

'Once upon a time' walk



SmartSteps
FOR FAMILIES

A walk that takes your stories outside – who knows where it will lead you!

Age:
all ages



Length:

A moderate stroll



You will need:

- comfortable shoes
- sense of humour and imagination

Sharing stories is a wonderful way to spend time and entertain each other, and it can be done anywhere. This is a great way for children of different ages to have fun together.

Go for a walk and suggest to children that you make up a story together as you go. Everyone takes a turn with a sentence or two.

You can start them off with 'Once upon a time, two kids went walking with their mum/dad/friends ...', then encourage them to embellish the story. They can incorporate things they observe along the way – maybe the funny house on the corner or the lollipop lady or man gets included.

Be as creative as you can as each walker takes a turn. It's a great chance for imaginations to grow and may have children begging for a longer walk next time.

TOP TIP: For younger children, why not take this walk on the way home from child care or kindergarten. For older children, take this walk on the way home from school. You could encourage them to include something interesting they learned that day.

