

WALK AND TALK

Mental Wellbeing Week



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 in the Walk & Talk Mental Wellbeing day, 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?
- What are your favourite subjects & why?
- What is your favourite memory from school and why is it your favourite?
- Is there anything that you worry about at school?

OLYMPICS

- How many Olympic sports can you name?
- If you could take part in one Olympic sport, which would it be?
- Who is your favourite Olympic athlete?
- If you were an Olympic athlete, what would your winning pose be?

MOVE WITH US

- Do you know what the Move With Us campaign is?
- Who inspires you to get active?
- What is your favourite way to move?
- Have you started Active Essex's Top of the Tower?

HALF TERM

- What are you looking forward to most about half term?
- What are you doing during the half term?
- What will you miss about school during the half term?

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?

FRIENDSHIP

- Why is having a friend important?
- What do you like most about your friend?
- What is your favourite thing to do with your friend?

WALK & TALKING

- What have you enjoyed most about this walk?
- Why do you think it is important to walk and talk?
- What would make you walk & talk with your family and friends?

LEARNING

- Is there anything you would like to learn e.g. skills or subject?
- Why do you want to learn about this?
- How might you learn this?

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?