

# LET'S WALK & TALK

## INFORMATION PACK FOR SCHOOLS

### Let's get walking, let's get talking!

The Walk & Talk experiment asks students to walk to school in pairs or groups and use the opportunity to talk about what's on their minds.

A little fresh air combined with self-care can be particularly meaningful for students starting a new school year, especially if they're facing important exams.

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## Experiment details

Walking to school isn't just better for the environment – it's great for students' mental and physical health, too. By encouraging students to walk to school in groups, you'll give them the opportunity to talk about school-related wellbeing in an informal, peer-to-peer environment.



**Setting up the experiment is simple:** we'll supply the materials you need to set up the experiment, including posters designed to engage students and parents. There'll also be an information pack to help spread the word and get staff, students, and parents ready for the experiment.

Students can pick up a Walk & Talk invite from

an allocated location at school, then send them to their classmates to build their walking group and bring their wellbeing into the conversation.

## How to measure results



You'll need to decide how you'd like to capture the impact: for example, a chat during registration, show of hands in assembly, or an online survey. We'll get in touch to find out the results.

## How it works

- 1 Announce the Walk & Talk experiment to get students and parents excited ahead of time.
- 2 We'll give you posters, email and social material to help.
- 3 Measure the number of active journeys before the experiment begins. You can do this through a show of hands in class or an online survey for students and parents.
- 4 Students collect their Walk & Talk invite cards from school.
- 5 Students give an invite card to classmates who live near them.
- 6 Capture the number of Walk & Talk trips – this could be a show of hands, a survey, or students keeping a note of their active journeys.
- 7 The experiment should run for around three weeks.
- 8 Offer a reflection session to allow students to share their experiences of the Walk & Talk initiative – ask how it has affected their commuting habits, and if it's encouraged them to open up about what's on their minds.



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## Experiment Launch Pack

### Materials included in this pack

Walk & Talk invites

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Question prompt sheets

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Email to parents

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Posts for chat groups and social media

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A4 poster

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# LET'S WALK & TALK

Walk and Talk Invites



Contact us to order your printed invites.



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Sample email to parents

New message



To all@school.co.uk

Subject Walk and Talk initiative

We're thrilled to be taking part in the Walk & Talk initiative launching for [3 weeks] in September. It's designed to turn the school commute into time for students to check-in with each other, blending fresh air with a little self care.

We'll host a short session to introduce the idea to students. They can then collect Walk & Talk invites from [location], and send them to their class mates to build walking groups and bring wellbeing into the conversation. Or, they can use the prompt sheets to start these conversations with family.

We're taking part in Walk & Talk to see whether bringing kind and compassionate conversations into the school commute makes walking to school more appealing for more students.

It's part of a wider initiative where different schools are trying different techniques to encourage more people-powered journeys to and from school.

Please do check-in with your young people about Walk & Talk – feedback from families will be very welcome.

If you have any questions about it, please speak to any of our safeguarding team.

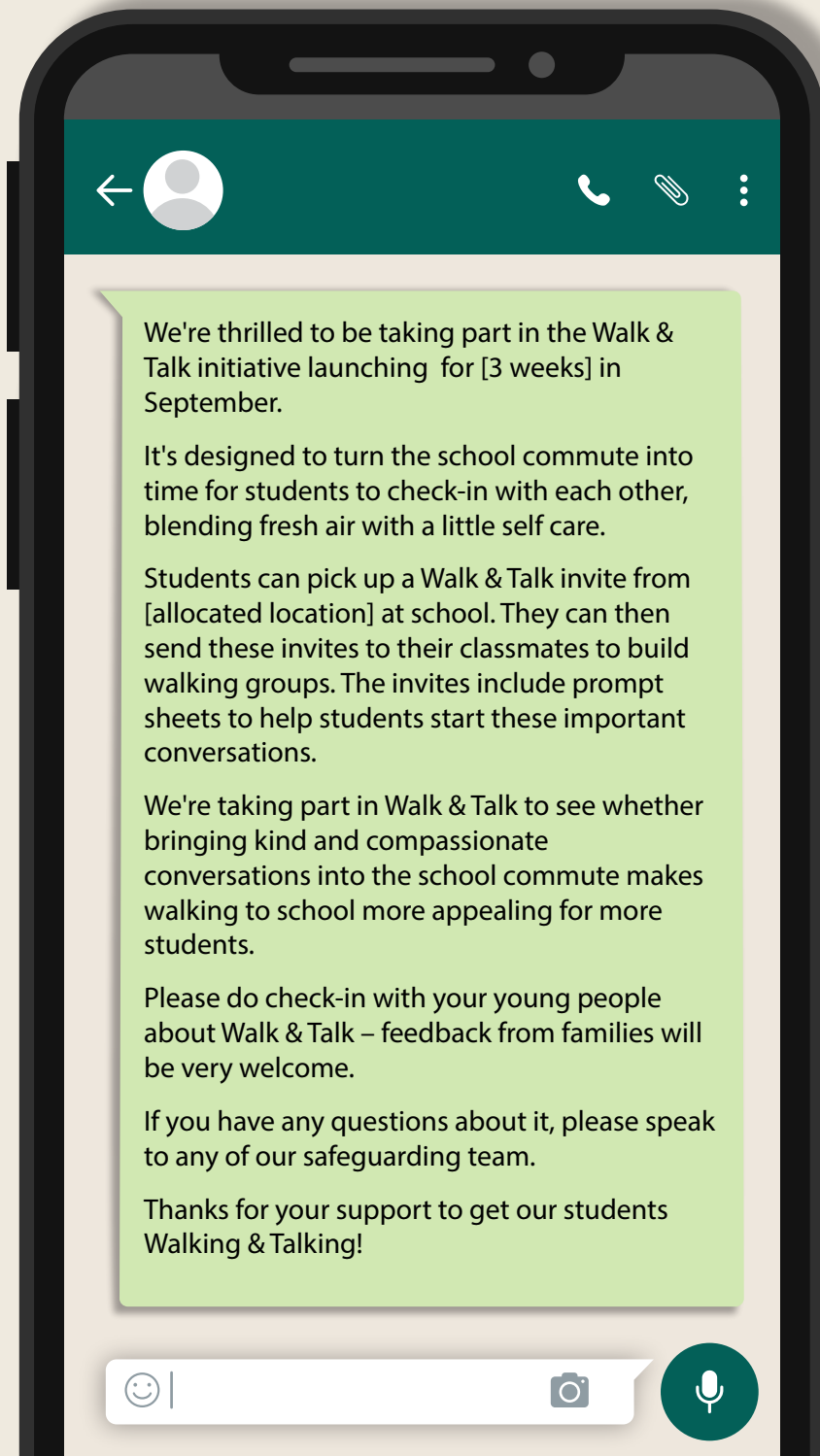
Thanks for your support to get our students Walking & Talking!

