



FAMILY GAMES TO PLAY WHILE WALKING

GIDDY UP



You can make walking more fun by riding "horsies" down paths, making "gates," and using secret passwords to go through.

FOLLOW THE LEADER



Why not encourage your child to "lead" you on your walk and around any obstacles, incorporating natural obstacles along your path.

NATURE SCAVENGER HUNT



Create a list of natural treasures to be ticked off along the way.

HIDE AND SEEK



A traditional game of hide-and-peek will be a whole load of fun for everyone. Begin the game with a loud count and declare "ready or not here I come" to let children know you're beginning your search, explaining out loud as you go where you've looked.

PICK UP STICKS



Sticks are, arguably, the number one toy of all time. Why? They're throwable, easy to gather (half the fun, really), they transform into swords, brooms, wands, antlers...you name it!

Sticks are a great way to develop gross motor skills in young children and strengthens childrens' natural curiosity.

I SPY!



Walk and talk your way around your path by testing each other's eyesight in nature. Why not mix up classic I spy by starting with "I spy something green" when it's your turn.

EIN GEMAU TEULUOL I'W CHWARAE WRTH GERDDED

GEE I FYNY



Gallwch wneud cerdded yn fwy o hwyl trwy reidio "marchogion" i lawr y llwybrau, gwneud gatiau, a defnyddio cyfrineiriau cyfrinachol i fynd trwyddynt.

DILYNWCH YR ARWEINYDD



Beth am annog eich plentyn i'ch "arwain" trwy'r llwybr, ac o amgylch y rhwystrau, gan ymgorffori cymaint â phosibl o goed, creigiau a chreigiau ar hyd y llwybr.

RWY'N YSBÏO!



Cerddwch a siaradwch eich ffordd i lawr y llwybr trwy brofi golwg natur eich gilydd. Beth am ei gymysgu i fyny trwy ddweud rhywbeth fel "Rwy'n sbïo rhywbeth gwyrdd" pan fydd hi'n eich tro chi?

CUDDIO A CHWILIO



Bydd gêm draddodiadol o guddio a ffeindio yn hwyl i bawb. Dechreuwch y gêm gyda chyfrif uchel a datgan "yn barod neu beidio yma dwi'n dod" i adael i blant wybod eich bod chi'n dechrau'ch chwiliad, gan egluro'n uchel wrth i chi fynd lle roeddech chi'n edrych.

CODI FFYN



Cellir dadlau mai ffyn yw'r tegan mwyaf blaenllaw erioed. Pam? Maen nhw'n hawdd eu casglu (hanner yr hwyl, a dweud y gwir), y gellir eu taflu, eu trawsnewid yn gledlydau, ysgubau, lladron, cynn ... neu amrhywiaeth o bethau! Mae cerdded, plygu, cydio a thynnu ffyn i gyd yn ffyrdd gwyh o ddatblygu sgiliau echddygol bras mewn plant ifanc a chryfhau chwilfrydedd naturiol eich plant.

RWY'N YSBÏO!



Cerddwch a siaradwch eich ffordd i lawr y llwybr trwy brofi golwg natur eich gilydd. Beth am ei gymysgu i fyny trwy ddweud rhywbeth fel "Rwy'n sbïo rhywbeth gwyrdd" pan fydd hi'n eich tro chi?