

HOPE WALK

ACTIVITY PACK



PAPYRUS
PREVENTION OF YOUNG SUICIDE



Registered with
**FUNDRAISING
REGULATOR**

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Registered Charity Number: 1070896
Registered Company Number: 03555482
OSCR Registered Charity Number: SCO52556

IDEAS FOR MAKING YOUR HOPEWALK INTERESTING FOR LITTLE ONES

1.

MAKE A MOUSE HOUSE:

Take a bag with you and get your little ones to fill it with sticks, rocks, fallen leaves and more. At the end of your walk, get them to build a mouse house with everything they have found.



REMEMBER NOT TO PICK ANY LIVING PLANTS: THESE ARE STILL GROWING.



2.

PRINT OFF OUR BINGO CARDS:

Can your little one find them all? We also have other printable activities.

3.

THE COLOURS GAME:

You have to say a colour and they have to find an object or point to an item of this colour. If you have more than one child why not make it a competition on who can find it the fastest?

4.

PLAY I-SPY:

With letters or colours if your little one is younger.

5.

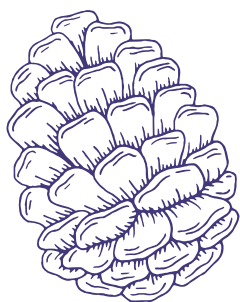
MYTHICAL CREATURE HUNT:

If walking through woodland or countryside why not go on a mythical creature hunt? How quiet can they walk over the ogre bridge, can they see any fairies in fairy meadow or can they hear unicorns if they listen really carefully? For this you will need a bit of imagination but your little one will love being in a magic forest.



HOPEWALK BINGO

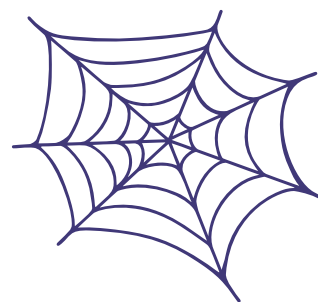
Print me off and see how many items you can find on your HOPEWALK...



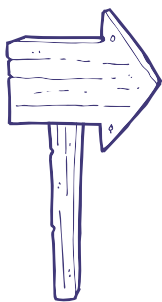
PINECONE



FLOWER



SPIDER WEB



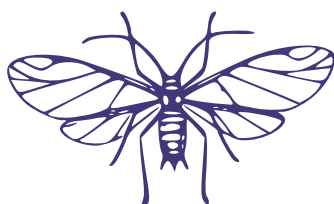
SIGN POST



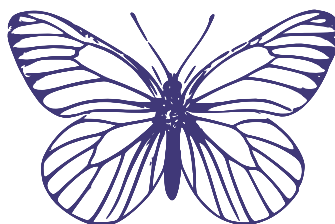
ROCKS



BIRD



BUGS



BUTTERFLY



DOG

Draw two items you would like to see on your HOPEWALK...



LEAF RUBBING



Fill this page with colourful crayon rubbings of leaves to make your own piece of art, inspired by nature.

**HOW MANY
DIFFERENT TYPES
OF LEAVES
CAN YOU FIND?**



**Don't forget to take
your crayons with you!**

MINDFULNESS WALK

This may be a good one if your children are slightly older. It helps you become more aware of the sensations in your body and the surrounding area.

**WALK SLOWLY AND LOOK AROUND YOU –
WHAT CAN YOU SEE?**

**STOP FOR A MOMENT AND CLOSE
YOUR EYES – WHAT CAN YOU HEAR?**

**SMELL THE AIR, SOME FLOWERS OR
THE GRASS – WHAT DOES IT SMELL LIKE?**

**FEEL OBJECTS AROUND YOU –
WHAT DO THEY FEEL LIKE?**

**HOW DOES GOING ON A
HOPEWALK MAKE YOU FEEL?**

**WRITE DOWN ONE THING YOU
WOULD LIKE TO TALK ABOUT ON
YOUR HOPEWALK?**

SPREAD A BIT OF HOPE

Take a small bag with you on your walk so you can collect big, small or interesting rocks along your trail. When you get back paint your rocks to give as gifts to friends and family. This can be a little messy so it might be a great activity for the garden or in art class! Help spread HOPE to your family and friends by decorating your rocks with rainbows, things that make you happy and even our logo or HOPELINE247's number!



 @PAPYRUSCHARITY

 @PAPYRUS_UK

 @PAPYRUS_CHARITY

 @PAPYRUS_CHARITY

 PAPYRUSCHARITY

 @PAPYRUSCHARITY

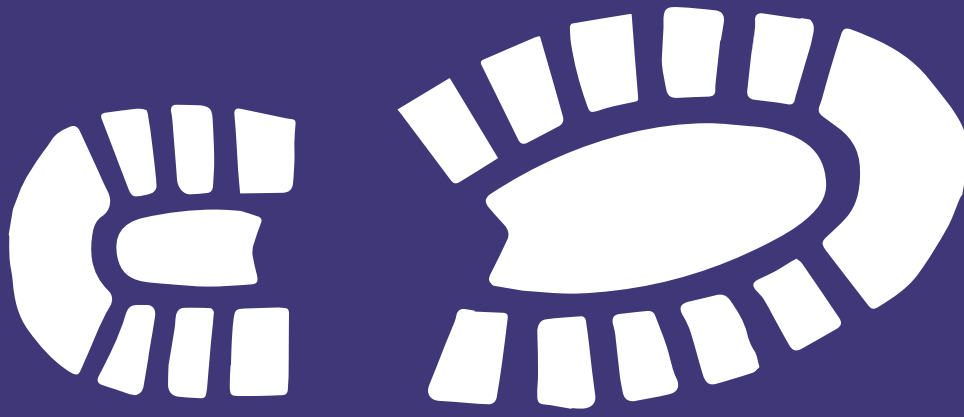
WE WOULD LOVE TO SEE YOUR HOPE ROCKS, SO PLEASE SEND US YOUR PHOTOS OR TAG US ON SOCIAL MEDIA.

NATURE RAINBOW



Collect items like
fallen leaves, sticks,
fallen flowers, moss, and more...

**Stick them into the gaps above
to create a rainbow.**



HOPE WALK



Pack your bag and grab your coat,
You're about to start your walk,
It's time to start a conversation,
To share stories and just talk.

You may be keeping family company,
It's enough to just be there,
To share time with a loved one,
To show them that you care.

Or you might be walking solo,
With nature by your side,
Taking in the sounds of the birds and trees,
Simply listening as you stride.

Whatever trail you're taking,
Whether they loop or bend or slope,
Thank you for joining our POPYRUS family,
And spreading our message of HOPE.



BY META WRIGHT

WRITE YOUR OWN HOPEWALK POEM

Use your imagination: your poem can be written however you like. You can make your lines rhyme or if you don't know where to start, why not try an acrostic poem (this is where you start each line of the poem with a letter) – why not try your name, or the word HOPEWALK?



A series of horizontal dotted lines for writing a poem, spanning the width of the page.



USEFUL INFORMATION



If you are under 16 and want further information on HOPEWALK or would like to fundraise for PAPYRUS, please get an adult to contact us on your behalf.

This can be a parent, guardian or school teacher. Please email: hopewalk@papyrus-uk.org

HOPELINE247

Call: **0800 068 4141**

Text: **07860 039 967**

Email: pat@papyrus-uk.org

Open 24 hours a day,
every day of the year.

www.papyrus-uk.org



If you are having thoughts of suicide or are concerned for a young person who might be, you can contact HOPELINE247 for free, confidential support and practical advice.

