

PURBECK COMMUNITY RAIL PARTNERSHIP

Education Resources from PCRP

Activities to do at home during lockdown



Walks

Ways to enjoy your walks, for the young and young at heart!

Before going on your walk, make a playlist – ask your family or friends for one happy song or their favourite song.

For two minutes stop somewhere safe and focus on your breathing.

Stop somewhere safe. Close your eyes. What can you hear?

Can you find a puddle to splash in?

As you walk what can you hear?

Stop somewhere safe. Close your eyes. What can you smell?

Can you hear any animals?

Run! When you stop, listen to your body.

As you walk what can you feel?

Stop somewhere safe. How many different colours can you count?