

SPEAK IN YOUR SNEAKS!

Some Fun Summer Ways to "Walk and Talk"



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USER GUIDE

Introduction: "Speak in your Sneaks" is a document that provides you with a series of activities that will get kiddos excited about learning language based skills while walking! It incorporates visual, verbal, kinesthetic, and tactile techniques that will encourage your children to move while exploring their environment. While engaging in these activities, your kiddos will be improving these functional skills : total body endurance, self regulation skills, body awareness, visual spatial skills, sentence expansion, vocabulary, following directions, critical thinking, whole body learning.

What's included:

- Activity A- "Describe while you walk- Summer Challenge"
- Activity B-Step Tracker chart + Walking Protocol
- Activity B- Walking Warm up and Cool Down exercises
- Activity B- An Achievement Chart (Reward Based Chart)
- Activity C-Walking Bucket "Walk-et" List- Checklist
- Activity D-Walking Journal

Suggested Supplies/Environmental Set-Up:

- Sneakers
- Step Tracker (Suggestions Provided in Walking Protocol Document)
- Water (Hydrate!)





DESCRIBE WHILE YOU WALK

SUMMER CHALLENGE

This summer, while walking with your little ones, see if you can challenge them (and yourself, too!) to find all different ways to describe nature. We are used to labeling what is in our everyday environments, but how about using describing words to point out what's around you instead?

It is so important to introduce children to new language and build their vocabularies through exposure. Not only does it expand their vocabularies, but helps them with reading too! According to Ricketts, et. al, semantic knowledge (the knowledge of words and their meanings) directly connects to their ability to read words (Ricketts, et al., 2016). That means...the more words they know, the more words they can read and understand!

So, rather than using the word "tree" how about using words like "rough, tall, brown/green, leafy, alive?" See how many describing words you can check off this summer. Here are some suggestions, but challenge your kiddos to come up with their own, too!





DESCRIBE WHILE YOU WALK

SUMMER CHALLENGE

Can you find something that is...👁️👁️

Word	Synonyms (similar meaning words)	Suggestions
Pointy	Sharp, Spiky, Prickly	Pine Cone, Cactus, Grass, Stick
Smooth	Even	Rock, Path, Slide, Basketball Court
Soft	Mushy, Squishy	Mud, Feathers, Flower
Rough	Uneven, Scratchy, Harsh	Tree Bark, Stick, Acorn, Picnic Table
Hard	Firm, Solid, Dense	Rock, Stone, Cement, Turtle (shell)
Green	Emerald	Grass, Leaves, Lily Pad, Grasshopper
Brown	Hazel, Tan, Mahogany	Tree Stump, Dirt, Bird, Sand
Blue	Indigo, Azure	Sky, Water
Round	Circular	Shell, Berries, Sun, Bushes
Sparkly	Shiny, Glowing, Glimmering	Rain, Star, Pond/Ocean
Alive	Living	Tree, Flower, Animal, Bugs
Fresh	Healthy, Natural	Flowers, Vegetables, Berries



