



# Explore The Day

TEN  
CREATIVE  
WAYS  
TO STAY  
ACTIVE

# Hello!

Welcome to this guide from Cartwheel Arts for fun and creative ways to stay active whilst the UK is in lockdown due to the COVID-19 pandemic. At the time of going to print, Government advice allows exercise for up to one hour outside of the home, but please do keep a close eye on up to date guidance as it is subject to change.

We are grateful to GMCVO for awarding us a GM Walking grant through funds from Greater Manchester Sports Partnership. The grant was originally awarded to create an art trail at the Darnhill Festival in July 2020. As with all large events, the festival has been postponed, so GMCVO agreed to our suggestion to use the funding to create this guide instead.

On the following pages you'll find fun ideas to keep active and creative both inside and outside of the home. Can you climb Big Ben? Or measure your bedroom with your feet? There are also arts activities to try, gathering natural materials that you find on your daily walk to then complete at home. We'd love to see your finished works of art! You can send them to us via email [admin@cartwheelarts.org.uk](mailto:admin@cartwheelarts.org.uk) or share to our social media pages.

We hope that you enjoy trying our ideas!

**Cartwheel Arts**  
110 Manchester Street,  
Heywood  
OL10 1DW

t 01706 361300  
e [admin@cartwheelarts.org.uk](mailto:admin@cartwheelarts.org.uk)  
w [www.cartwheelarts.org.uk](http://www.cartwheelarts.org.uk)

Find us on social media:



Search: **Cartwheel Arts**

With special thanks to our partners Darnhill Festival Association, artist Oliver Bishop ([yquantether.org](http://yquantether.org)), designer Stew Deane ([poly-studio.co.uk](http://poly-studio.co.uk)) and Allison Bamford at Bamford Print ([bamfordprint.co.uk](http://bamfordprint.co.uk)).



1

## Move like a...

Move across the room like the pictures below.  
How many can you do?

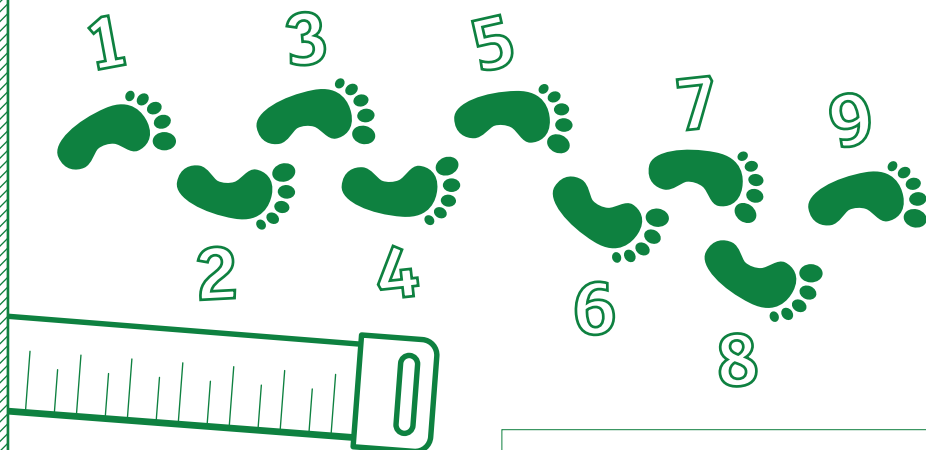


INDOOR ACTIVITIES

2

## Measure with your feet

How many things can you measure with your feet?  
A rug? A bed? A whole room? Just walk one foot in front of the other and count.



