



# MY HEALTH WALK JOURNAL

[www.thinkhealththinknature.scot](http://www.thinkhealththinknature.scot)

# My Walking Journal

## Why Walk?

Walking is brilliant and easy to do. It keeps you fit and healthy and helps you to feel better and sleep better. Walking is a very safe activity but you will need to keep an eye out for traffic and other footpath users and follow the outdoor access code. By staying local you will be able to explore the many paths and greenspaces in your area. Take a grown up with you, and stick to familiar places so you don't get lost.

Make sure to wear appropriate clothing and shoes – a jacket for warmth or something bright if it is dark out. Pop on a hat and sunscreen if the weather is warm and you may wish to carry some midge repellent. The most important thing is that you are comfortable.

If you, or a member of your family, are concerned about your health, have a word with your GP before you start this challenge.

## How to use this Journal?

For this initiative we are using World Walking which was developed by a Scottish charity and which allows you to use the distances you walk in the real world to complete imaginary walks. If you haven't done so already you can register online and join one of our virtual walks for free at: [worldwalking.org/thinknature](http://worldwalking.org/thinknature)

This Journal will help you to record your progress and take note of some of the interesting things you can learn, see and do along the way. Even if you can't get far, a walk around the block, a circle of the garden or trips up and down the stairs will all contribute to this challenge. If you want to change it up a bit you can also cycle or scooter.

If you have a pedometer, you can use this to measure your daily activity. Pedometers are also built in to some phones, fitbits and watches. You can even just count your steps and take note. You may prefer to use a phone App's such as Strava, Runtastic or Runkeeper. There are many different Apps available. You can map your distance using ordnance survey maps or online with Google maps or Gmap Pedometer.

If you don't have access to an activity tracker you can just measure the time spent doing moderate activity (something that gets you a little out of breath) and use the table below to calculate your steps equivalent.

Activity Time	Steps	Miles	Km's
10 minutes	1000	0.5	0.8
20 minutes	2000	1	1.6
30 minutes	3000	1.5	2.4

You can take part individual or in teams. Use this journal to take note of your progress week by week. You then deposit your total steps/miles in your online bank and progress along the route to explore the Highlands where you can stop off at milestones along the way to learn about the areas you have reached.

At the end of the challenge you will receive an achievement certificate.

For more resources or to learn about green health visit [www.thinkhealththinknature.scot](http://www.thinkhealththinknature.scot)

# Happy Walking!

## Week 1

What did I learn?

What did I see or hear?

What did I do?

How did I feel?

Use the space below to write or draw about your walking week

*think*  
**health**  
*think*  
**nature**

## My Progress

Use the table below to log your daily activity. Remember to deposit your distance in your World Walking 'bank' and then 'spend' the distance you have 'banked' on your chosen walk. We have included a quick link to do this at [worldwalking.org/thinknature](http://worldwalking.org/thinknature)

Team Member	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Steps/Miles/Km's
Total Steps/Miles/Km's								

Are you happy with your progress? Why not set a goal for next week and see if you can reach it.

My goal for next week is

## Things to try

### Make a Nature Orchestra



#### Grass Whistle

Place a blade of grass between your thumbs and blow gently to make a grass whistle.

If it doesn't work at first trying blowing more gently or slightly harder.

#### Sound Jars

Set out different containers with lids (water bottles, jam jars, plastic containers, etc.). Find small items from nature and place them in the jars, place on the lids and shake – what different sounds do they make?

You could try sand, earth, gravel, water and mud. Or place rocks in a plastic container and create your own rock band!

- What items will make the loudest sound?
- Which one will make the softest sound?
- Which items will fit into the containers?



#### Wind Chimes

Collect various pieces wood from the forest floor. Paint each a different colour and tie with string to make your own wind chime.

#### Fun Fact

The ant is one of the world's strongest creatures in the World and can carry 50 times its own bodyweight!

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## Week 2

What did I learn?

What did I see or hear?

