

*Alive*

# TINY HAPPY PEOPLE



Fun and engaging activities for  
you and your child to do  
whilst exploring West Norfolk!

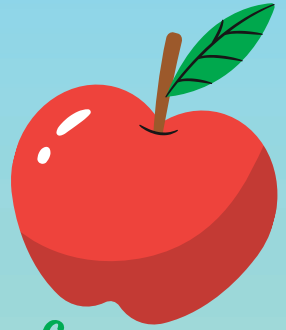
# WHAT YOU NEED



Pen/  
Pencil



Drink



Snack



Rucksack



Notebook

# HISTORY TRAIL

Tick the boxes below when you have found the following, whilst visiting The Walks in King's Lynn.

☐

The Old Wall

☐

A Bridge

☐

An Old Building

☐

A Wooden Sculpture



Can you tell your child about how the area has changed since you were young?

# MATHS TRAIL

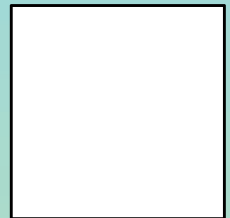
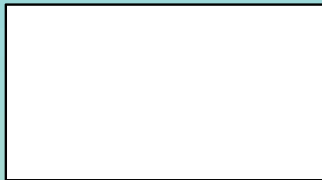
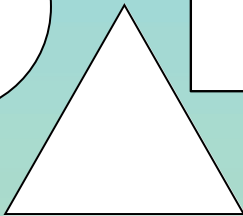
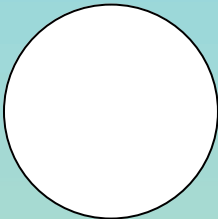
Circle each number below as you see them on your walk.



0 1 2 3 4  
5 6 7 8 9



Colour in the shapes below if you see them on your walk.



Write down the highest number you see on your walk.

\_\_\_\_\_

If you have a device that tracks your steps, show this to your child and see how many steps you do on your walk.

# MUSICAL TRAIL

Stand in a safe place on your walk and listen. What sounds can you hear?

Eg. cars, birds singing



Sing a song, clap a rhythm, find a stick and tap it on metal, wood and plastic to see what sounds you can make!



Can you and your child sing a nursery rhyme together?

# NATURE TRAIL

Count how many birds you can see on  
your walk?



Find 3 different shaped leaves and  
keep them inside your booklet.

Take a picture next to a tree.

How many different  
animals can you find  
today?



Play a game of eye  
spy with your child  
to help them  
discover new things  
in the local area.

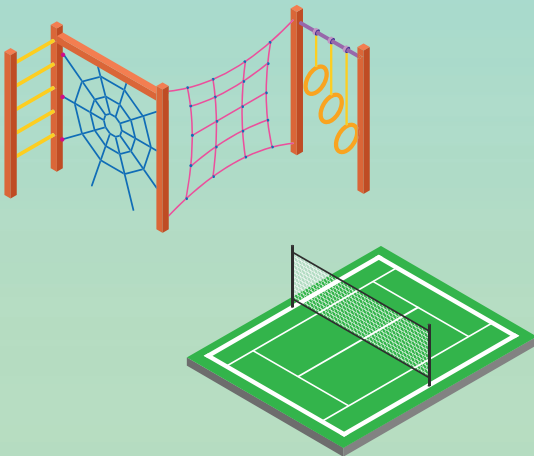
# PHYSICAL TRAIL

Whilst out on your walk today, can you think of different ways to move?



Can you find a play area to play and explore in?

Can you find somewhere that a sport can be played?



Can you play follow the leader with your child, showing them different ways to move?

# READING TRAIL

Look at the letters below and circle the letters from your name.

A	B	C	D	E	F	G
H	I	J	K	L	M	N
O	P	Q	R	S	T	U
V	W	X	Y	Z		

Make a note of some words you see on your walk and at the end, try and make a sentence with what you find.



Take a book with you on your walk, and find a place to stop and read.

# TRAVEL TRAIL

Can you find a bus stop near your house?

Can you find a safe place to cross the road?

How many different road signs can you spot?



How many bikes can you spot on your walk?



How many ways  
to travel can your  
child name?

# HAVE YOU COMPLETED ALL OF THE TRAILS?

Please use #TinyHappyPeople and tag @AliveActiveCommunity in your photos of each trail!



Once you have completed the trails, send us an email

[community@alivewestnorfolk.co.uk](mailto:community@alivewestnorfolk.co.uk) to receive your certificate!

For other fun programmes for children visit [alivewestnorfolk.co.uk](http://alivewestnorfolk.co.uk)

Alive

King's Lynn and  
West Norfolk  
**Health &  
Wellbeing  
Partnership**

# Buggy Walks

**FREE** weekly sessions!

Memorial Fields Car Park

Downham Market - Tuesday 9.30am

Hunstanton Promenade

Oasis - Thursday 9.30am

North Lynn

Discovery Centre - Friday 9.30am

Catch up with friends, get fitness advice and meet new people. All parents/carers of babies and toddlers in buggies, prams or carriers welcome!



More info and book online  
[alivewestnorfolk.co.uk](http://alivewestnorfolk.co.uk)

# STAY & PLAY

Fairstead Community Centre  
Tuesday 10am - 11am



A fun parent & adult lead session  
allowing children to explore and  
develop through a wide range of  
activities and equipment



More info and book online  
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