Send



# LET'S WALK & TALK

Sample text or group chat  
message to parents

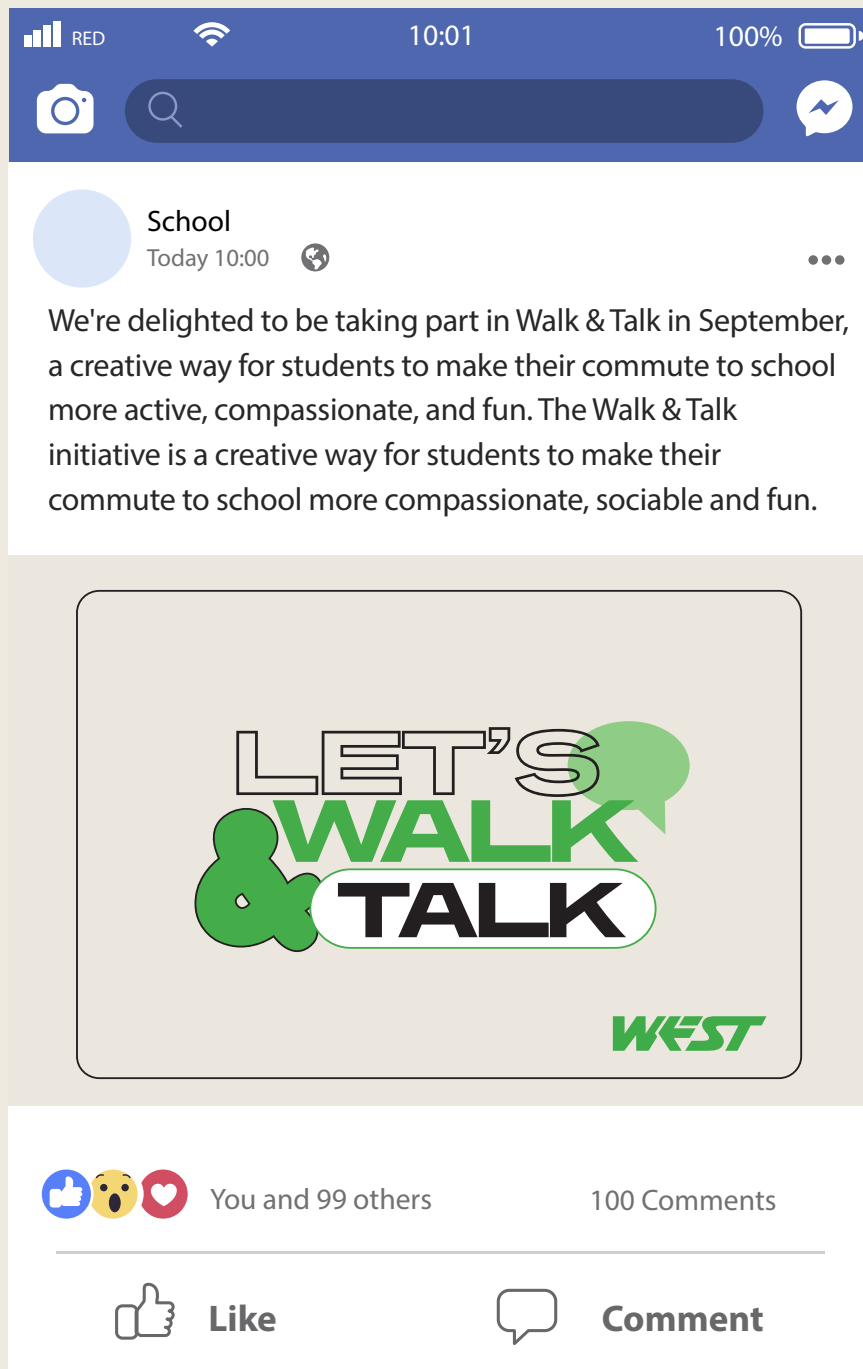


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Sample text or group chat  
message to parents



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**YOU'RE INVITED**



# LET'S WALK & TALK

DATE

**Invite friends to walk to school  
and share what's on your mind.**

Look after yourself.  
Look after each other.  
One step at a time.

