High Five Friday

Take Notice Activity

Autumn Walk

Now it's autumn and moving toward winter it can be harder to motivate yourself to go for a walk, but it's really worth it. There are so many things to notice on an autumn walk whether it's during the day or in the evening.

1. Wrap up warm with coat, hat, scarf, gloves and comfortable shoes.
2. Go out for a walk and take notice of what you can smell, hear, see and feel.4 things you can touch.

Go for a walk in your class - what do you notice on an autumn / winter daily mile?

Go out for a walk with your family and talk about what you notice.