

# The Creepy Crawlle Walk



Government advice currently states that families are allowed out for daily exercise. This information sheet has been developed to inject some fun, playful activities into daily exercise and throughout the day.



## Creepy Crawly



Creepy crawlies in the grass they lay, can you see any while you play?

### Keep a log of your Journey

How many people did you see?  
Did you know them?  
How many steps did you walk?  
What was the weather like?

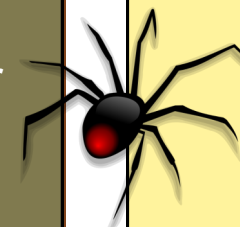
### Before you go

- See if you can find some creepy crawlies in your garden or home.
- Draw a picture of a creepy crawly you would like to see—What would you call it?
- If you were a creepy crawly, what would you look like? How many legs would you have? Can you draw it?



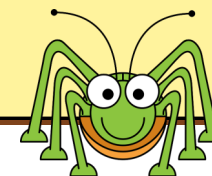
### Things to do on your Crawly adventure

- Look in the long tall grass and see if you can spot anything.
- Walk slow like a snail and do everything in slow motion
  - Run to the next bit you might find a creepy crawly (watch the road) look under a stone, what do you see...?
- Name all your insects in alphabetical order.... Adam the Ant, Bert the beast, Carol the caterpillar...
  - What's hiding in the trees?



### When you are home

- Can you crawl around the house in-between the table legs and around your bedroom.
- Draw the creepy crawlies you seen, what colour were they? How many legs did they have?
- Can you make a creepy crawly hotel out of junk from the house?



What is your favourite creepy crawly? Can you make it out of junk



### Important

Adhere to social distancing guidelines during any daily exercise.  
Remain at least 2 metres away from other people at all times