**BEDROOM** = 12 feet

= \_\_\_\_ feet

= \_\_\_\_ feet

= \_\_\_\_ feet

= \_\_\_\_ feet

= \_\_\_\_ feet

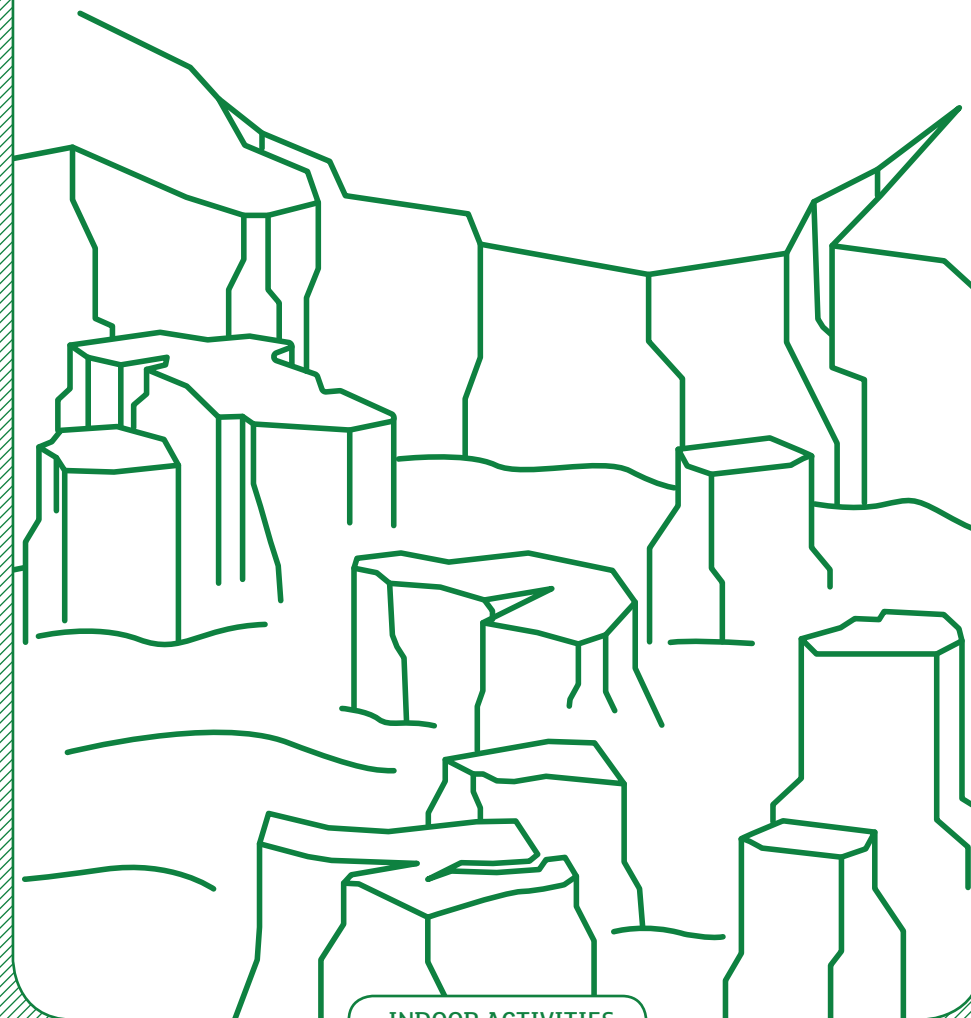
= \_\_\_\_ feet

INDOOR ACTIVITIES

3

## The Floor is Lava!

Get from one side of a room to the other without touching the floor! Why? Because it's lava!

