

WALK & TALK
TRUST

WALK & TALK
TRUST

Sponsors without whose help this project would not have been possible



THE HOME WALK PROJECT

www.homewalkproject.co.uk



THE HOME WALK PROJECT

Scan this



Child Name _____

School Name _____

Year Group _____

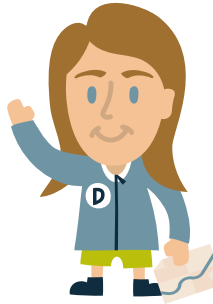


www.homewalkproject.co.uk

Hi there,



I'm **Keiron** and I'm **Dani**
and we're your guides for
The Home Walk Project



What's it about?

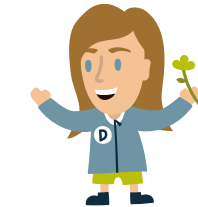
It's about getting you and your families walking to improve physical health and mental wellbeing. It's also about discovering our local area.

How does it work?

At the beginning of the project every child will get a **sticker book** and some **stickers**. Every time you walk **2 miles** or more with a parent, guardian or responsible adult you **stick** a sticker into your booklet and **record** in the grid at the bottom of the page

- THE DATE
- DISTANCE
- NUMBER OF CHILDREN ON THE WALK
- NUMBER OF ADULTS ON THE WALK

We will also give your parents an **information booklet** full of **exciting places** where **you and your family can go walking**. We recommend **not** doing **more than one walk per day**.



Free Prize Quiz

Answers to all of the following questions can be found on the relevant websites. Get all **8 answers correct** and you will be entered into a **Free Prize Draw**. The **5 lucky winners** will be announced by **31/12/2022**, and will each win a bundle of prizes comprising:
- £ 100 voucher to spend on hiking gear at Decathlon Gateshead Store
- Family Day ticket to Beamish Museum
- Family Day pass to Raby Castle

Full Terms & Conditions of the Free Prize Quiz can be found on the Home Walk Project website www.homewalkproject.co.uk

Ray Lonsdale's "Tommy" sculpture is officially named with what number?

1 www.durhamheritagecoast.org

In which town is the Durham Dales Visitor Centre?

2 www.northpennines.org.uk

In which year did the Stockton & Darlington Railway open?

3 www.locomotion.org.uk

Go fly fishing at Derwent Reservoir for what species of fish?

4 www.watersideparksuk.com

What type of deer, seen at Raby, is Britain's largest wild land mammal?

5 www.raby.co.uk

What is the name of the Fish & Chip Shop in Beamish's 1900's Pit Village?

6 www.beamish.org.uk

What is the name of the Victorian Lead Mine that you can visit at Killhope?

7 / www.killhope.org.uk

Which river is celebrated by the Discover Brightwater Project?

8 www.discoverbrightwater.com

Total Distance Calculation

Add up the miles you've walked in each of the 4 sections of the project. At the end of the Project, transfer the subtotals into the discs below and add them up to find out the entire distance you've covered.



Questionnaire



This section **MUST** be completed to get your medal

1. Did you watch the YouTube videos? Y N
2. Did you like the Sticker Booklet? Y N
3. Did your family read the Guide Booklet? Y N
4. Did you look at any of the websites of the places featured in it? Y N
5. Did your family visit any of the places featured? Y N
If YES to Q5, how many of the places did you visit? 1 2 3+
6. Did you enjoy the How Many Can You Spot game? Y N
7. Did you attempt the Free Prize Quiz? Y N

Please read the following Statements and tick the appropriate box

- I will continue to walk with my family now I've completed the project Y N UNSURE
- I enjoy being outside more than I used to Y N UNSURE
- Walking makes me feel better / happier Y N UNSURE
- We have visited new places during the Home Walk Project Y N

When you have finished the booklet, hand it back to your teacher. You have until **September 30th** to fill your sticker booklet. The school will then collect them in and send them back to us.

We will send you the **The Home Walk Project's Medal of Achievement** if you complete the project.

Even if you haven't fully completed the project by September the 30th you will still get our **Medal of Participation** if you hand your booklet in.



