

## Walk to School Week Ideas

# Bling your Shoe



Invite everyone to decorate their shoes with some recyclable materials, add some wings, feathers, ribbons, colourful dots or just wear two random shoes instead of the ordinary pair. Another idea could be to decorate a pair of wellingtons...

It is important to encourage that only materials from the recycling or can be **recycled and reused**. Avoid waste and whatever you do, don't wreck your shoes!

### Activity ideas

- Why not organise a fab feet parade in the yard to celebrate everyone's creativity
- Write a 'Walk' message to your community and the world. Arrange your shoes in words like 'WOW, WALK, LOVE WALKING...It is up to you or create a 'shoe mandala'
- A mandala is simply an art piece in form of a circle, and you decide what is in it and how you arrange it. To create a 'mandala' use chalk and a string to draw a perfect circle on the ground. You can add some symmetric lines. Lay the shoes out on the chalk lines and take pictures for your noticeboard or share your art with us!

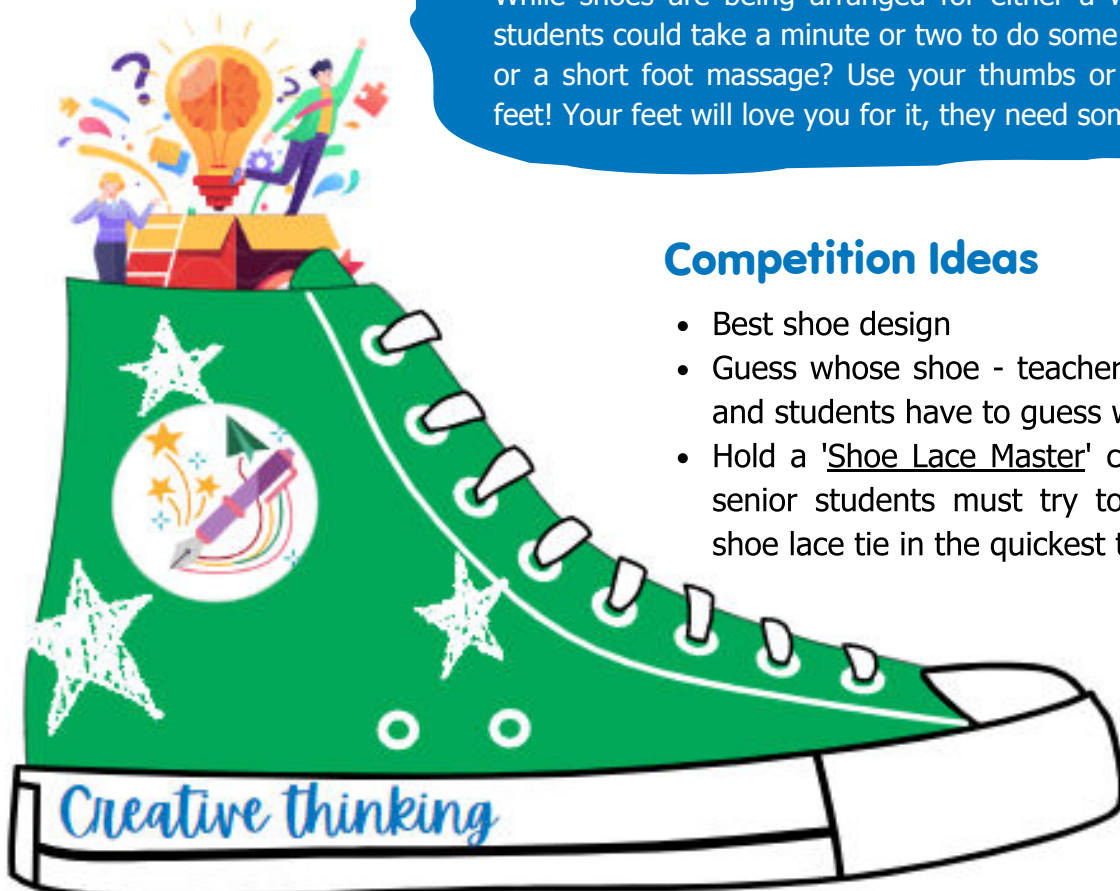


#### Tip

While shoes are being arranged for either a walk message or a mandala, students could take a minute or two to do some mindful walking on the grass or a short foot massage? Use your thumbs or your knuckles and rub your feet! Your feet will love you for it, they need some attention too!

### Competition Ideas

- Best shoe design
- Guess whose shoe - teachers bring in a pair of shoes and students have to guess who owns them
- Hold a 'Shoe Lace Master' competition. This is where senior students must try to complete a complicated shoe lace tie in the quickest time



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