

Off the beaten track

Today's physical health activity is boosted by embracing your inner child and getting outdoors – three ways to help boost your wellbeing in one!

Go for a 15 minute walk but you don't need to follow the set path. Remember when you were a kid and you used to walk along walls, jump in puddles and clamber over rocks? On your walk, try harnessing that exploratory nature and go off the beaten track. If you come across a tree trunk, why not climb it? If you see a pile of leaves, kick your way through them. Really embrace your surroundings (but please make sure you are safe while you do it).

The space below is for you to note down anything from your walk, should you want to. For example, you could write down how you feel after your walk or describe where you went using words or pictures.