Watch out for our **YouTube videos** where we will give you some **tips** about **walking** and some of the **cool things you might see**. We'll show you some of our **favourite places** and just explain **why walking is so great!** Search **Walk & Talk Trust** on YouTube or **scan this code**

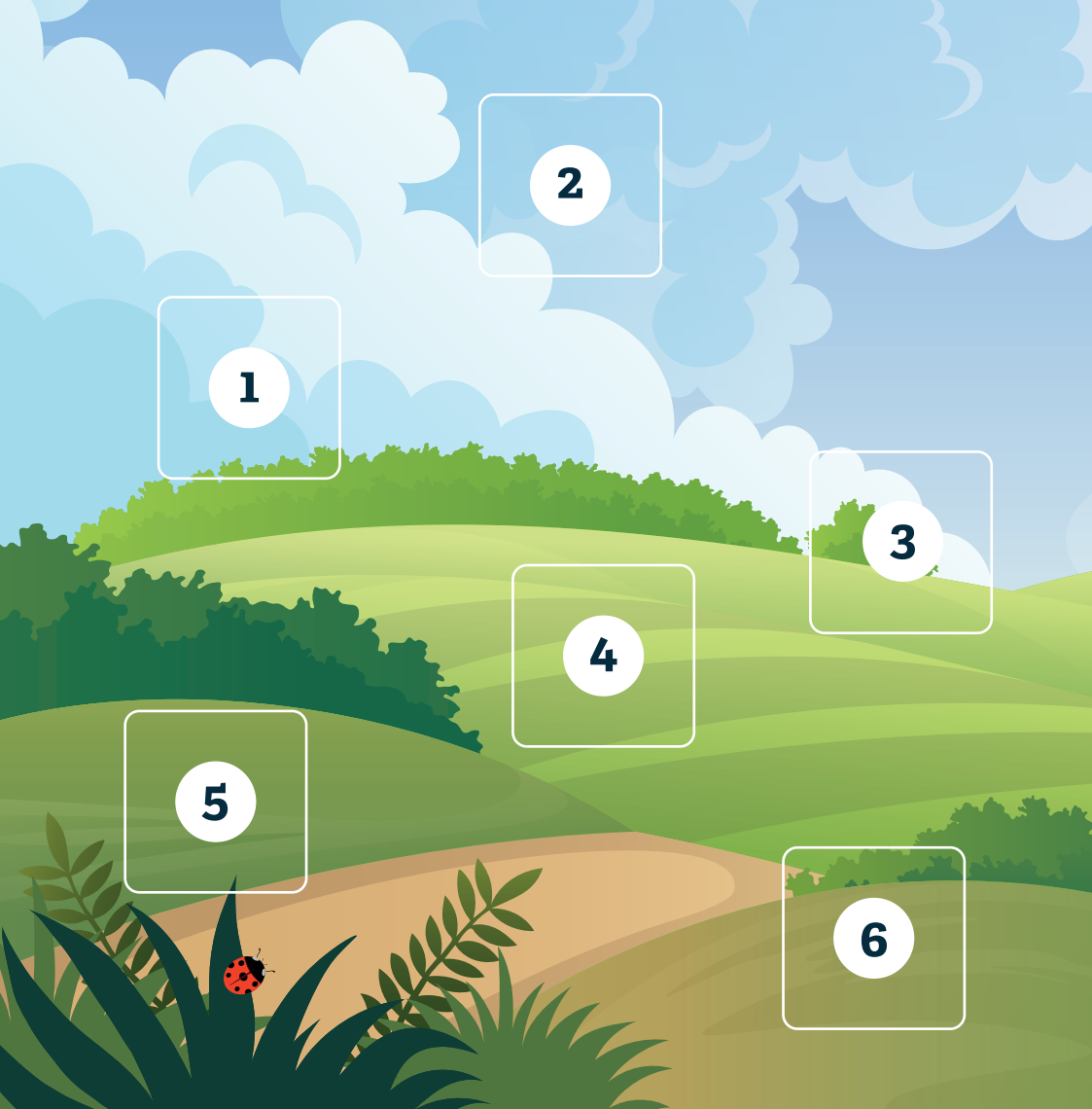


Don't forget to fill in the questionnaire on page 14. You **MUST** fill in this section to get your medal.

