

# Let's Get Walking!

Walking with children and setting a good example of regular exercise is critical in keeping a child healthy. Encouraging children to walk to nursery and stop using buggies on short trips by around the age of three, you can help ensure that children lead an active life



## Making Walking Fun

Choose a wiggly, winding route rather than a long, straight one.  
Focus on exciting things to do or see on the walk such as a park.  
Take a camera and ask children to help take photographs of your journey.  
Try a walking song.



## The Walking Song

**Ready Go!**  
**Walking, walking.**  
**Hop, hop, hop.**  
**Running, running, running.**  
**Now let's stop.**  
**Now let's stop!**

**Ready Go!**  
**Waking walking...**

<https://supersimpleonline.com/song/walking-walking/>