

Style Acre
Supporting people with learning disabilities



Active Travel

Benifites



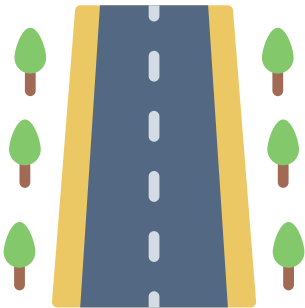
Walking



Road Safety



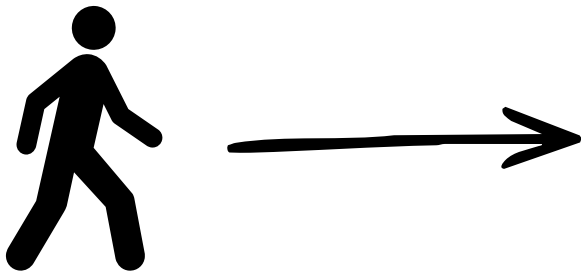
Stop, Look and Listen



Only cross the road when it is safe and clear



Wait for the green man before crossing



Walk in a straight line when crossing a road



Stay visible

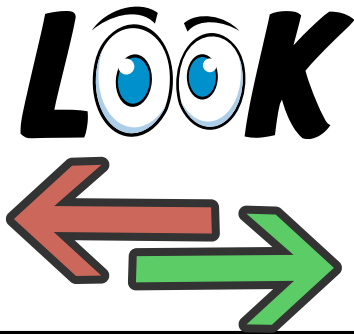
Road Safety



Pay attention to cars, bicycles and others walking



Don't cross between parked cars



Look both ways



Listen for traffic



Don't use your phone whilst crossing or near a road

Respecting the Area



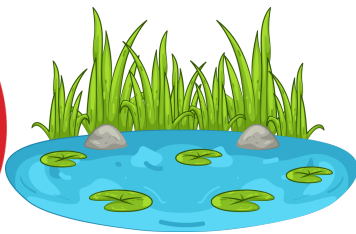
Take litter home or put it in a bin



Don't walk on flowers or plants



Stay to the paths



Don't throw anything into water or streams



Be quiet around wildlife

What You Will Need



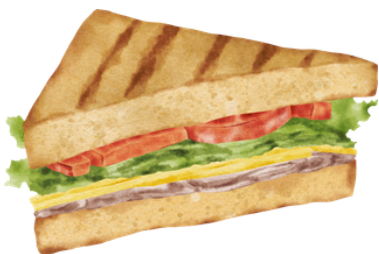
A pair of comfortable walking shoes



A bottle of water or juice



If it is raining, you should wear a coat and wellies. If it is cold you should also wear layers, like a jumper and a t-shirt



Bring a snack in case you get hungry

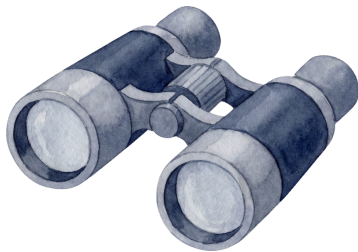


Bring a sun hat and apply sun cream

You Could Bring Along...



A litter picker, you could pick up some litter on your walk



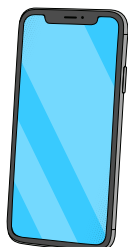
A pair of binoculars



A magnifying glass, to take a closer look at bugs and plants!



Your monthly activity pack - play the I-Spy game on your walk!



Bring a camera or phone to take pictures of nature