

May is national walking month.

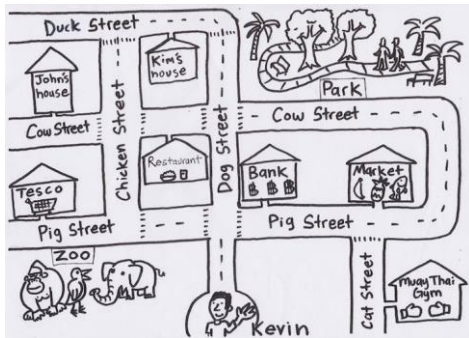
Let's try to walk as much as we can!

Activity 1:

Count how many steps you take on a short walk. Ask the adult with you to count their steps too. Who took the most steps?

| Name | Steps |
|------|-------|
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Activity 2: Draw a map of where you want to go for a walk. Can someone else follow the map?



Activity 3:

Design a poster, encouraging other people to walk more. What reasons can you think of, to encourage people to walk? Is it healthy? Does it make you feel happy?

