



# Wellness Walks

## May 2021



Alameda County Safe Routes to Schools Program  
Learn more at [alamedacountysr2s.org](http://alamedacountysr2s.org)

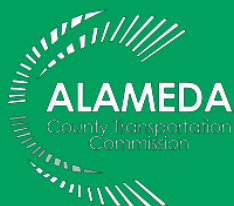
### Theme:

This month's theme is **Mental Health**, something not often discussed but extremely important for both adults and children. Nationwide, communities are celebrating Mental Health Awareness Month, and we are too. Our mental health affects how we feel, think, and act. Walking, bicycling, and being outside in nature can help us feel better and help our mental health by making us feel less anxious or stressed. Another way to prioritize mental health is by spending time with our friends and families, in-person or virtually. To learn more, you can watch this video about what mental health is and how we can support it. (For grades: [K-2](#), [3-5](#))

### Activities:

- Flex Your Mental Health - Exercising is great for your mental health. Go on a run, take a bicycle ride, or do [an indoor mindfulness activity](#) with a family member.
- Take a Sensory Walk - Connect with nature by thinking about the things that you hear, smell, feel, and see while on your walk.
- Go on Mindful Walk - Mindful walking is when you pay attention to your breath and how your body moves. Watch [this video](#) and practice mindful walking with an adult. Be aware of your surroundings and practice mindful walking while inside your home, at the grocery store, at a park, or wherever you feel comfortable.
- Mental Health Share Out - While on a walk, share some things you learned about mental health from the video.

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



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*The Alameda County Safe Routes to Schools Program is a program of the Alameda County Transportation Commission ([alamedactc.org](http://alamedactc.org)) and is funded with Alameda County's local sales tax Measure B, regional, state and federal funds.*