



Family Walking Games

Keep the kids entertained while walking with their favorite game—or try something new!

I Spy: This classic travel game works just as well when you are on foot. Make it more challenging by adding rules such as "natural items only" or "pick something that has a name that shares your initial."

When You Hear: Pick a trigger sound, such as a car horn or a bird's chirp. Line up in single file and start walking. When you hear the sound, the first person in the line has to run to the back. Continue until everyone has had a turn to lead.

Poetry to Go: Take turns creating a poem-on-the-go. Start off with a simple line like "I really love to take a walk" and have kids add their own rhymes in turn like "except when I forget my sock" ... "and then I step upon a rock" ... and so on.

Interval Training: Spice up a walk by challenging kids to incorporate different moves such as running, hopping, skipping, scuttling sideways, etc. What other styles of walking or moving can they come up with?

Follow the Leader: Similarly, play follow-the-leader. The leader adds an element to the walk, like an arm motion, a sound, a hop, or so on. Everyone behind has to follow along. Or to make the game more challenging, have each new leader *add* a new element while keeping all the old ones going.

Count Off: Pick something to keep track of, from red cars to dead trees. Make it a contest or collaborate, whichever is more appealing to your crew of walkers.

Spelling Bee: Have children challenge each other—and you—to spell words based on what they can see, such as "crow" or "cement" or "caterpillar."

20 Questions: Hide a small object (something from your bag, or that you find along the trail or sidewalk) in your hand and have kids try to figure out what it is.

Name That Tune: For younger children, sing the lyrics and stick with songs you're positive kids know. As they get older, make the game more challenging by humming or whistling the tune and picking more obscure songs.

Catch! Bring a small ball with you and toss it from person to person as you walk. Keep count and see how long your streak can get before dropping the ball.

ABC/Alphabet Game: All players need to identify an item on the walk for every letter of the alphabet beginning with the letter A. The first person to get to Z is the winner.