



Wellness Walks

April 2021



Alameda County Safe Routes to Schools
Learn more at alamedacountysr2s.org

Theme:

In celebration of [Earth Month](#), this month's Wellness Walks theme is Nature Appreciation. We encourage you to experience nature (whether it be outside or from your window) and to appreciate and celebrate its beauty. Being in and around nature not only feels good, but it is also good for our health. To show your appreciation for nature, take time to reflect on how you impact the Earth and participate in one of our activities below.

Activities:

- **Quality Time with Nature** - Spending just 15 minutes with nature has positive impacts on your health. Take some time to enjoy nature, whether it be indoors through a window, in your backyard, a local park, or by watching the birds or squirrels in your neighborhood.
- **Nature Scavenger Hunt** - While on a walk, look for the items on this [scavenger hunt list](#). Make an effort to learn about a new plant or animal from the list.
- **Switch up Your Mode** - Transportation contributes the most to climate change and bad air quality in Alameda County. Try walking or rolling instead of taking a car for a trip in your neighborhood. Use these links for grades [K-2](#) and [3-5](#) to learn more about transportation and climate change.
- **Earth Appreciation** - Start a clean-up at a local park, beach, or trail with your family/pod. If you are unable to go outside, use [this link](#) to figure out where your household waste goes and how you can recycle and compost more while also reducing what goes to the landfill.

Remember to use [these helpful tips](#) on your walk!



METROPOLITAN
TRANSPORTATION
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