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# Things to try

## Bark and leaf rubbing

Have a look at the touch and feel of bark on the trees. Is all the bark the same colour and can you find some rough bark and some smooth bark? Try this easy outdoor activity on a dry day, because wet tree bark can make your paper tear.

### You will need:

- Large crayon or coloured chalk
- Thin paper
- Trees

**Step 1:** Peel the paper from a large crayon, or use a thick piece of pavement chalk.

**Step 2:** Press a sheet of thin paper up against the bark of a tree.

**Step 3:** Gently rub the side of the crayon or chalk on the paper until the pattern of the bark shows.

**Step 4:** Compare rubbings from different trees. Which bark patterns make the nicest rubbings? Can you tell which rubbing came from which kind of tree?



### For Leaf Rubbings:

**Step 1:** Collect interesting leaves, and lay them flat on a hard, smooth surface.

**Step 2:** Cover the leaves with paper, and rub the side of the crayon or chalk on the paper.

Find 2 different shaped leaves and hold them up to a light or the sky.

Do they have different vein patterns?

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## Week 3

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How did I feel?

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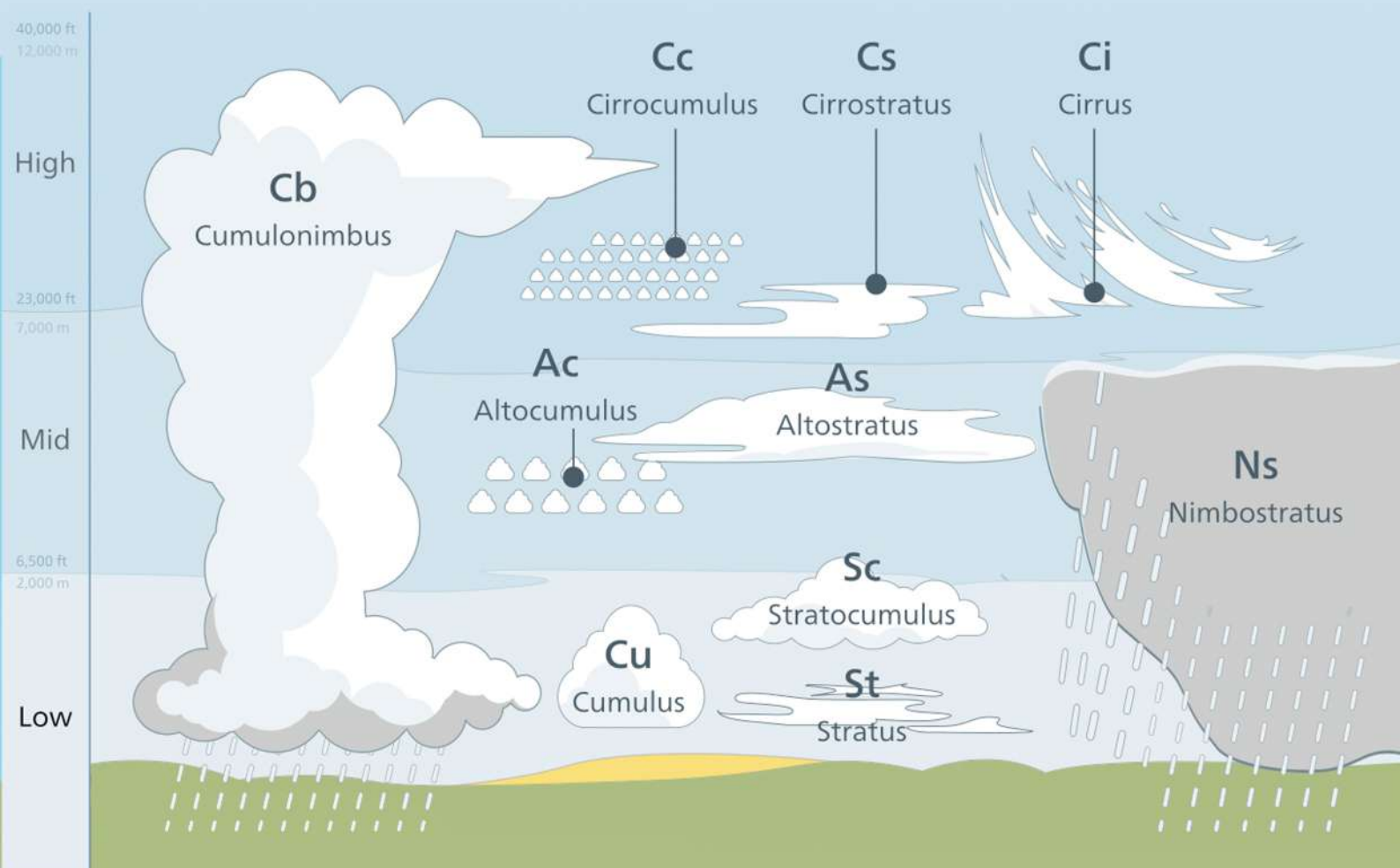
## Things to try

