

## Wonderful Wednesday Walk

Go for a 30 minute brisk walk with someone in your family  
(Stay at least 6 ft. away from anyone else outside)

While walking, you can use the following conversation starters:

- Describe what you like best about being home
- Describe what you are worried about
- Describe what you miss most about NOT having school?
- What is one thing you can share with your neighborhood that will not risk others this week?

Stay Healthy!!!! And Enjoy Your Walk!!!!

Adapted from Bottaro (2020)