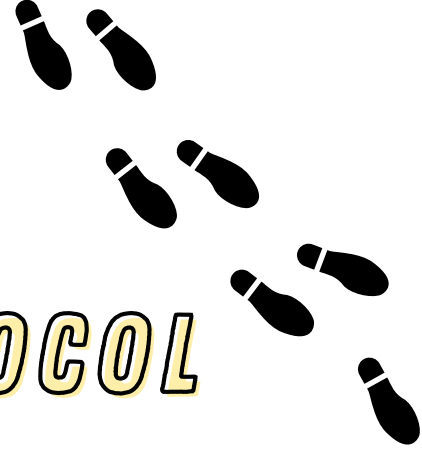
DESCRIBE WHILE YOU WALK

SUMMER CHALLENGE



Can you find something that is...👁️👁️

Word	Synonyms (similar meaning words)	Suggestions
Fresh	Healthy, Natural	Flowers, Vegetables, Berries
Tall	Long, Towering	Trees, Swan, Sign
Wet	Moist, Damp, Soaked	Pond, Lake, Ocean, Sand, Puddle
Flat	Level, Horizontal	Bike Path/Trail, Sidewalk, Street
Bumpy	Lumpy, Uneven, Rough	Tree Stump, Sand, Sidewalk
Fat	Plump, Chunky, Chubby	Tree, Animals
Steep	Vertical	Hill, Mountain
Small	Tiny, Little, Miniature	Pebble, Ladybug
Big	Large, Huge, Enormous	Lake, Tree, Street, Spider
Delicate	Fragile	Butterfly, Twig
Curved	Rounded, Loopy	Pathway, Ramp, Curb
Noisy	Loud	Bird, Dog, Waves, Waterfall
Cool	Chilly, Cold	Shade, Water, Tunnel
Broken	Smashed, Shattered	Fallen tree, twig
Metallic	Iron, Silvery	Swings, Slide
Dirty	Filthy, Messy	Hiking Trail, Playground
Fluffy	Fuzzy, Furry	Dog, Squirrel, Bunny



STEP TRACKER PROTOCOL

WEEK 1

The goal for the first week is to get an AVERAGE of the amount steps your kiddo is taking throughout their day. How do we do this ?

- Have your kiddo (if they are willing to) put on their pedometer in the morning to track their steps throughout their day.
- At the end of the day record the number of steps they completed on their “Actions Speak Step Tracker” worksheets.
- *At the end of the week, add up the number of steps completed each day and divide by 7.*

ie. 35,000 (total steps for the week)/ 7= 5000 steps per day (this is your AVERAGE).

WEEK 2

The goal for the following weeks is to have your kiddos increase the amount of steps they are taking each day by 10%. How do we figure this out?

- Take the Average steps from week one and multiply it by 1.1
ie. 5000 (average steps from week 1) X 1.1= 5500.
- Based on our example from above, the kiddo’s goal for week 2 is to take 500 more steps each day.

REMAINING WEEKS

The goal for the following weeks is to continue to have your kiddo walk 10% more steps from the previous week. Here is an example of what it could look like:

- Week 1: average steps: 5000
- Week 2: Goal to reach 5500 steps per day
- Week 3: Goal to reach 6050 steps per day (5500x1.1 = 6050)
- Week 4: Goal to reach 6655 steps per day (6655 1.1=6655)
- *Overall goal is to reach 9000+ steps per day.*





STEP TRACKER PROTOCOL

FAQ ABOUT THE WALKING PROTOCOL

My child is not achieving the 10% step increase each week? What should I do?

That's ok! Starting any new program takes time to adapt to. Here are some ways to help encourage your kiddo to move more.

- **Positive statements:** Continue to encourage your kiddo using positive statements about what they did do! "Amazing job walking 4500 steps today!"
- **Teamwork:** Get involved! Research shows that when parents show enjoyment with exercise, their children tend to have a more positive relationship with physical activity (Torst et al, 2003). Next time your kiddo has a hard time reaching their goal, motivate them by saying, "Amazing job walking 4500 steps today! Maybe tomorrow we can work together and aim for 5000!"
- **Reward Chart:** Use the reward chart (attached below) and create incentives for your kiddo to reach their daily goal!

If your kiddo continues to have a hard time reaching their goals, reach out to @actionsspeakkids / actionsspeakkids@gmail.com and we can brainstorm ideas that better fit your kiddos needs :)





STEP TRACKER PROTOCOL

FAQ ABOUT THE WALKING PROTOCOL

How do I use the reward chart?

You know your kiddo best, so go with your “gut” when deciding on a good goal for how many “healthy hearts” they should earn the first week. We suggest starting with a low number ranging between 3-5 for the first week. When kiddos are successful they will be more motivated to engage in the program going forward. As time progresses, each week add an additional heart to their chart.

What should I use as a reward for my child?

When choosing a reward, make sure it is something your kiddo is super excited about to help motivate them to want to engage in the walking program. If waiting until the end of the week is too long for your kiddo, you can also provide them with a small reward (ie. a sticker, a stamp, etc.) to help keep them motivated to continue working hard until the end of the week!

Suggested guidelines for # of healthy hearts to earn each week for the “couch potato” kiddo:

- Week 1: 1-2 hearts per day
- Week 2: 2-3 per day
- Week 3 3-5 per day
- Week 4: 5 per day
- *When do I stop adding hearts to the reward chart?:* If there is a point where your kiddo is having a hard time earning hearts (and they are putting the work in) that may mean their goal may be too high. Go back to the week they were successful to help them stay encouraged to move.





