

Objective:

This printable board game aims to celebrate **National Walking Month** by encouraging students to engage in physical activity & explore the joy of walking. Through this game, students will learn about the benefits of walking while having fun with their classmates. By engaging students in a fun and interactive board game, this activity promotes physical activity & encourages students to embrace walking as a healthy & enjoyable way to stay active during **National Walking Month**.

Materials Needed:

1. "Walk & Roll Adventure National Walking Month Worksheet" printout
2. Crayons, markers, or colored pencils
3. Dice (not included)

Instructions & Rules:

1. Begin by explaining to the students the significance of National Walking Month & the importance of staying active for their health and well-being.
Feel free to print our article on <https://steamsinitiative.org/> as an additional reference.
2. Distribute the "Walk & Roll Adventure National Walking Month Worksheet" printout to each student along with crayons, markers, or colored pencils.
Note: each student should receive their own individual game worksheet. This allows them to actively participate in the game & engage with the walking-related activities or challenges independently.
3. Explain the **RULES OF THE GAME:**
 - Players take turns rolling the dice, which indicates their designated space on the board. For example, if they roll a 1, they move 1 spot on the board and mark the spot with an X.
 - Most spaces on the path represents a different walking-related activity or challenge.
 - When a player lands on a space, they must follow the instructions or complete the activity indicated. They should also mark the spot with an "X" indicating that they landed on the space.
 - Encourage students to have fun and be creative while completing the activities.
4. As students play the game, discuss the benefits of walking, such as improving cardiovascular health, boosting mood, and reducing stress. Emphasize the importance of staying active and incorporating walking into their daily routine.
5. After playing the game, encourage students to reflect on their experience & share any positive thoughts or feelings they had during the activity among themselves.
6. Conclude the activity by reminding students of the importance of staying active and celebrating National Walking Month by exploring the outdoors & enjoying walks with family and friends.



National Walking Month Worksheet Walking Activities and Challenges



Activities:

- Activity 1:** Jog in place for 30 seconds.
- Activity 2:** Do 10 mountain climbers.
- Activity 3:** Roll like a log on the ground three times.
- Activity 4:** Jump as high as you can five times.
- Activity 5:** Stand up and sit down five times.
- Activity 6:** Run around the room once.
- Activity 7:** Perform 5 bicycle crunches.
- Activity 8:** Pretend to swim freestyle for 30 seconds.
- Activity 9:** Pretend to be a frog and leap forward three times.
- Activity 10:** Pretend to be a tree swaying in the wind for 15 seconds.
- Activity 11:** Stretch your arms out wide and hold for 10 seconds.
- Activity 12:** Jump rope imaginary for 20 seconds.
- Activity 13:** Run in place for 15 seconds.
- Activity 14:** Hop on one foot five times.
- Activity 15:** Dance to your favorite song for 1 minute.



Challenges:

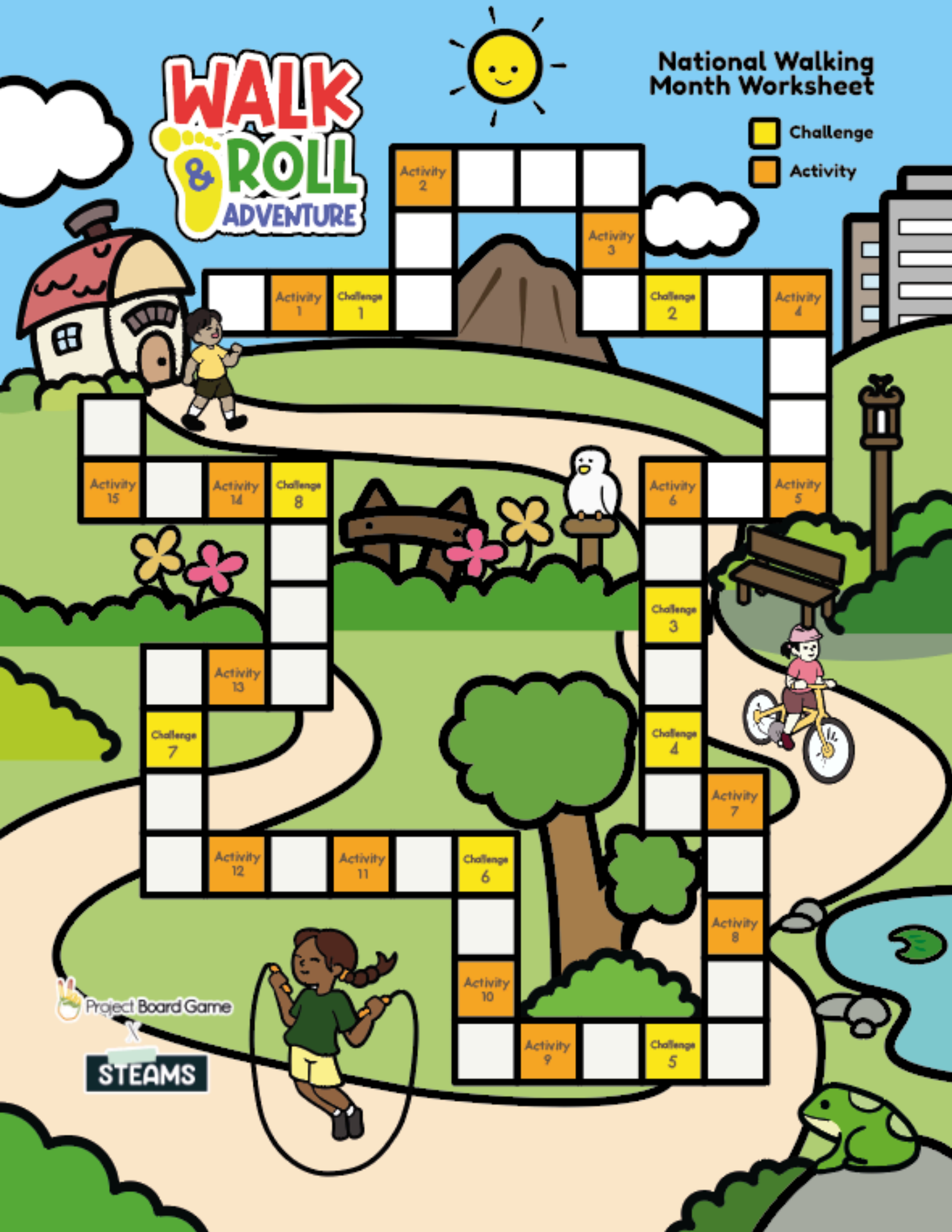
- Challenge 1:** Trivia Time
 - Share a fun fact about walking and its impact on health.
- Challenge 2:** Route Reflection
 - Describe your favorite walking route and why you enjoy it.
- Challenge 3:** Environmental Awareness
 - Name a type of bird commonly found in your local area.
- Challenge 4:** Health Benefits
 - Name one physical benefit of walking for your body.
- Challenge 5:** Safety Tips
 - Share one safety tip for walking outdoors.
- Challenge 6:** Nature Walk
 - Identify the name of a tree commonly seen while walking.
- Challenge 7:** Walking Motivation
 - Describe a personal achievement you've accomplished through walking.
- Challenge 8:** Walking Adventures
 - Describe a destination you hope to visit on a future walk.

WALK & ROLL ADVENTURE



National Walking Month Worksheet

-  Challenge
-  Activity



 Project Board Game

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