

# Make Walking Fun!

*for Preschoolers*

Make physical activity a lifetime activity for your child! Walking is an easy way to start and maintain a physically active lifestyle. Playing “I Spy” is a fun way to teach your child colors, numbers, shapes and letters while getting physical activity. Try these fun ideas on your next family walk!



## COLOR WALK!

Try to find as many different colored items as you can on the walk.



## SHAPE WALK!

Record all the different shapes you see on the walk (circles, squares, triangles, and rectangles).



## ANIMAL WALK!

Try to find as many different animals as you can during your walk.



## NUMBER WALK!

Count the number of mailboxes, street signs, trees, cracks in the sidewalk, or other familiar items you pass on your walk. Start by counting only up to 3.

When your child understands the concept of 3, move the activity to 4, then 5.



## TIME WALK!

While on a walk stop at different points during the walk and ask your child/children how long they think they have been walking. The person closest is the winner.



## ALPHABET WALK!

Alphabet Walk – When your child has learned some letters, on your walk, try to find items on your walk that begin with the letters of the alphabet. Start with letter A and try to skip as few letters as possible.