

Hit the Road

Go for a Stroll or Roll

Explore your neighbourhood

See new places or visit a favourite place. Enjoy being outside!

What you need

- Shoes
- Map (optional)
- Scooter, skateboard, rollerblades, or anything that rolls (optional)

Getting Started

Pick a place you want stroll or roll to (on foot or with your bike, scooter, skateboard, segway, rollerblades, wheelchair or anything that rolls).

Use [Google Maps](#) to look at routes that are good for walking and biking. Find bike lanes and walking paths near where you live!

Step 1

Go outside, and start exploring!

Step 2

Make your walk exciting and fun with walking games!

Get more ideas from [PartcipACTION](#).



Walking Games

Follow the Leader

- Whoever is "it" gets to decide **how** everyone will walk – like a monkey, a kangaroo or a bear, and **where** the group walks – across rocks, along low retaining walls or other low to the ground structures.

I Spy

- I Spy is a classic! The person who is "it" chooses an object within sight of all the walkers and says, "I spy, with my little eye, something that ... " and give a clue, colour, shape, texture or use, for what the object might be. Whoever guesses the object is "it" next.

Catch or Kick

- Take a ball with you while you walk and toss or kick it from one walker to another! If walking along a path or trail with lots of space, kick the ball ahead and have the next person chase it and kick it further.

Find the Alphabet

- Find the alphabet from A to Z. Finding street signs, things in yards, or parts of the urban environment for each letter of the alphabet. Like apple for A, bench for B, and Century St for C.

