Daily Walk Diary Worksheet

Date: ..................

Did you get muddy on your walk?
..................................................................................................................

Do you pass any letterboxes on your walk? How many?
..................................................................................................................

What did you talk or think about on your walk?
..................................................................................................................

Do you see any benches? What can you see if you sit on the bench? Draw the view below.
..................................................................................................................

...or stick in a photo.
Daily Walk Diary
Worksheet

How many buses drove past?

……………………………………………………………

Who did you go on your walk with? Or did you walk alone?

……………………………………………………………………………

How long were you out on your walk?

……………………………………………………………………………

Did you see a cat on your walk? What colour was it? You can draw what you saw below.

A Down’s Syndrome Association publication