

MY WALKING WEEK

Set your mind on a path to calmness and happiness by taking a walk each day. For each day we've suggested some questions for you to think about and you can write your answers in this seven-day journal. If you can, try and vary your walk each day.

If you miss a day, just pick up again where you left off.

DAY 1

What was good about today?

Where did you walk?

Three words about your walk...

If your walk had a soundtrack, what would it be?



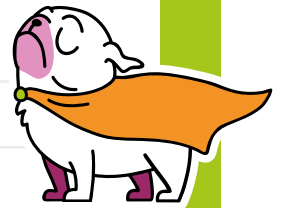
DAY 2

What was different about today?

Where did you walk?

Three words about your walk...

Sum up your walk in a quote (famous or made up!)



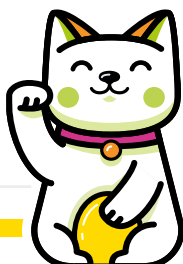
DAY 3

What did you see today?

Where did you walk?

Three words about your walk...

If your walk could be an animal, what would it be?



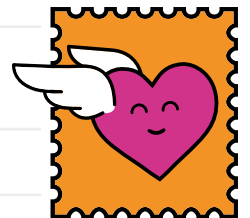
DAY 4

Who did you talk to/message today?

Where did you walk?

Three words about your walk...

If your day was a film, what would it be?



DAY 5

Who or what made you smile today?

Where did you walk?

Three words about your walk...

Who would you have liked to walk with you today?



DAY 6

How did you make someone smile today?

Where did you walk?

Three words about your walk...

If your mood today was a type of weather, which would it be?



DAY 7

How did you relax today?

Where did you walk?

Three words about your walk...

If your walk was a meal, what would it be?



WHICH WAS YOUR FAVOURITE WALK OF THE WEEK? WHY?

Living Streets is the UK charity for everyday walking.

Visit our website to find out more:

[LIVINGSTREETS.ORG.UK/SECONDARY](https://www.livingstreets.org.uk/secondary)

[LIVINGSTREETS.ORG.UK/WALK-TO-SCHOOL/COLLEGES-AND-UNIVERSITIES](https://www.livingstreets.org.uk/walk-to-school/colleges-and-universities)

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