



30 MINS + 30 MINS



PAPER, PENS, NATURE (EG LEAVES)

Nature Walk & Picture Making

The aim of this activity is to get daily exercise, appreciate the world around us and be creative.

Go out for a walk with your family as part of your daily exercise, somewhere in your local area would be suitable. Take your time and collect items from nature along the way such as leaves, cones, dandelions, daisies, twigs, flower petals etc.

Please ensure you are following the most up-to-date guidelines on activity outside the home.

When you come back to your house create a picture using the items from nature that you have collected on your walk. There are some examples shown below. Be as creative as you can!



Don't forget to send us your creations @SustransNI on social media#stayhomestayactive

Many of you do the Daily Mile or Golden Mile in school each day. For more ideas of how to make your Daily Mile at home more fun click [HERE](#) .

Enjoy this activity? Use #stayhomestayactive and tag us @SustransNI on [Facebook](#) and [Twitter](#)

The Active School Travel Programme is an exciting initiative for schools who wish to see more of their pupils choosing an active and healthy journey to school. The programme provides schools with the skills and knowledge to get more children walking, cycling and scooting as their main mode of transport to school.

Find out more at www.sustrans.org.uk/NIschools