



# WALK & ROLL ACTIVITIES CALENDAR



## MINDFUL MONDAY

Start the week with a mindful walking activity.

[Click here for mindful walking guide and breathing routine.](#)



## TRANSPORTATION TUESDAY

Play a game of Active Transportation BINGO.

[Click here for BINGO cards.](#)



## WALK & ROLL WEDNESDAY

Go on a Walk and Roll Scavenger Hunt around your neighborhood.

[Download Walk and Roll Scavenger Hunt.](#)



## TRANQUILITY THURSDAY

Get calm and crafty by decorating a pair of old shoes or drawing a picture of your favorite places to walk and bike.

[Click here for shoe decorating ideas.](#)



## FREE CHOICE FRIDAY

Kick off the weekend with a pick-your-own scavenger hunt.

[Download Printable Scavenger Hunts.](#)