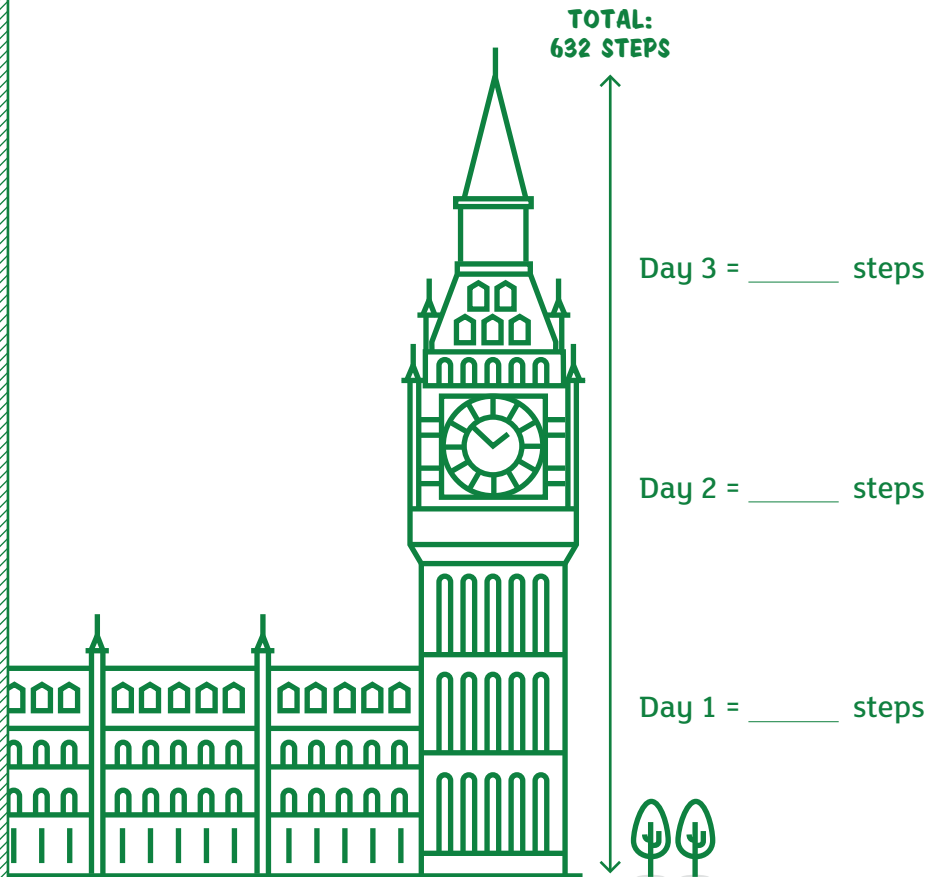


INDOOR ACTIVITIES

4

## Big Ben Challenge!

Could you walk to the top of Big Ben while in your house?  
It's only 632 steps! Use your stairs or walk across a room  
– either way, you have to do 632 steps.