STEP TRACKER PROTOCOL

FAQ ABOUT THE WALKING PROTOCOL

Suggested guidelines for # of healthy hearts to earn each week for the “can’t stop won’t stop” kiddo:

Have them earn up to 5 hearts per day.

What type of pedometer should I get?

There’s all different types of pedometers. Some that clip onto clothing and some that are watches. It really all depends what you think your kiddo will tolerate wearing and will stay put for the entirety of the day.

Here’s a few that amazon offers:

[Inspiratek Kids Fitness Tracker Watch](#)

[3DFitBud Tracker Clip-on+ Lanyard](#)

[Fitbit Fitness Tracker Watch](#)

What ages would this program most benefit?

Kiddos 5 and up :)



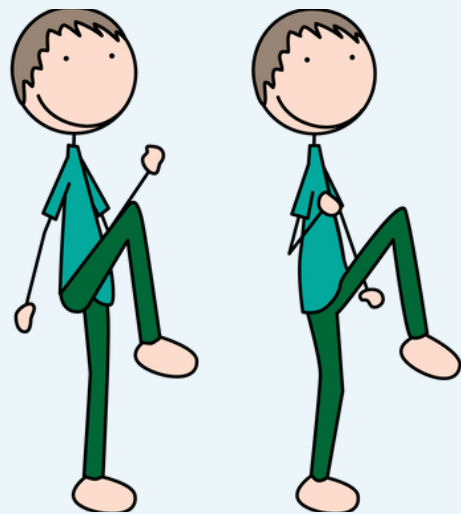


WALKING WARM UP

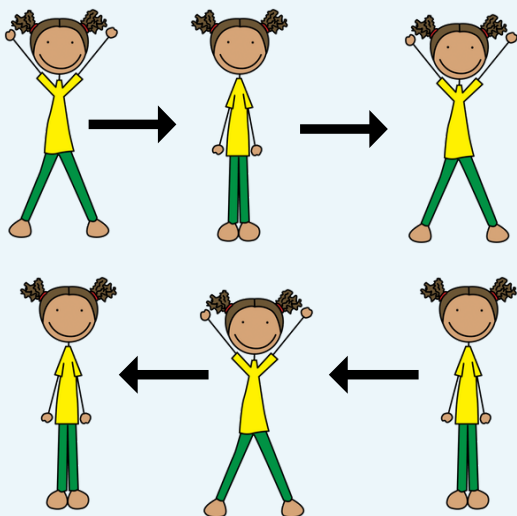
**COMPLETE 2 ROUNDS OF 5 REPETITIONS OF EACH EXERCISE
BEFORE YOU START YOUR WALKS!**