On **page 15** there is a **quiz**, find the correct answers by looking at the websites and you could **win** a bundle of **PRIZES** comprising :

- £ 100 Decathlon voucher
- Family Day ticket to Beamish Museum
- Family Day pass to Raby Castle

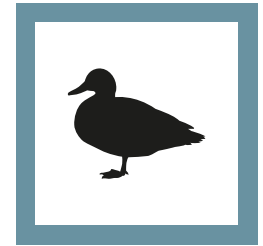
Good luck!



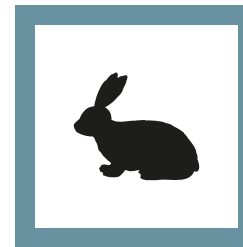
Owl



Seagull



Geese and Ducks



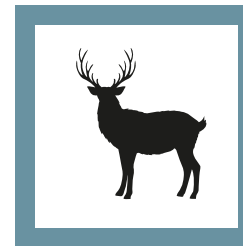
Hare



Butterflies



Squirrel



Deer



Animal Footprints



Fir Cones



Oak Leaves



Combine Harvester



Fishing Boat

1

DATE	MILES
ADULTS	CHILDREN

2

DATE	MILES
ADULTS	CHILDREN

3

DATE	MILES
ADULTS	CHILDREN

4

DATE	MILES
ADULTS	CHILDREN

5

DATE	MILES
ADULTS	CHILDREN

6

DATE	MILES
ADULTS	CHILDREN

How Many Can You Spot?

When you're out on your walks, we want you to keep your eyes open and look around at your environment.

If you see any of the items on these two pages, stick the relevant sticker on top of the silhouette.

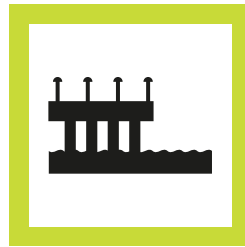
See how many of them you can spot.