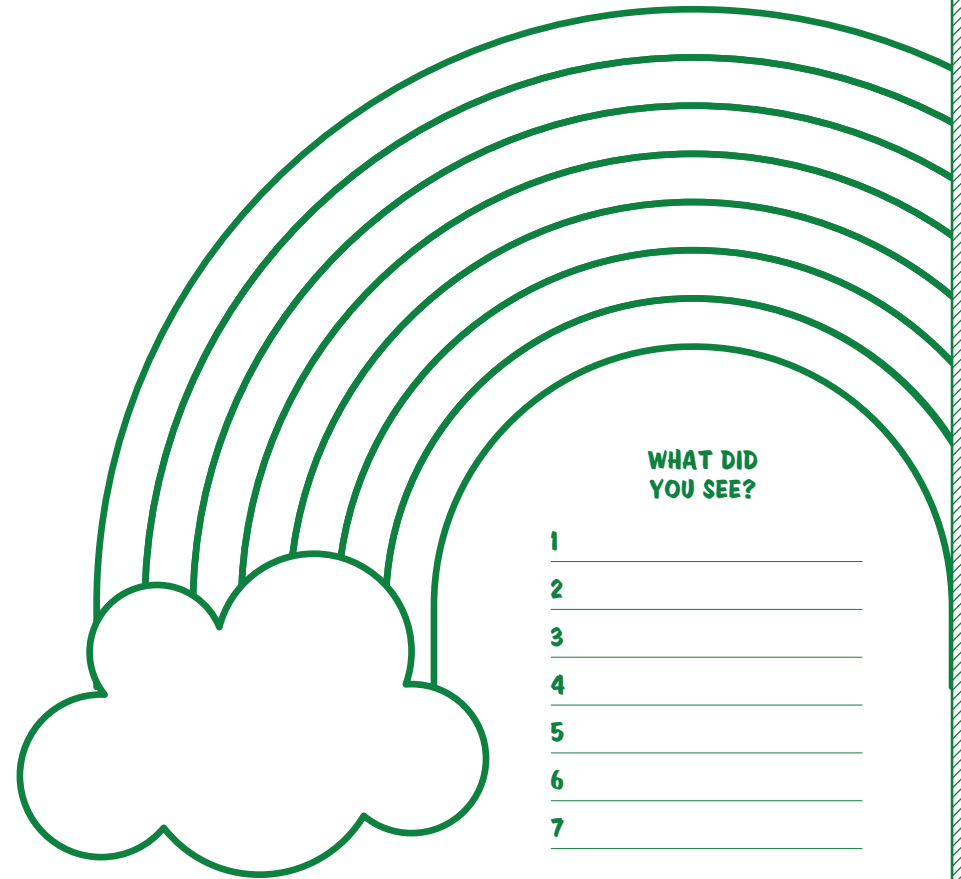


INDOOR ACTIVITIES

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## Search for a Rainbow

While out on your daily walk look out for objects  
that represent each colour of a rainbow.  
Can you spot them all on one walk?

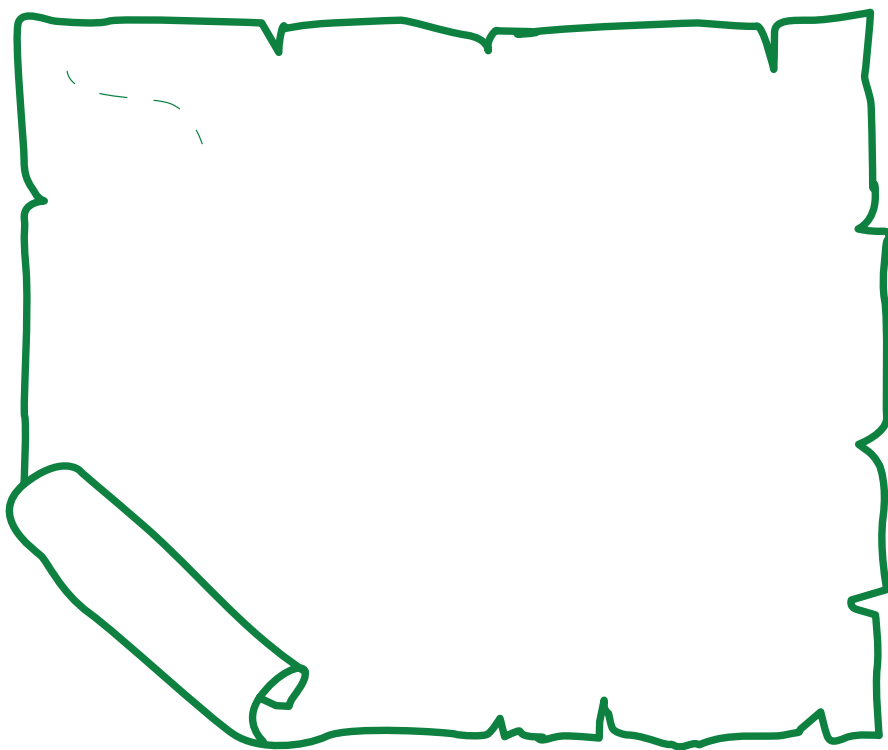


OUTDOOR ACTIVITIES

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## Make a Map

Use the space below to draw a map of your walk.  
Make sure to include the most interesting and unique things you pass on your way – like a strange looking tree, the chippy, or your friend's house.