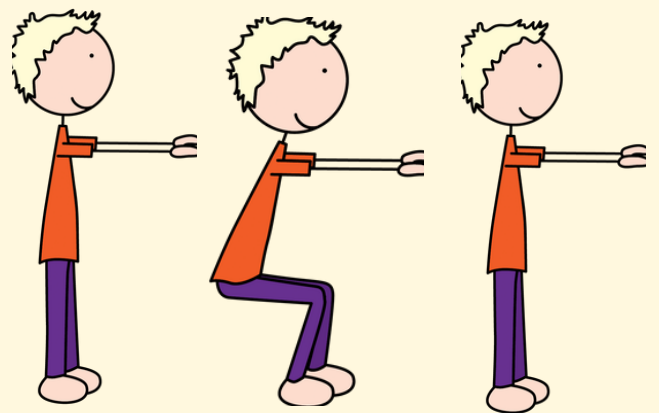
Reach to the sky



March in Place



Side Stepping

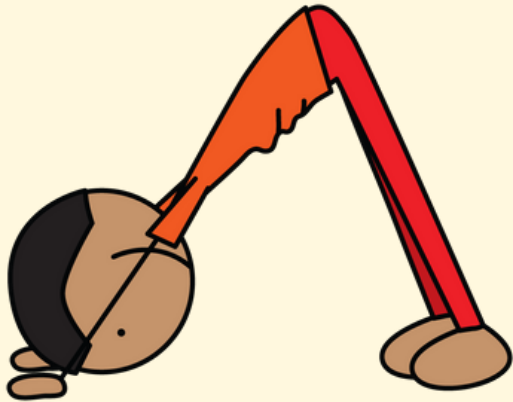


Sit to Stands



WALKING COOL DOWN

**COMPLETE 2 ROUNDS OF 5 REPETITIONS OF EACH EXERCISE
BEFORE YOU START YOUR WALKS!**



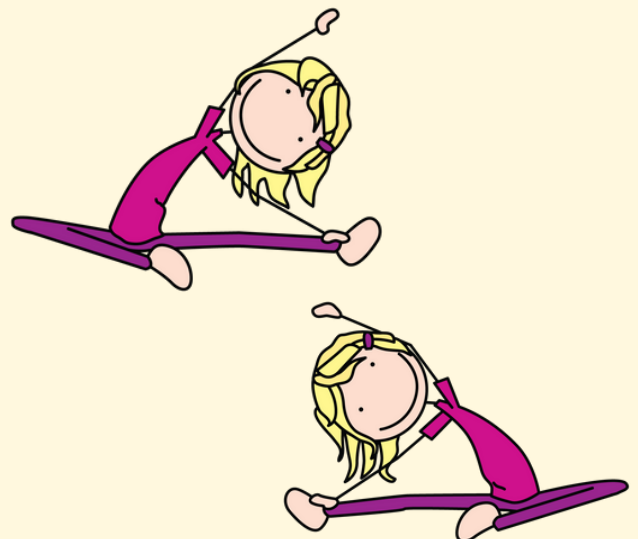
Down Dog



Butterfly



Toe Reach



sitting side stretch



STEP TRACKER

Class :

Semester :

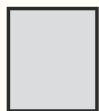
Date	MON	TUE	WED	THU	FRI	SAT	SUN
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Important !

STEP TRACKER



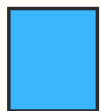
Color the sneaker based on how many steps you took for the day.



less than 2000



2000-4500



4501-7000



7001-9000



9000+

Steps



Date

Steps



Date

Steps



Date

Steps



Date

STEP TRACKER



Color the sneaker based on how many steps you took for the day.



less than 2000



2000-4500



4501-7000



7001-9000



9000+

Steps



Date

Steps



Date

Steps



Date


Steps



Date



5 ACHIEVEMENT CHART




Warm up= 

Cool Down= 

 = 

 =  

 =   

EXERCISES	SUN	MON	TUE	WED	THU	FRI	SAT
Warm up							
Cool Down							
 4501-7000 steps							
 7001-9000 steps							
 9000+ steps							

This week when I exercise...

I WILL EARN **HEALTHY HEARTS** 

When I earn healthy  , my reward will be...





WALKING BUCKET LIST

I walked here! ✓

	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>



Month: _____



WALKING BUCKET LIST

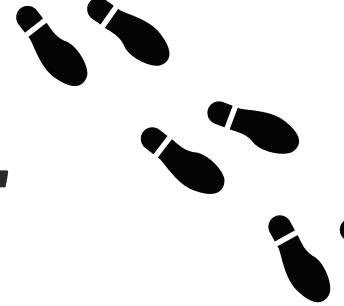


I walked here! ✓

	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>



Month: _____



WALKING BUCKET LIST

Nassua County, NY



Bar Beach

Bethpage State Park

Christopher Morley

Eisenhower Park

Garvies Point

Hempstead Lake State Park

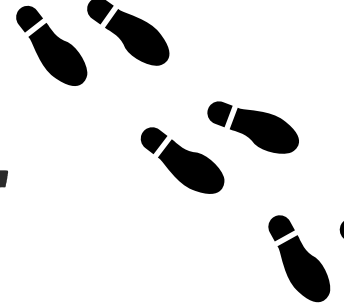
Jones Beach State Park

Kings Point Park

Long Beach Boardwalk

Massapequa Preserve





WALKING BUCKET LIST

Suffolk County, NY



Avalon park

Argyle Lake - Babylon Village

Bayard Cutting Arboretum

Caumsett State Park

Elizabeth Morton National Wildlife Refuge

Heckscher State Park

Heritage Park

Gardiner Park

Holtsville Ecology Site

Orient Point State Park





WALKING JOURNAL



 Circle your answer.

Date: 

Where did I walk? 

I went on a walk in ...



The Park



The Beach



My Neighborhood

Who did I walk with? 

I went on a walk with ...



My Family



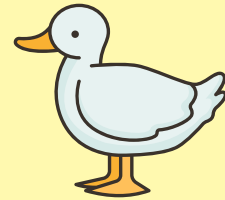
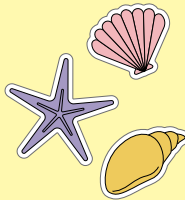
My Friends



My Dog

What did I see on my 

On my walk I saw... walk?