Castle Ruins



Lighthouse



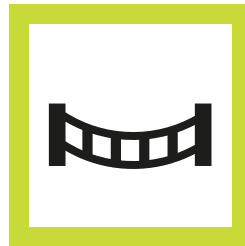
Pier



Waterfall



Bandstand in a park



Suspension Bridge



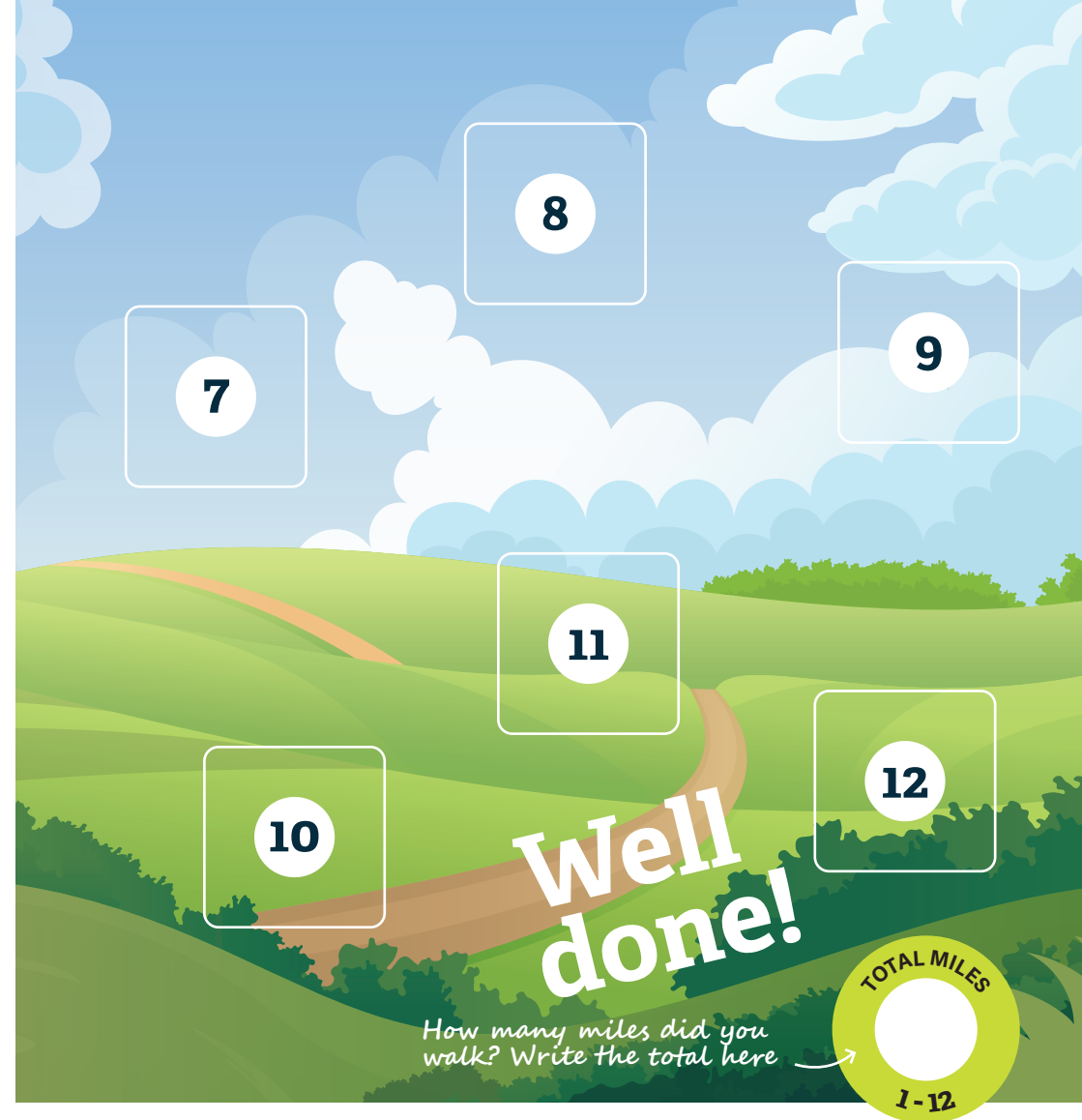
Wooden Signpost



Bird of Prey



Swan



7

DATE	MILES
ADULTS	CHILDREN

8

DATE	MILES
ADULTS	CHILDREN

9