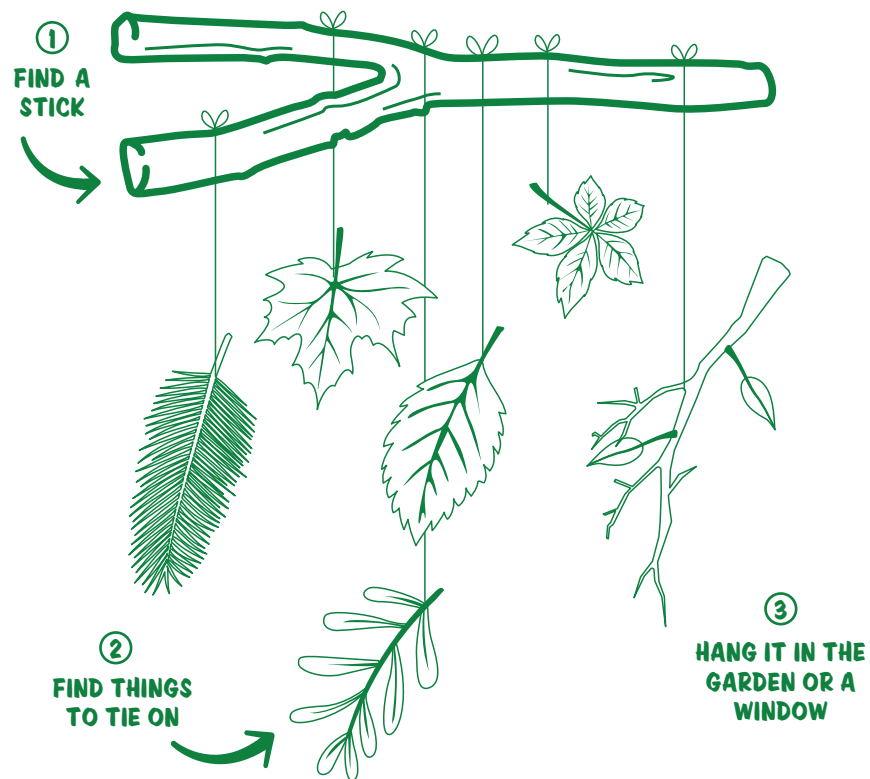


OUTDOOR ACTIVITIES

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## Make a Wild Wind-Catcher

Gather leaves, feathers, grass and seeds, tie them to string, attach the string to a strong twig and then hang it up in the garden or window.



