

National Walking Week Family Activity Booklet

September 21st-27th



Family Name:

FAMILY CHALLENGE CHECKLIST

How many challenges can your family complete during National Walking Week?



- ☐ Go for a family walk
- ☐ Explore a new walking route in Monaghan
- ☐ Walk somewhere instead of taking the car
- ☐ Walk for at least 30 minutes
- ☐ Take part in national walking day
- ☐ Discover a place you have never visited before
- ☐ Walk in your local park or green space
- ☐ Take a family picture on a walk

Draw your favourite family challenge below!

My Five Senses Nature Walk

When I go for a walk in nature:



**I can
see**



**I can
hear**



**I can
smell**



**I can
taste**



**I can
feel**



Nature Scavenger Hunt

Tick what you have found.

☐

butterfly

☐

puddle

☐

cloud

☐

acorn

☐

grass

☐

spider web

☐

rock

☐

insect

☐

snail

☐

bird

☐

tree

☐

leaf

☐

pine cone

☐

flower



How many nature items did you find?
Write the number in the box.



COLOUR HUNT



Go for a walk outside and look around you. Try to find one object for each color. When you find something, draw it in the box that matches that color.



green



yellow



black



purple



pink



grey



red



blue