WALKING JOURNAL




  Cut and Paste your Response

Date: 

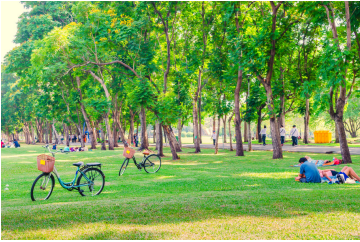
Where did I walk? 

Who did I walk with? 

What did I see on my walk? 

WALKING JOURNAL

Where did I walk? 



The Park



The Beach



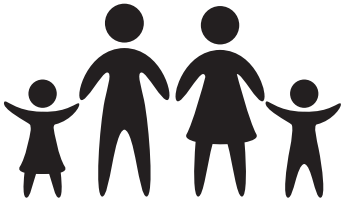
My Neighborhood



Hiking Trail

WALKING JOURNAL

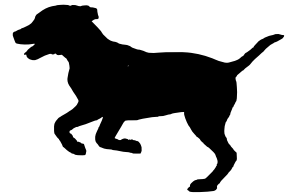
Who did I walk with? 



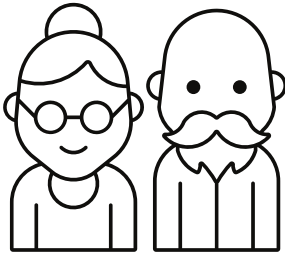
My Family



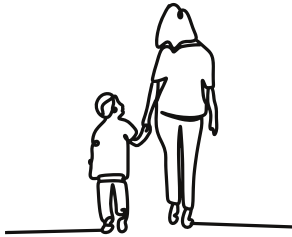
My Friends



My Dog



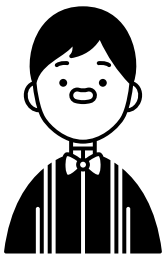
My Grandparents



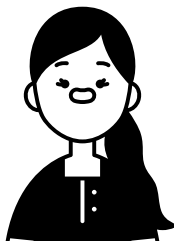
My Mom



My Dad



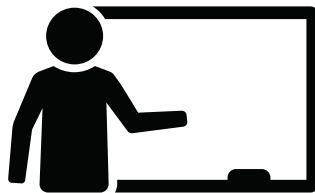
My Brother



My Sister



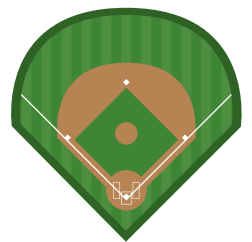
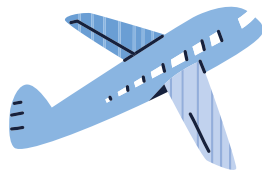
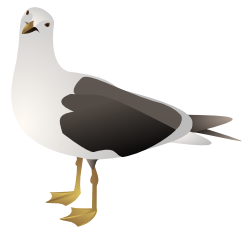
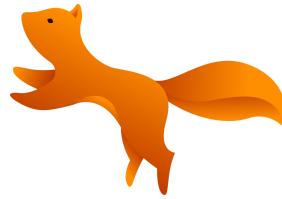
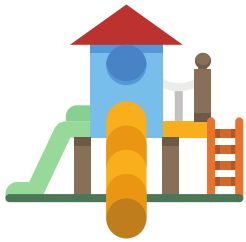
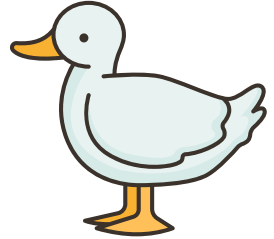
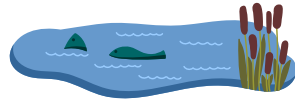
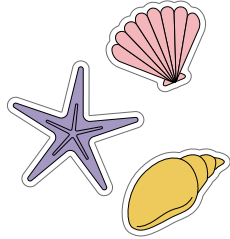
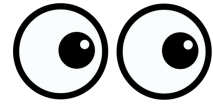
My Babysitter



My Teacher

WALKING JOURNAL

What did I see on my walk?





WALKING JOURNAL



 Write your response.

Date: 

Where did I walk? 

Who did I walk with? 

What did I see on my walk? 