



FOR PARENTS AND CARERS

Hello and welcome to Living Streets Little Feet – a walking activity for early years

We're delighted to announce that your child's early years setting is taking part in a brand new pilot, 'Living Streets Little Feet – a walking activity for early years' which aims to get families and children walking more.

Who are Living Streets?

Living Streets is the UK charity for everyday walking and we've got a big ambition: every child that can, walks to school. A generation ago, 70% of us walked to school – now it is just over half. We want to reverse this decline and we need your help.

The benefits of walking

Walking to pre-school, or even just part of that journey, will help your child learn about road safety and looking after the environment. The more families walking to pre-school also means fewer cars at the school gate resulting in less congestion and pollution.

Walking to nursery/school is the perfect chance for you to spend time with your children and support their development. It's proven that regular physical activity is valuable in developing motor skills, promoting healthy weight, enhancing bone and muscular development, and for learning social skills. We know however, that 9 in 10 children aged 2 - 4 years do not meet recommended levels of physical activity.

It's never too early to encourage healthy habits and getting your little ones moving is a great way to start.

How you can get involved?

Your nursery/pre-school has received a set of Living Streets Little Feet resources, and if they have not done so already, will be kicking things off in early January. The theme for the month is "People Who Help Us".

There are four main parts to the challenge:

- 1) Teachers will be introducing our Walk to School mascot Strider in class with some fun tales about walking! Strider will be joining a couple of children on their walk to pre-school.

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- 2) There is a classroom wall chart with stickers, and whenever a child arrives, if they and their family have arrived by active travel (by foot, scooting and cycling), a sticker is added. There are various people to meet on the wall chart – and the teacher will talk about different people within communities like yours, for example, police officers, teachers, bakers and more.
- 3) There will be activities for the family to do on their journey to or from the nursery, which will be handed out by the teacher, along with some top tips from Living Streets.
- 4) We would also really appreciate your feedback on this pilot activity – it will help us create a fun, engaging and interactive set of resources to encourage active behaviour, and reduce car use.

We would love to hear about and see photos of your walking journeys as part of this pilot. Ask your setting for our media consent forms and email us your consent forms, photos and stories to josie.ritson@livingstreets.org.uk.

For any more information on this pilot or the work that Living Streets do, you can visit www.livingstreets.org.uk or call 02073774905

Best wishes and thank you for supporting our work with this activity.

Living Streets

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Joe Irvin

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