

WALK AND TALK

*Supporting pupils
mental wellbeing*



TOOLKIT

5 STEP GUIDE TO HOST EVENT

1. Map out a 1 mile walk around the school playground or field. You could use flags or cones to mark the route, but make sure you include the half-way point!
2. Spilt the students into groups of two and hand one of them the 10 topic card questions to use whilst they head out on their walk.
3. One at a time, set the pairs off on the walking route, with one student asking the questions to their partner.
4. When the pair reach halfway, get the pairs to swap so the other student is asking the questions. The half way marker will help prompt the students to do this.
5. At the end, ask the students to say something that they found out about their partner, and what the benefits of walking and talking have been.

More information and ideas can be found [here](#).

5 BENEFITS OF WALKING & TALKING

1. Great exercise and good for the human body
2. Can make you calmer happier, and reduce stress levels
3. Can build self-esteem, trust and relationships with friends and family members
4. A great way to get fresh air and see natural environments
5. Boost energy and concentration levels for the remainder of the day

HOW TO ENTER OUR PRIZE DRAW

- Send evidence of your school participating using the Walk & Talk Mental Wellbeing resources, whether that is by sharing photos or short stories from the students and teacher
- Post on social media using the hashtag #Walk&TalkEssex and tag in @ActiveEssex



10 TOPIC QUESTION CARDS

SCHOOL LIFE

- What do you enjoy most about school & why?
- How would you describe your school?
- What are your favourite subjects & why?
- What is your favourite memory from school and why is it your favourite?

RIDELONDON – CYCLING

- Have you ever been cycling and if so, what's your favourite thing about it?
- Can you think of any other activities or sports which use wheels!?
- What do you know about RideLondon?

THE QUEEN'S JUBILEE

- Name 3 things you know about the Queen.
- If you were king or queen for the day, what would be the first thing you do?
- Can you name any other Kings or Queen's as previous monarchs of United Kingdom?

SPORTS AND HOBBIES

- What sports do you play and why do you enjoy them?
- Describe 3 hobbies you enjoy doing and why.
- What sports or hobbies would you like to try and why?

FOOD

- What dinner do you enjoy the most and why?
- What is your favourite healthy snack?
- Where is the best place you have eaten?
- What food would you like to try and where may you find it?

TV AND FILMS

- What is your favourite TV show and why?
- What is your favourite film and why?
- If you could be a tv or film character who would you be and why?
- If you could create a film or tv show, describe what it would be about?

SOMEONE YOU LOOK UP TO

- Who is someone you look up to?
- How would you describe them?
- What are the things you like most about them?
- Who would you like to meet and why?

PLACES YOU'D LIKE TO GO

- What has been your favourite holiday or trip out and why?
- Who did you go with?
- Where have you never been but hope to go one day and why?

SUMMER

- Describe 3 things you enjoy most about summer?
- What do you do in the summer holidays?
- What are you looking forward to most about summer and why?
- What is your favourite memory of summer?

WHEN YOU ARE OLDER

- What would you like to do when you are older and why?
- What do you think you will be doing in 20 years time?
- What would you like to try when you are older?