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The Wild Walking Challenge



MONDAY

TUESDAY

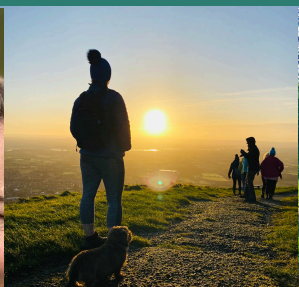
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1
Set an intention this month for your walks.

2
Find a running stream. Notice how the water moves.

3
Stand barefoot and find 3 different textures today.

4
Get up with the sunrise today.

5
Pause on your walk and look up. What can you notice?

6
Find a stone or stick that weigh the same

7
Capture a happy memory today. What was it that made you smile?

8
Walk heel to toe, like you're on a tight rope.

9
Get low on your walk, what can you see?

10
Find a rock or pebble with texture.

11
Find a bench with a plaque. Who was it for?

12
Load your rucksack up with something heavy.

13
Set an intention for the way you'll walk today

14
Walk along a curb, log or line. Focus on feeling strong and stable.

15
Find a new cafe with a welcoming sign.

16
Walk a new hill today. Notice the strength in your legs

17
Lie down outdoors and notice the shifting sky.

18
Walk whilst gently pressing your finger tips together.

19
Find spirals in nature. Ferns, vines, seashells.

20
Walk in the direction of the wind today. Where will the path take you?

21
Stand like a strong and rooted tree. How does this make you feel?

22
Try a different walking pace every 10 mins.

23
Sit and listen to the bird song. What can you hear?

24
Pause and slowly turn. Pause in every direction, what can you see?

25
Find a tree, log or bench and jump off.

26
Why not include a walk as part of your errands today.

27
Feel the bark of different textures on 3 trees.

28
Go for a walk wearing something that lifts your mood.

29
Find some unusual shapes when outdoors today.

30
Find a playground with a swing and enjoy.

31
Go for a walk at sunset. What do you want to let go of this month?

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