

# Why Walk?

## Walking discussion workshop



### Outline

'Why Walk' is an interactive workshop which can be delivered in both an indoor or outdoor setting. Students work in groups to discuss questions on the topic and share their experiences/views. The ultimate goal of this exercise is to encourage pupils to consider the various benefits of walking to school and to think about their own journeys.

### Age Group

Secondary

### Time

30-45 minutes

### Curriculum

Communicating, working with others, wellbeing

### Materials

Question Cards - [Printer Friendly](#) [Image and Text](#) [Slideshow](#)

### Preparation

- Review questions
- Decide which version will work for your class i.e. Print outs or slide show.

### Activity

1. Split the class into groups and ask them to nominate a 'spokesperson' for the group.
2. Provide each group with a question card(s) with a different topic/question.
3. Give the students time to discuss the topic in their group, floating around each group to facilitate their discussion
4. Ask the spokespeople from the groups to come to the front of the class and feedback.
5. You can prompt them with guiding questions and ask them to share their own experiences of walking.

### Related activities

The Green-Schools [Agree/Disagree](#) activity could be used as a warm up activity for this workshop.

### Notes

- 'Why Walk' is best delivered as group work with question cards. Slides have been created as a back up option for instances where group discussion is not feasible and a whole class discussion is preferred.
- The question cards vary in complexity so in some cases a group might be able to work with two question cards.
- Ensure that you give each group some positive feedback and expand on certain topics e.g. health benefits, environmental benefits, road safety etc.