

INTERNATIONAL WALK TO SCHOOL MONTH

October 2026

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1. AUTUMN STREET SAFARI

INTERNATIONAL WALK TO SCHOOL MONTH

Autumn Street Safari

There are lots of interesting things to see and do as you walk, wheel or scooter to school. How many of these activities can you tick off on your Autumn Street Safari?

Find a pretty feather	Spot a bird and draw it	Make art using fallen leaves	Hug a big tree
Look under a rock - who lives there?	Find a red leaf	Make up a scary story	Juggle with pinecones
Jump over a puddle	Pretend to be a squirrel asleep for the winter	Learn why leaves change colour	Spot a zebra crossing
Say hello to a neighbour	Dance around a mushroom	Close your eyes and listen - what do you hear?	Stamp on a pile of leaves

Name: _____ Age: _____

MIS RHYNGWLADOL CERDDED I'R YSGOL

Saffari Stryd yr Hydref

Mae llawer o bethau diddorol i'w gweld a'u gwneud wrth i ti gerdded, olwyno neu sgwtera i'r ysgol. Faint o'r gweithgareddau hyn y gallet ti eu ticio i fwrdd ar dy Saffari Stryd yr Hydref?

Dod o hyd i bluen hardd	Gweld aderyn a thynnu llun ohono	Defnyddio dail i wneud ceff	Rho gwtch i goeden fawr
Edrych o dan graig - pwy sy'n byw yno?	Dod o hyd i ddellen goch	Dod i fyny gyda stori frawychus	Jygle gyda moch coed
Nedid dros bwllyn	Esgu bod yn wleier sy'n cygu dros y gaeaf	Dysgu pam fod dail yn newid lliw	Dod o hyd i groestfan sebra
Dwedd hela i gymydog	Dawmsio o gumpas madarch	Cau dy lygaid a gurano - beth wyt ti'n clywed?	Stampio ar bentwr o ddail

Enw: _____ Oed: _____

2. HEALTHY BODIES AND MINDS RESOURCE

KS2/Progression Steps 2&3/P3-6

INTERNATIONAL Walk to School Month

Every October, children around the world walk, wheel or scooter to school for International Walk to School Month. Physical exercise is important for children's mental and physical health and it can also boost confidence and connection with others. Use our teacher resource to discuss the importance of physical exercise and how it benefits our minds and bodies.

THEME: HEALTHY BODIES AND MINDS

DURATION: 60 MINUTES
 Discussion: why movement is important for our health and wellbeing (10 minutes)
 Outdoor activity (15 minutes)
 Reflection: how do we feel after physical exercise? (10 minutes)
 Create a poster about why physical exercise is good for us (25 minutes)

AIM
 To help pupils understand how physical activity helps keep our bodies healthy and supports our mood. Walking and wheeling can support their emotional and physical wellbeing, helping to make them feel happier, more regulated and making it easier to concentrate in the classroom. Pupils will be encouraged to identify and discuss how they feel before and after an outdoor activity and then design a poster to raise awareness about the benefits of keeping our bodies and minds healthy.

LEARNING OBJECTIVES
 • Pupils will understand that physical exercise is good for our bodies and minds.

RESOURCES
 • Activity sheet
 • Pens/pencils
 • Eraser
 • Coloured pencils

CURRICULUM LINKS
 • KS2 PSHE/PE
 • L1-2 Health and Wellbeing
 • P3-6 Health and Wellbeing

PLENARY
 After the lesson, ask pupils to share their posters and discuss:
 • WHAT is one new thing you have learned about physical exercise?
 • HOW can you stay active this week?

VOCABULARY
 • Energised
 • Refreshed
 • Calm
 • Happy
 • Focused
 • Strong
 • Active
 • Resilience

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Cynllun gwers CA2 / camau dilyniant 2&3 / P3-6

MIS RHYNGWLADOL CERDDED I'R YSGOL

Bob mis Hydref, mae plant ledled y byd yn cerdded, mynd ar olwyn neu mynd ar sgwter i'r ysgol ar gyfer Mis Rhyngwladol Cerdedd i'r Ysgol. Mae ymarfer corff yn bwysig i iechyd meddwl a chorfforol plant a gall helpu i roi hwb i hyder a chysylltiad ag eraill. Defnyddiwch ein hadnodd athrawon i drafod pwysigrwydd ymarfer corff a sut mae o fudd i'n meddyliau a'n corff.

