

# Bucket Walk

Encourages your kids to go outdoors for a walk



Do you ever go for a walk with your child and come back with leaves, rocks and other treasures poking out of your pockets? The Bucket Walk builds on your child's innate interest to explore and collect by combining a walk and craft resource expedition into one activity.

## How to get started:

- Grab a small bucket with a handle
- Head outdoors and walk your local streets (great opportunity to teach road safety and help your child navigate their suburb too!)
- Allow your child to pick up items that interest them and pop them in their bucket
- Wander past your local playground for a swing, slide and climb
- Return home, get out the craft paper and glue, and create a masterpiece



## Develops a joy of walking

An adventure provides the motivation to walk.



## Develops a sense of responsibility

Carrying found treasures helps your child feel independent.



## Assists with road safety

Teaching your child about traffic and how to cross roads helps to keep them safe in your suburb.

For more tips and ideas go to [fb.me/MightyMoversCBR](https://fb.me/MightyMoversCBR) or [bluearth.org](https://bluearth.org)