DATE	MILES
ADULTS	CHILDREN

10

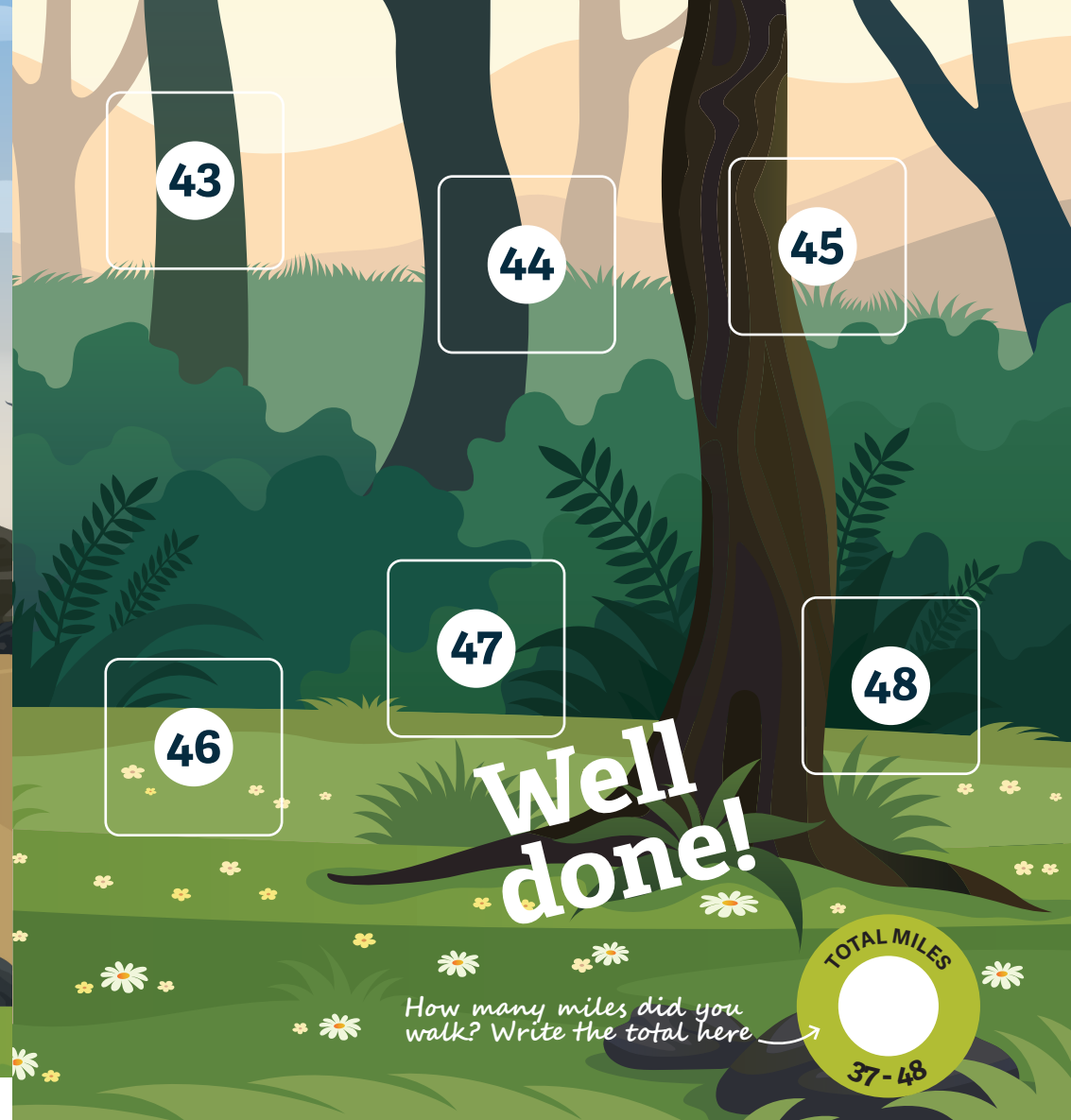
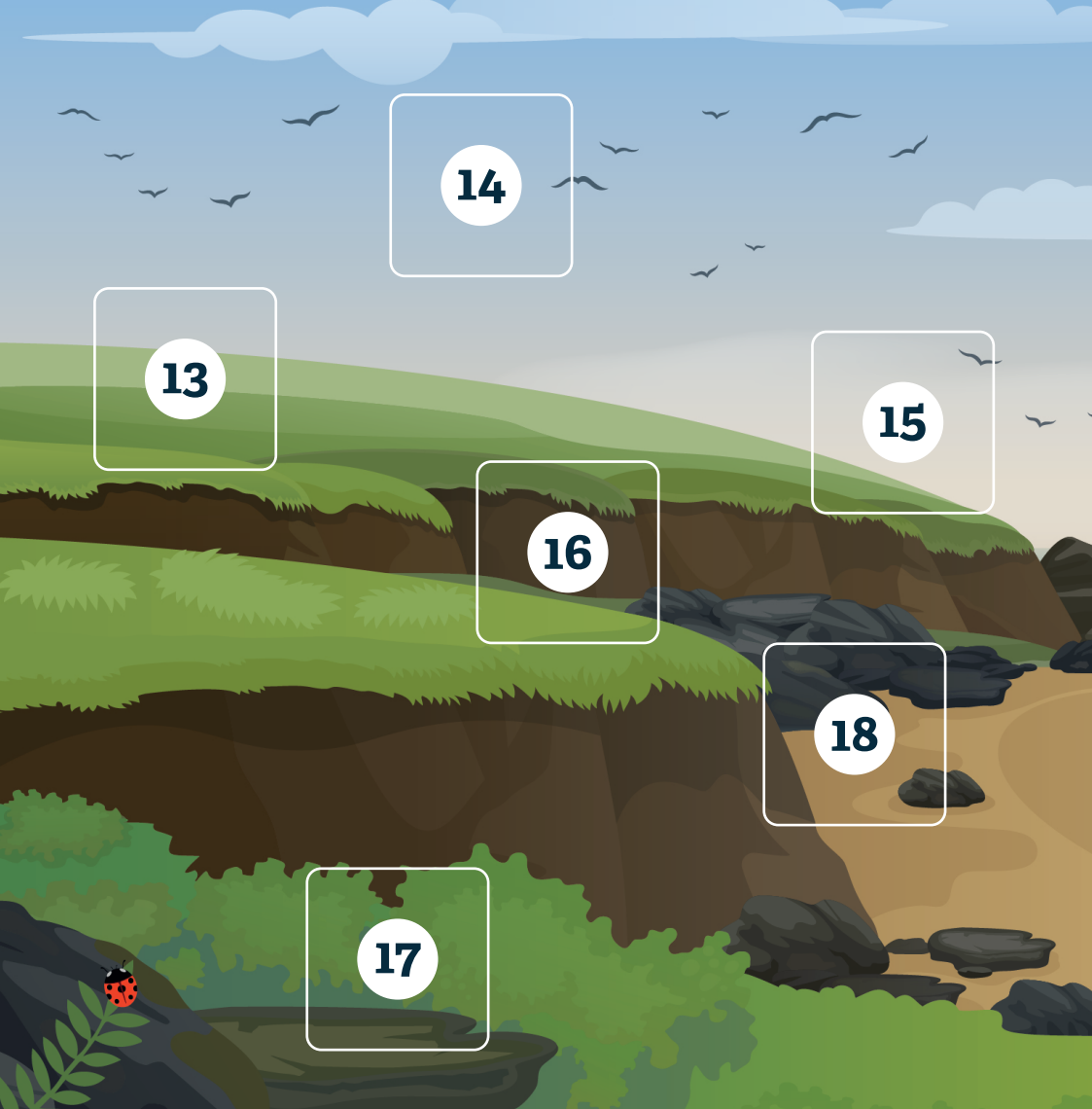
DATE	MILES
ADULTS	CHILDREN