THEMA: CYRFF A MEDDYLIAU IACH

HYD: 60 MUNUD
 Trafodadaeth: pam mae symud yn bwysig i'n iechyd a'n lles (10 munud). Gweithgaredd awy agored (15 munud). Myfyrio: hysid rydym ni'n taelio ar ôl ymarfer corff? (10 munud). Creu poster ynghylch pam mae ymarfer corff yn dda i ni (25 munud).

ADNODDAU
 • Talfen weithgaredd
 • Pennau/pensiliau
 • Rhwbwr
 • Pennsiliau llw

DYSYLLTIADAU A'R CWRICWLWM
 • CA2 PSHE / PE
 • L1-2 Iechyd a Lles
 • P3-6 Iechyd a Lles

SESIWN GLOI
 Ar ôl y wers, gofynnwch i'r disgyblon rannu eu posteri a thratod:
 • BETH yw un peth newydd rydych chi wedi ddysgu am ymarfer corff?
 • SUT allwch chi gadw'n egniol yn wythnos hon?

GEIRFA
 • Llawn egni
 • Wedi adfywio
 • Di-gymffwrdd
 • Llawn ffrws
 • Cryf
 • Egniol
 • Gwydnwch

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3. SOCIAL MEDIA POSTS



International Walk to School Month starts today! Spend quality time together and start the day with a smile.

The school run is more than just a journey. It's a chance to chat, connect, get active and arrive ready for the day ahead.

livingstreets.org.uk/October

Mae Mis Rhyngwladol Cerdded i'r Ysgol yn dechrau heddiw! Treulwch amser gwerthfawr gyda'ch gilydd a dechreuwch y diwrnod gyda gwên.

Mae'r daith i'r ysgol yn fwy na thaith yn unig. Mae'n gyfle i sgwrsio, cysylltu, bod yn egniol a chyrraedd yn barod ar gyfer y diwrnod sydd o'n blaenau.

livingstreets.org.uk/Hydref



Do you feel happier when you walk or wheel to school?

A chat with friends. A wave to a neighbour. Noticing nature along the way.
Small moments can make the school journey something to look forward to.

Join International Walk to School Month: livingstreets.org.uk/October

Ydych chi'n teimlo'n hapusach wrth gerdded neu olwynio i'r ysgol?

Sgwrs gyda ffrindiau. Chwifio llaw at gymydog. Sylwi ar natur ar hyd y ffordd.
Gall eiliadau bach wneud y daith i'r ysgol yn rhywbeth i edrych ymlaen ato.

Ymunwch â Mis Rhyngwladol Cerdded i'r Ysgol: livingstreets.org.uk/Hydref



A calmer journey can mean a calmer start to the school day.

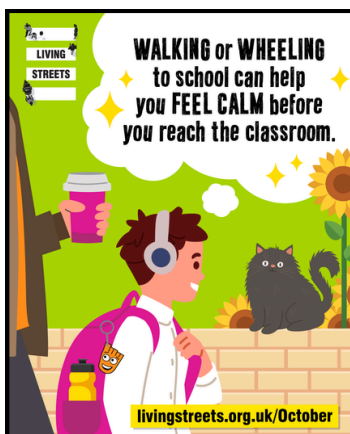
Walking or wheeling to school gives children time to wake up, get moving and arrive ready to learn.

Join International Walk to School Month this October: livingstreets.org.uk/October

Gall taith dawelach olygu dechrau tawelach i'r diwrnod ysgol.

Mae cerdded neu olwynio i'r ysgol yn rhoi amser i blant ddeffro, symud a chyrraedd yn barod i ddysgu.

Ymunwch â Mis Rhyngwladol Cerdded i'r Ysgol ym mis Hydref: livingstreets.org.uk/Hydref



3. PARENTS/CARERS' NEWSLETTER CONTENT

Dear parent/carer,

This October, schools across the UK will be joining children around the world to celebrate International Walk to School Month, organised by the walking charity Living Streets.

The month-long campaign is all about celebrating the benefits of walking, wheeling, cycling and scooting to school, helping children to stay active, connect with their community and enjoy the journey to school.

To help families get involved, Living Streets has created a free Autumn Street Safari, packed with fun activities to complete on the school run or during a family walk. Can you spot the signs of autumn around you? How many seasonal treasures can you find? See how many challenges you can tick off along the way!

Whether your child walks, wheels, cycles or scoots to school every day, occasionally, or enjoys these activities at weekends, everyone can take part. The Autumn Street Safari is designed to help children explore their neighbourhood, have fun outdoors and make everyday journeys more enjoyable.

Download your free Autumn Street Safari and discover more activities for families at: livingstreets.org.uk/October

Thank you for supporting your child to travel actively whenever possible and helping us celebrate International Walk to School Month.

The Living Streets Team