



#GMWalking #GMDailyMile I Spy and more





Play 'I spy' as you walk. This is a great way to engage with the environment, is a great learning activity and helps to take notice of the world around us.



Find something and say, "I spy with my little eye something beginning with......" adding the first letter of the word.

Others guess the word.











Choose a shape and see how many things you can see that are that shape. Try circle, square, rectangle or triangle. You can try 2D or 3D shapes



