



1. Upstairs, Downstairs: How many times can you walk up/down the stairs?

2. Tightrope: Make a long line on the floor with tape/string. Can you walk the line with balance?



3. Waddle Walk: Try walking like penguins and ducks.

4. Cleanup Caper: See how fast you can put away your toys, the dishes, or schoolwork.



5. Dance Party: Play your favorite song and dance!

INDOOR

WALK TO WHEREVER CHALLENGE ACTIVITY SHEET

Do 3 activities and tell your teacher which ones you did.
You might win a prize!

OUTDOOR

Share a pic from your activity, and tag **#IWalkSanJose**

1. Alphabet Scavenger Hunt: Find objects starting with each letter of the alphabet.

Aa



2. What's That Sound? How many sounds can you identify?

3. Walkabout! Walk around your neighborhood.



4. Natural impressions: Trace leaves, rocks and flowers onto paper.

5. That's My Sign! How many street signs can you find, and what do they mean?

