

Weekend Walking

Activity Sheet

Today's date is _____
I went walking with _____

The weather was:



☐ Cloudy



☐ Sunny



☐ Rainy

Tick your answer

and I felt...



☐ Happy



☐ Excited

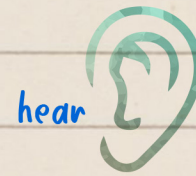


☐ Adventurous

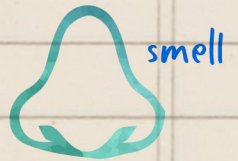
On my walk I could:



see



hear



smell

- | | | |
|---------|---------|---------|
| • _____ | • _____ | • _____ |
| • _____ | • _____ | • _____ |
| • _____ | • _____ | • _____ |

List the things you can see, hear and smell!

I love walking because _____

Make a Tally every time you
see a cat or dog:

Dogs:

Cats:

Try some
of these fun
ideas on
your walk!

- Play Eye Spy
- Hug a tree
- Collect some leaves and trace them when you get home!