations or sketch them on your paper. If you get a good image, you could enter it in our photo competition or tag our social media channels (see page 3 for more information).

Rhythmic write-up

When you return home from your “surround sounds” walk, use your notes to put together a short **poem** as a record of your observations. When you write, you could use some of the skills you are learning in your English at school.

For example, could you use some **similes**, **metaphors**, **assonance**, **alliteration**, **onomatopoeia** or, perhaps, **personification**. When describing the sound of the birds in the trees – were they chatting or screeching at each other? Did the branches crack under your boots or the leaves dance in the trees? Think about what style of poem you might write – an **acrostic** or **haiku** perhaps, or just **free verse** with no rhythm or rhyme?



Poetic podcast

When your poem is finished, you could write it out and illustrate it using the sketches or photos you took. Then perform it for your family or friends or you could also consider recording it as a **podcast** to share with an audience online – if you’ve not recorded one before, there’s lots of **guidance online** or your teachers might be able to help in school.



If you’ve never listened to a podcast, there are lots suitable for teenagers. **Here** are some recommendations that we found, but there are plenty more.

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Activities toolkit: Get your bearings

Mapping your area

Think you know your local area? From memory, can you draw a map of it – perhaps your route to school or to the park? See if you can add in details such as road names and landmarks such as your house, shops, parks, road crossings and your school. Could you use a symbol to represent these places and then put a key at the bottom or side of your map?



Now take your map on your walk and see if it is a good representation of your area. Do you need to make any changes? Can another member of your household use your map to follow the same route without you helping them? See www.google.com/maps or www.openstreetmap.org for route, key and icon ideas and our humorous **Histrionics** films launched in July 2020 for some [KS3 Roman Centurion](#) inspiration on mapping a new route.



Rotating routing

Do you go the same way to school or the park every day? Is there a different way you could walk, scoot, cycle or run? Take a look on a map and see if there are other suitable routes away from traffic fumes and through green spaces, even if it means walking a little further. Try out the new route and, when you return, list the different things that you saw? What did you hear? Try to compare the different routes. Which one do you prefer? Is the air cleaner on one route than the other? Is one hillier or flatter than another? Did one make you feel calmer or happier? Perhaps you could take different routes to school throughout the week to keep it interesting and fun? Remember, the shortest route is not always the best one.

Sensory map

Take a piece of paper and pencil on your walk and mark an X at the centre to represent you. Find a good place to sit on your walking route and listen to the sounds around you. You will need to ask anyone with you to be quiet, so you can listen carefully. Mark all the sounds, feelings or smells you experience with a simple mark, indicating the direction and distance of the sound from your location (X) on the map. The size and intensity of the mark can represent the strength of your experience. For example, a few dark, wavy lines could represent a strong gust of wind, or a lightly drawn, musical note could indicate a distant singing. When you have finished (how long you do this for is up to you), compare your map to someone else's. Did you experience the same sounds, feelings and smells?



Taking time out to sit and listen to nature around you is a great way to be mindful.

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Activities toolkit: Mind over matter



Breathe some mindfulness into your life

Whilst 60 minutes of physical activity a day is recommended for children and young people, **being mindful** can also have fantastic benefits for the body and mind. There are lots of suggestions about how to **meditate** online and [this guide](#) gives instructions to get you going. This can be extremely helpful during times of stress such as exams. **Yoga** is another way to balance the body and mind and, again, there are lots of videos accessible for this online. See our [wellbeing](#) pages for more ideas.



Final thoughts

There are lots of [parks to explore](#) across Hampshire and the [Hampshire Countryside Service](#) is a good source of walks - they have made a few recommendations for [Autumn walks](#) or, for interesting routes nearer Southampton, visit [Go Jauntly](#). [Mindkit](#) also have some great suggestions for mindful activities whether you have 5 minutes, an hour or more.

Like our **Histrionics** films? Missed our **Mental Health Awareness Week** film? [Click here](#) and take a look now! The film is themed around kindness, mental health and exercise for wellbeing, all woven into the true tale of an English cyclist, James Moore, who was brought up in France in the 19th century.



*Thank you to the fantastic **Travel Planning Team** at Hampshire County Council, and to their dogs, for taking lots of the fabulous photos included in this guide whilst exercising during lockdown!*

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Challenge Card

The Walktober Challenge:
To complete a Walktober wellbeing activity on as many days during October as possible

Tick off or colour the pictures below to show which days of October you achieved a Walktober activity. Use the space underneath to note what activity you did, and how it made you feel. You can use one grid for each person taking part, or one for the whole family – whichever you prefer. Don't forget to start with a [Mindful Scavenger Hunt](#). **Good luck!**

START 	1 	2 	3 	4 	5 	6 	7
My Walktober day today ...	Start with a mindful scavenger hunt!						
8 	9 	10 	11 	12 	13 	14 	15
16 	17 	18 	19 	20 	21 	22 	23
24 	25 	26 	27 	28 	29 	30 	31

Congratulations! You made it to the end. Don't forget to **enter our photo competition**.
Entry form at www.myjourneyhampshire.com/walktober. Deadline for entry: **Friday 6 November**

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