

**DIALOGUE
WORKS**

HomeTalk

thoughtful conversations for families and schools

Let's talk about...
Walking

compiled by Kate Halliwell



Image by MabelAmber via Pixabay

Note to parents/carers and teachers

This pack contains links to external websites. Whilst we take every care to make sure these are suitable, you may want to check the content before showing them to children.



To get HomeTalk emailed every month message <https://bit.ly/hometalk-sign-up>

Quotes about walking

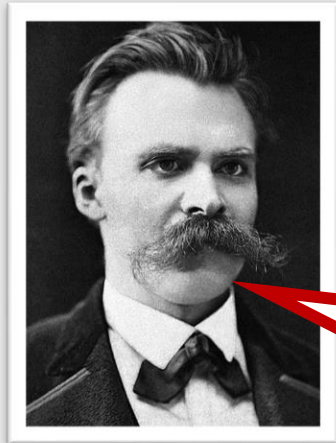
The best remedy for a short temper is a long walk.

Jacqueline Schiff
lawyer

My grandmother started walking five miles a day when she was sixty. She's ninety-seven now, and we don't know where the heck she is.



Ellen DeGeneres
comedian



Friedrich Nietzsche
philosopher

All truly great thoughts are conceived while walking.



Steven Wright
comedian

Everywhere is walking distance if you have the time.

Jacqueline Schiff quote from <https://www.sportsfeelgoodstories.com/walking-quotes-captions-memes/>
Ellen DeGeneres quote from <https://www.goodreads.com/quotes/tag/walking>
Friedrich Nietzsche quote from <https://www.goodreads.com/quotes/tag/walking>
Steven Wright quote from <https://www.goodreads.com/quotes/tag/walking>
Ellen DeGeneres image: Taglenn, CC BY-SA 4.0, via Wikimedia Commons
Friedrich Nietzsche image: Friedrich Hermann Hartmann, Public domain, via Wikimedia Commons
Steven Wright image: 48states at English Wikipedia, CC BY-SA 3.0, via Wikimedia Commons

Thinking about walking

Caring thinking

Why might walking be good for our mental health?

Collaborative thinking

Why might people enjoy walking with others?



Creative thinking

How many things can we create on a walk?

Critical thinking

Should everyone make time to go for a walk?

For your next journey, would it be good to walk?

When did you last go for a walk?
How did it make you feel?

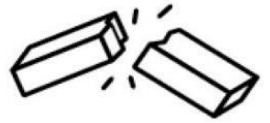
How many types of exercise do you do?
Which is your favourite and why?



Think **AHEAD**

Think **BACK**

CONNECT



DIVIDE

LISTEN/LOOK

ZOOM (in/out)

Is walking 'because you have to' the same experience as walking for pleasure?

Do you use your senses more when you go for a walk?

Is walking part of what makes us human?

Does your body feel different after you've been on a walk?

Discussion suggestions (age 3 - 5)

Stimulus



<https://youtu.be/YQwUfIFIXVU>

Walking Bus

What is a 'walking bus'?

Talking Points

- Do you walk to school?
- Do you know other people who walk to school?
- If you could join a walking school bus, would you like to? Why / Why not?

Activities

- Invent a route that a walking bus could take to your school. Who would you pick up? What would you walk past?
- Make a paper chain of children holding hands as if they were in a walking school bus.

Discussion suggestions (age 6 - 9)

Stimulus



<https://youtu.be/ewTK2gtWAtU>
(just watch the first two minutes to get the idea)

Barefoot Hiking

Talking Points

- Why do you think some people like walking without shoes?
- Barefoot hiking – good idea / bad idea? Why?
- Is there a difference between walking and hiking?

Activity

- Try walking around your house barefoot. How many different textures can you feel?
- Design a multi-sensory experience for your feet. Which is your favourite bit, and why?
- Do you prefer touching things with your hands or your feet?

Discussion suggestions (age 10+)

Stimulus



Image: Yann, Public domain, via Wikimedia Commons

The Salt March

A 24-day walk led by Gandhi in 1930 to protest against taxes and rules in India during the time of the British Empire (links to more info on next page)

Talking Points

- The Salt March was 239 miles long. At many points, thousands of supporters greeted the marchers. How do you think Gandhi and the other walkers felt during the march?
- Is walking peacefully a useful way to protest? Why / Why not?
- Do you know anyone who has been on a walking protest (often called a 'protest march')?

Activity

- Learn more about another protest march. Examples include the Jarrow March, the Monday Demonstrations in East Germany, the March on Washington, and many more.
- What were the marchers trying to achieve? Did anything change because they marched?

