

Ultimate Walking Playlist



Listening to music while walking can significantly enhance your experience. Music can help to elevate your mood, increase motivation and can encourage you to walk longer and further.

For **Walk to School Week** this year we are seeking to create the ultimate walking playlist, and we would love your input! What songs inspire you when walking? Do you like happy hits, or electrifying beats which help to pick up the pace? Or something with a more relaxed tempo?

Please encourage students to create and submit a walking playlist. This can be done individually or as part of a group.

Track no.	Song	Artist
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		



Seinnliosta Seó Siúloide

Ag éisteacht le ceol i mbun siúl, nach álainn an t-am é! Cuireann ceol lenár meon intinne, spreagann sé sinn agus tugann sé ardú spiorad do dhuine chun siúlóid níos faide a dhéanamh.

Do **Sheachtain Siúil ar Scoil**, táimid ag iarradh an seinnliosta siúlóide is seó a chruthú, tá bhur smaointe de dhíth orainn! Céard iad na hamhráin a spreagann tú? An dtaitníonn amhráin spraoiúil, buille leictreonach a cuireann le do luas? An dtaitníonn luas níos séimhe leat?

Misnigh do dhaltáí chun seinnliosta a chruthú. Is féidir é seo a dhéanamh go haonarach nó mar ghrúpa.

Rian	Amhrán	Ealaínteoir
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2		
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