

## Family Resources For National Walking Month

May 2021

### Get your family moving!

# #Walk This May



Warwickshire School Health & Wellbeing Service have put together this resource to get the whole family walking through a range of fun activities.

Scroll through to discover the benefits of walking, try out walking activities for all ages, and make your walks even more magical with some family-friendly nature activities. There's also information about support you can access if your child needs help getting active or making some healthy lifestyle changes, as well as where you can access support with emotional and mental wellbeing.

### Benefits of walking

Walking is simple, free and one of the easiest ways to get active, lose weight and become healthier. Check out NHS '[Walking for Health](#)' for more information.

BUPA suggest that there are many mental, social and physical benefits to walking. Why not go out for a brisk walk today and take note of how you feel at the end compared to how you felt before?

You might find regular walking:

- ★ Improves mood
- ★ Reduces stress and anxiety
- ★ Helps you sleep
- ★ Increases energy levels
- ★ Helps you to maintain a healthy weight
- ★ Keeps your muscles and bones strong
- ★ Increases your cardiovascular fitness
- ★ Starts conversation.
- ★ Reduces the risk of depression



## Walking from home

Walking with your family has never been more fun: for National Walking Month, UK walking charity Living Streets have put together a range of activities for people of all ages. Why not try some of these out with family and friends?

### [Activity Booklet \(5-11 Years\)](#)

The booklet contains 14 colourful, educational walking activities for children to complete with their families.

### [Activity Diary \(5-11 Years\)](#)

Children can complete a small selection of fun walking related activities at home.

### [Walk Randomiser \(5-14 Years\)](#)

Children and young people can cut out and fold up this Walk Randomiser for an excellent, random way to get moving.

### [My Walking Week \(11-14 Years\)](#)

Young people can track their walks and answer questions to help them take notice of their experience with this walking journal.

### [#Try20 Checklist \(Adults\)](#)

Why not challenge your colleagues to get involved and see who can tick off the most boxes on this walking and wellbeing checklist?



## Family-friendly nature activities

**Stargazing.** Gaze up at the stars. How does it make you feel? What words can you use to describe your special view?

**Bird Watching.** What birds can you see? Can you find out their names? Try writing them down on a notebook or in your phone - how many birds can you collect?

**Cloud Watching.** Find a patch of grass, lie back and watch the clouds go by. With a little imagination you can create whole worlds from the shapes you see in the clouds.

**Painting Stones.** Get crafty and take your mind of your stresses by painting a stone.

**Leaf Pictures.** Use the leaves near your home to create your own leaf art.

**Have a picnic.** Enjoy some time with your family and friends. Have a chat, eat some tasty, healthy food.



## Physical Activity Guidelines

Getting enough physical activity is essential for maintaining good health. Do you know how much activity you and your family should be getting each week? Find out the government guidelines:

[Guidelines for children and young people \(5-18 years\)](#)

[Guidelines for adults \(19 and over\)](#)

### Are you concerned about your child's weight or activity levels?

Change Makers are here to help! Our healthy lifestyles team can provide one-to-one support with nutrition, exercise and specific issues such as fussy eating. Find out more on the [Change Makers Facebook page](#), or get in touch by calling 03300 245 204 or emailing [warwickshireschoolhealth@compass-uk.org](mailto:warwickshireschoolhealth@compass-uk.org).



## Services and websites for support with mental health

### CW RISE

Mental health services for children and adolescents in Coventry & Warwickshire.

 [cwrise.com](http://cwrise.com)

 Urgent supportline:  
08081 966 798 (option 2)

### Young Minds

A charity that supports young people's mental health. Visit their website for useful resources, information and blog articles.

 [www.youngminds.org.uk](http://www.youngminds.org.uk)

### Childline

Trained counsellors who provide support on any matter, big or small.

 [www.childline.org.uk](http://www.childline.org.uk)

 0800 1111

 [Live chat here](#)

### Mind

A UK charity offering mental health services including:

 [Helplines](#)

 [Side-by-Side online community](#)

 [Local support](#)

### Talk to a school nurse

Families can contact Warwickshire School Health & Wellbeing Service for support with health and wellbeing, including staying active and emotional health.

 For age 11-19: text ChatHealth on **07507 331 525**

 For parents/carers: text ParentLine on **07520 619 376**

Find our office hours and more ways to get in touch on our [website](#).