11

DATE	MILES
ADULTS	CHILDREN

12

DATE	MILES
ADULTS	CHILDREN



13

DATE	MILES
ADULTS	CHILDREN

14

DATE	MILES
ADULTS	CHILDREN

15

DATE	MILES
ADULTS	CHILDREN

16

DATE	MILES
ADULTS	CHILDREN

17

DATE	MILES
ADULTS	CHILDREN

18

DATE	MILES
ADULTS	CHILDREN

43

DATE	MILES
ADULTS	CHILDREN

44

DATE	MILES
ADULTS	CHILDREN

45

DATE	MILES
ADULTS	CHILDREN

46

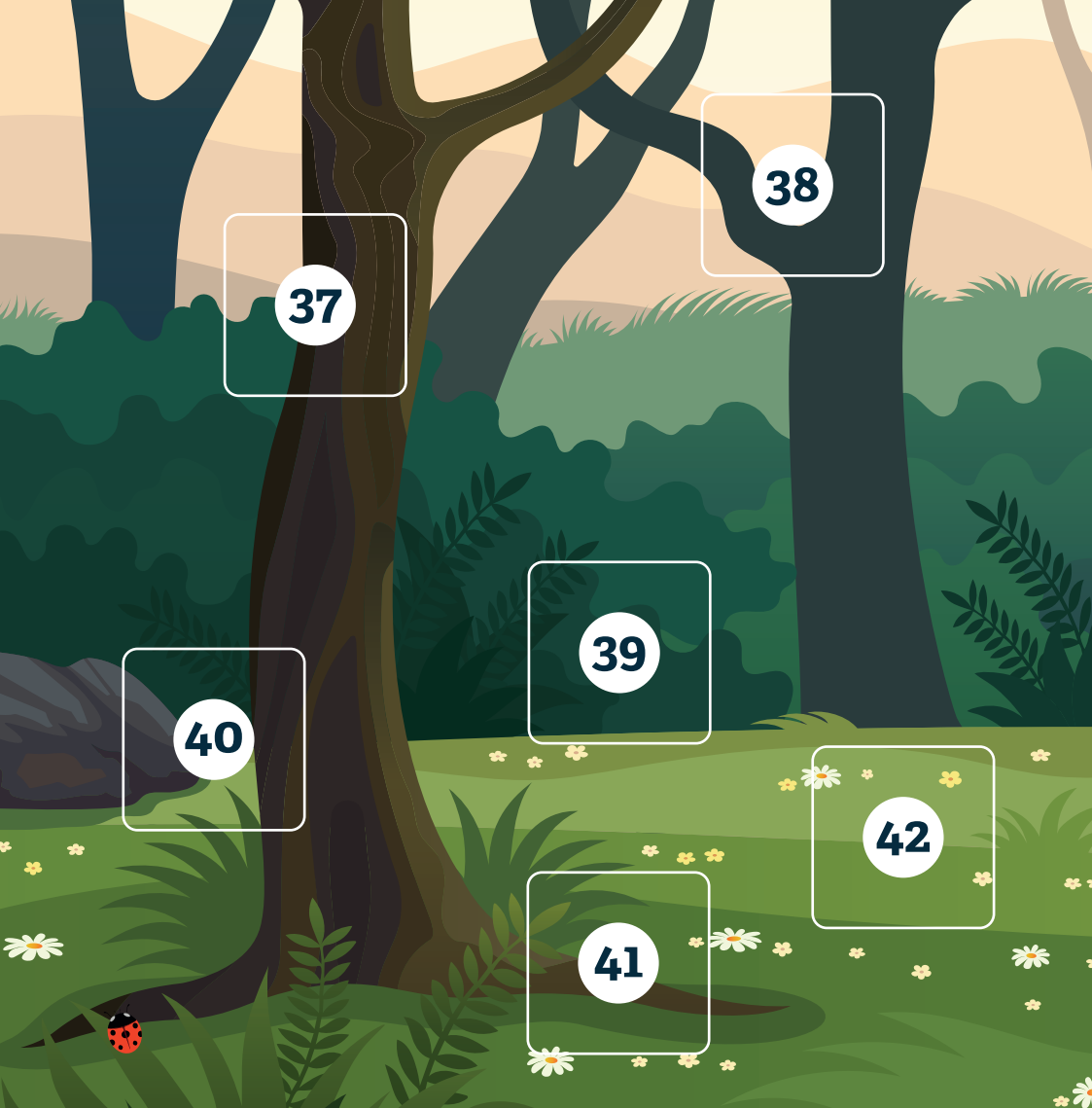
DATE	MILES
ADULTS	CHILDREN

47

DATE	MILES
ADULTS	CHILDREN

48

DATE	MILES
ADULTS	CHILDREN



Well done!

How many miles did you walk? Write the total here →

TOTAL MILES

13-24

37

DATE	MILES
ADULTS	CHILDREN

38

DATE	MILES
ADULTS	CHILDREN

39

DATE	MILES
ADULTS	CHILDREN

40

DATE	MILES
ADULTS	CHILDREN

41

DATE	MILES
ADULTS	CHILDREN

42

DATE	MILES
ADULTS	CHILDREN

19

DATE	MILES
ADULTS	CHILDREN

20

DATE	MILES
ADULTS	CHILDREN

21

DATE	MILES
ADULTS	CHILDREN

22

DATE	MILES
ADULTS	CHILDREN

23

DATE	MILES
ADULTS	CHILDREN

24

DATE	MILES
ADULTS	CHILDREN



Well done!

How many miles did you walk? Write the total here →

TOTAL MILES

25-36

25

DATE	MILES
ADULTS	CHILDREN

26

DATE	MILES
ADULTS	CHILDREN

27

DATE	MILES
ADULTS	CHILDREN

28

DATE	MILES
ADULTS	CHILDREN

29

DATE	MILES
ADULTS	CHILDREN

30

DATE	MILES
ADULTS	CHILDREN

31

DATE	MILES
ADULTS	CHILDREN

32

DATE	MILES
ADULTS	CHILDREN

33

DATE	MILES
ADULTS	CHILDREN

34

DATE	MILES
ADULTS	CHILDREN

35

DATE	MILES
ADULTS	CHILDREN

36

DATE	MILES
ADULTS	CHILDREN