

STARS AT HOME ACTIVITIES: SEN SCHOOLS

Please remember whatever active travel activities you decide to do, follow the current government COVID guidelines:

Stay at home, protect the NHS, save lives!

JANUARY

Winter mindful walks

Activity: To be mindful on walks you need to look at what is around you, what you see along the way, what you hear, feel and smell. Think about how the season changes over time. Can you spot daffodils or snowdrops starting to grow at this time of year? How does the air feel on your skin? Can you see it as you breathe? Use your senses to enjoy your surroundings and make the walk more interesting. Be present, taking in the beauty of the here and now, even if it is raining. When you get home, write or draw about what you saw or keep a video journal.

[STARS activity card](#)

Walking from Home

Defining the beginning or end of the school day is important for mental as well as physical health. It sets you up for the day or makes you feel the work part of the day is over. Did you know that an active travel school journey can help children to concentrate for up to four hours? So why not head out for a #fakeschoolrun. There's lots of resources to support you here: [Primary Schools](#) [Secondary Schools](#) Use social media to get others to join in: #WalkingFromHome #Fakecommute #Fakeschoolrun Tag us on Twitter too @ealingSTARS

[STARS activity card](#)

FEBRUARY

Valentine's Day 'love your heart' active travel day

Date: 14th February 2021

Activity: Organise events or an assembly to promote the health benefits of active travel

[STARS activity card](#)

MARCH

March in March

Activity: A month to promote walking despite inclement weather.

[STARS activity card](#)



Activity: Could you hold a Step Counting Week

[STARS activity card](#)

World Book Day: <https://www.worldbookday.com/>

Date: 4th March 2021

Activity: Dress up as your favourite character from a book about Active Travel: <https://www.worldbookday.com/>

[STARS activity card](#)

British Science week: <https://www.britishscienceweek.org/>

Date: 9th-13th March 2021

Activity: Daily walk 'I spy' - write down all the animals that you see while walking, can you draw your favourite one?

[STARS activity card](#)

Activity: Get in touch with [Idling Action London](#) to see what online workshops they can arrange for your students.

[STARS activity Card](#)

World Recycling Day 2021: <https://www.globalrecyclingday.com/>

Date: 18th March 2021

Activity: Bling your Bike, Sparkle your Scooter - Can you bling your bike/ scooter using only recycled materials?

<https://stars.tfl.gov.uk/PrimarySchool>

[STARS activity card](#)

WWF Earth Hour: <https://www.worldwildlife.org/pages/earth-hour>

Date: 28th March 2021

Activity: Could you arrange a lesson or activities around the environmental benefits of active travel, such as air quality?

[STARS activity card](#)

JOURNEY PLANNING

- [Learn the new ways to prepare for your journey](#)

[STARS activity card](#)



PHYSICAL EDUCATION

- [Get active at home- Disney inspired indoor games and activities](#)

[STARS activity card](#)

- [Complete the Active Reward Card Online workout](#)

[STARS activity card](#)

WALKING GAMES

- [Walking Bear:](#)
Teddy Bears Picnic
Scavenger Hunt
Where are your favourite places to walk to?
Make Your Own Bear
Word Search

[STARS activity card](#)

- [Scavenger Hunt on your daily walk](#)

[STARS activity card](#)

ART & DESIGN

- [Build a London bus](#)

[STARS activity card](#)

- [Colour me bright worksheet](#)

[STARS activity card](#)

- Brighten your bag game

[STARS activity card](#)

- Can you draw your most memorable journey via walking, cycling or scooting?



[STARS activity card](#)

- [Design a roundel](#)
- [Colour in London](#)
- [Design a moquette](#) (the patterns we see on the seats in trains and buses in London)
- Design a poster to show other children how to cross the road safely or about distractions (friends, headphones, mobile phones etc)
- Design a new type of bicycle, trainer, helmet, hi vis jacket

[STARS activity card](#)

FOOD EDUCATION

- [Design a Healthy and Active Breakfast](#)

[STARS activity card](#)

ROAD SAFETY

- Talk about safety on your daily walk- how many different road signs can you spot?

[STARS activity card](#)

- [Learn the road safety song](#)

[STARS activity card](#)

- [Road safety online game](#)

[STARS activity card](#)

- [Be bright, be seen game](#)

[STARS activity card](#)

PUBLIC TRANSPORT

- Lesson around getting public transport in the pupil's local area

[STARS activity card](#)



- Lesson around COVID health and safety on public transport - can the pupils write 3 of their top tips for safely getting public transport?

[STARS activity card](#)

LESSON PLAN RESOURCES

- [Living Streets Resource pack for Primary Schools](#)
- [Living Streets Resource pack for Secondary Schools](#)

From postcards to feelings, from scavenger hunts or challenges to the Walking Randomiser and My Walking Week: there's a great selection for you to get involved.

- [Sustrans Outside In](#) 4 weeks of active travel lessons, games and challenges

Games, videos and weekly challenges to help you enjoy some cycling, walking and scooting fun during lockdown. Time to get the whole family involved.