More on walking...

Would you rather be able to walk, fly or swim? Why?

How many synonyms can you think of for *walk*? Do they sound positive, negative or neither?

Some ideas at <https://kidthesaurus.com/walk/>

Can walking be an art? An interesting article for confident readers

<https://www.bluezones.com/2020/07/the-art-of-walking-without-distracting-devices/>

More about the Salt March

https://youtu.be/G1_Dm1ZjRAM

<https://youtu.be/FKDY2jsGLG4>

Some health advice about walking barefoot

<https://www.healthline.com/health/walking-barefoot>

Try walking/running like different animals (silly video)...

<https://youtube.com/shorts/DlqXePe4Hpk>

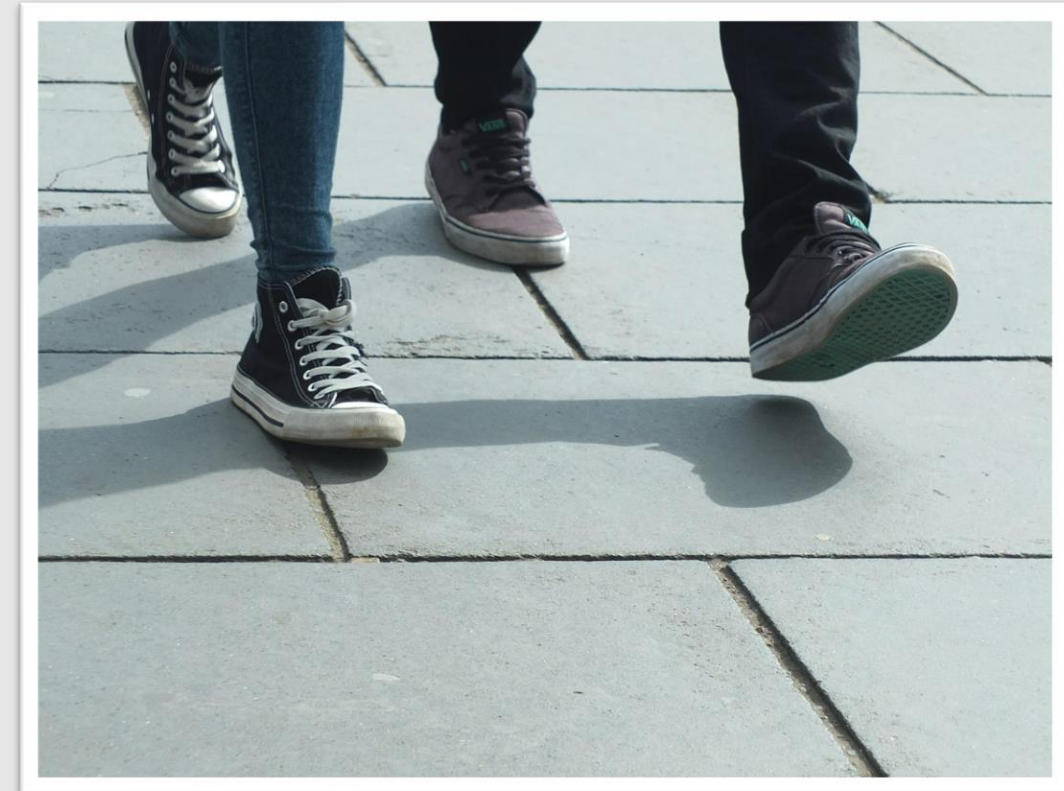


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➤ More about HomeTalk, including previous editions

➤ Parent Talk Moves – tips for great conversations with your children

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[@dialoguewks](#)
#P4C and #thinkingmoves



[@dialoguewks](#)
#P4C and #ThinkingMoves

Training opportunities for teachers, support staff and parents

P4C Plus Foundation course (12hrs)

Teaching that puts more thinking into learning

- Introduces you to **P4C Plus** and builds your skills over the first year of practice
- Equips you with a range of skills to use in P4C inquiries and throughout the curriculum
- Includes premium resources and teacher guide

Thinking Moves A – Z course (6hrs)

Making metacognition simple across the curriculum

- Shows you how **Thinking Moves** can enhance thinking in any subject, as well as in P4C inquiries
- Gives you practical guidance on how to embed Thinking Moves into learning
- Includes premium resources and handbook

Both courses available online or face-to-face, for individuals or whole-school teams

See <https://dialogueworks.co.uk/training/> for upcoming courses

Contact enquiries@dialogueworks.co.uk for bookings or more information