

'Meet the neighbours' walk



SmartSteps
FOR FAMILIES

A walk to meet your neighbours and to learn more about your community.

Age:
all ages



Length:
A short stroll



You will need:

- a little bit of confidence

This activity is a great confidence booster for both adults and children, and an opportunity to nurture new friendships.

Set out on a stroll and see if you can say hello to some of the people you come across. Encourage children to trust their instincts, when deciding who they do or do not want to greet. If the street is quiet, keep an eye out for birds and animals. There may be shopkeepers nearby, or even a postie or tradesperson going about their business.

You may be pleasantly surprised by who lives or works around you, and how nice it is to establish some familiar faces to say hello to when next out walking. Your neighbours may even want to join you on your next walk.

TOP TIP: Why not take this walk with children on the way home from school, or to the swimming pool. It is a great way for everyone to become familiar with the people on their regular walking routes.