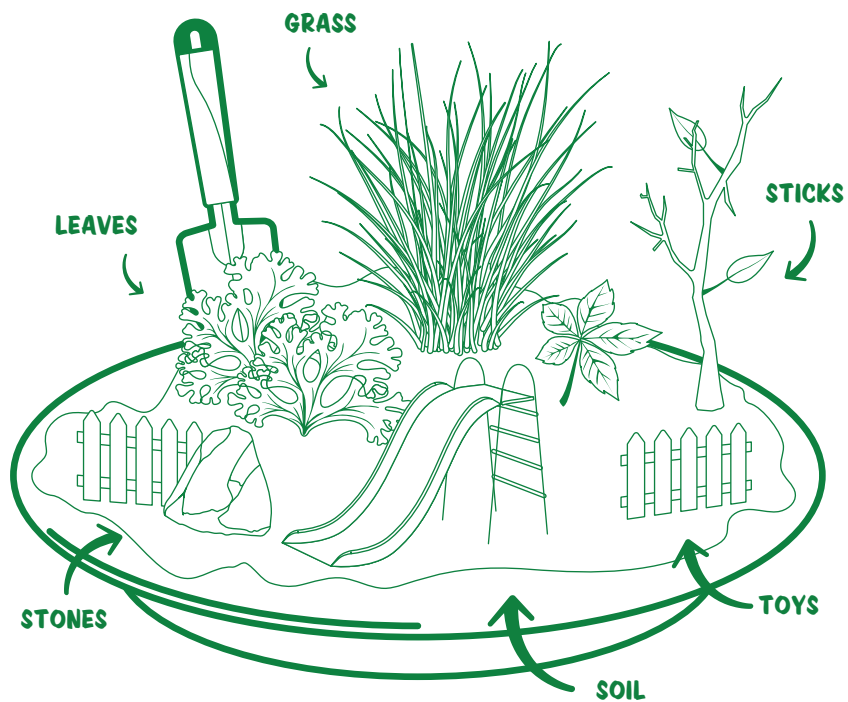
OUTDOOR ACTIVITIES

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# Build a Plate Garden

Collect leaves, moss, twigs, stones and soil on your walk and make a mini garden on an old plate.

Imagine a tiny goblin or fairy living there (and you never know, one might just move in!)



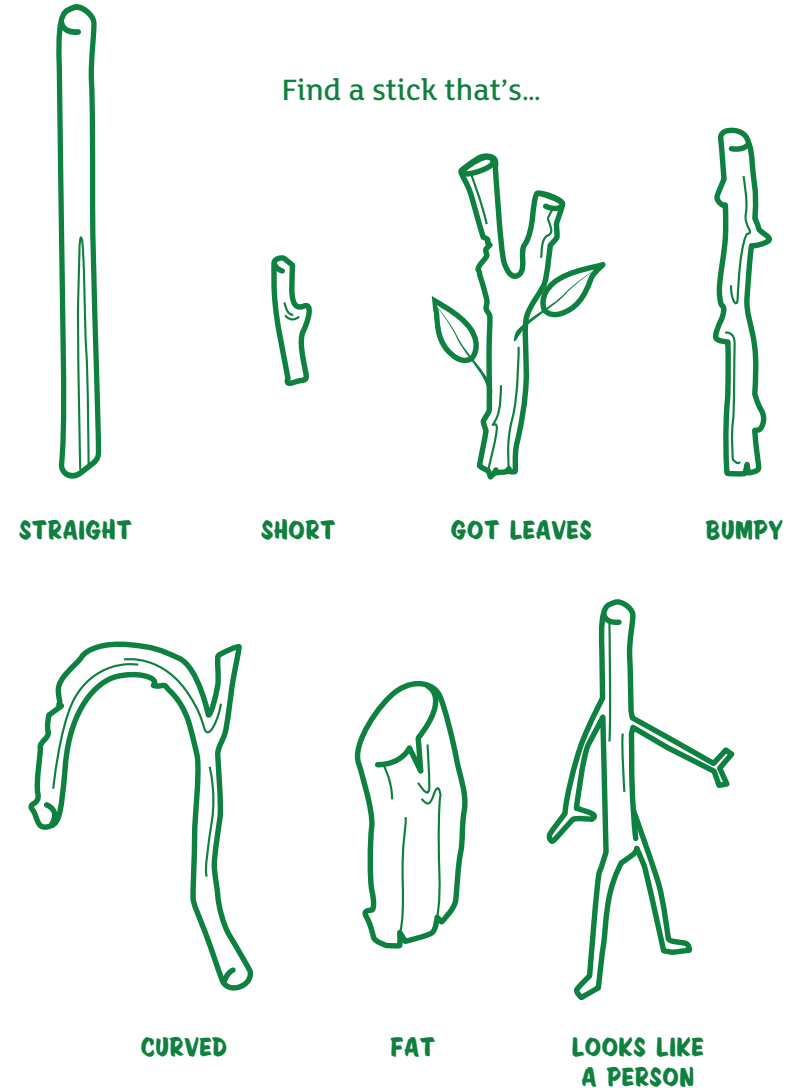
WHAT ELSE COULD YOU  
ADD TO YOUR GARDEN?

OUTDOOR ACTIVITIES

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# Stick Search

Find a stick that's...



OUTDOOR ACTIVITIES

# Walking Poem

Write a poem all about today's walk using the word WALKING.

**W**  
**A**  
**L**  
**K**  
**I**  
**N**  
**G**

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