### Cloud Spotting

Clouds are often described as wispy (cirrus) , heaped (cumulus) and layered (stratus)

Nimbus means rain cloud, so cumulonimbus means heaped rain cloud.

What clouds are in the sky today?



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## Week 4

What did I learn?

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## Things to try

### All the colours of the rainbow

How many different colours of the rainbow can you find around you when on your walk?

### Make a colourful and fragrant perfume

Collect flower petals and herbs of different colours use your fingers to tear them into small pieces, feeling the different textures as you do.

Some examples of fragrant flowers and herbs include lilacs, plumeria, roses, plumeria, mint and rosemary.

Add them to a jar with water and leave to infuse.

If you want you could slice up some orange or lemon pieces to add some extra zing or perhaps some food colouring to give it an extra burst of colour.

A perfume, or a Fairy Soup? (please do not drink the soup)



### Fun Fact

Birds are Immune to the heat of chilli peppers!

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## Week 5

What did I learn?

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How did I feel?

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# Things to try

## How tall is that tree?

We can't take a tape measure to the top of tree, but did you know...you can measure the tree from the ground using your legs?

1. Stand with your legs apart and your back to the tree.
2. Keeping your legs straight, bend down and look at the tree between your legs.
3. Move backwards or forwards so that you can just about see the top of the tree between your legs.
4. When you can see the top of the tree between your legs, the distance between your feet and the tree is roughly about the same height as the tree!

## Go on a bug hunt!

Creepie crawlies live in all sorts of habitats. Many prefer dark, damp spots in gardens and woods, so this is a good place to start your hunt.

- Peek under large stones and logs to find woodland and millipedes.
- Peer into the cracks in tree bark and deadwood to find beetles and spiders.
- Poke your nose into long grass to see ants and grasshoppers.
- Look closely at leaves to discover caterpillars and ladybirds.
- Keep your eyes peeled after rain – can you spot slugs, snails and worms.

Lots of bugs live in trees and shrubs. Lay a piece of white cloth, such as an old sheet or pillow case, under a tree or bush and gently shake the branches to see what fall out.

## Create a multi-storey bug hotel

Safe hideaways can be hard for wildlife to find in some gardens, and what better use for all your garden waste and odds and ends? A bug hotel could shelter anything from solitary bees to bumblebees, and ladybirds to woodlice.

You can build your bug hotel at any time of year, but you may find you have most natural materials such as straw, dry grass and hollow plant stems in autumn.

### Things you can use

Old wooden pallets  
Dry leaves  
Bricks  
Sand

Strips of wood  
Woodchips  
Old logs  
Soil

Straw  
Old pots  
Bark  
Hollow bamboo

Moss  
Old roof tiles  
Pine cones  
Planks of wood



## Fun Fact

Honeybees fly at a speed of around 25km per hour and beat their wings 200 times per second!

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## Week 6

What did I learn?

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How did I feel?

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Use this space for any extra notes you take as you walk

Supporting and helping to make more use of Scotland's outdoors as Our  
Natural Health Service.



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