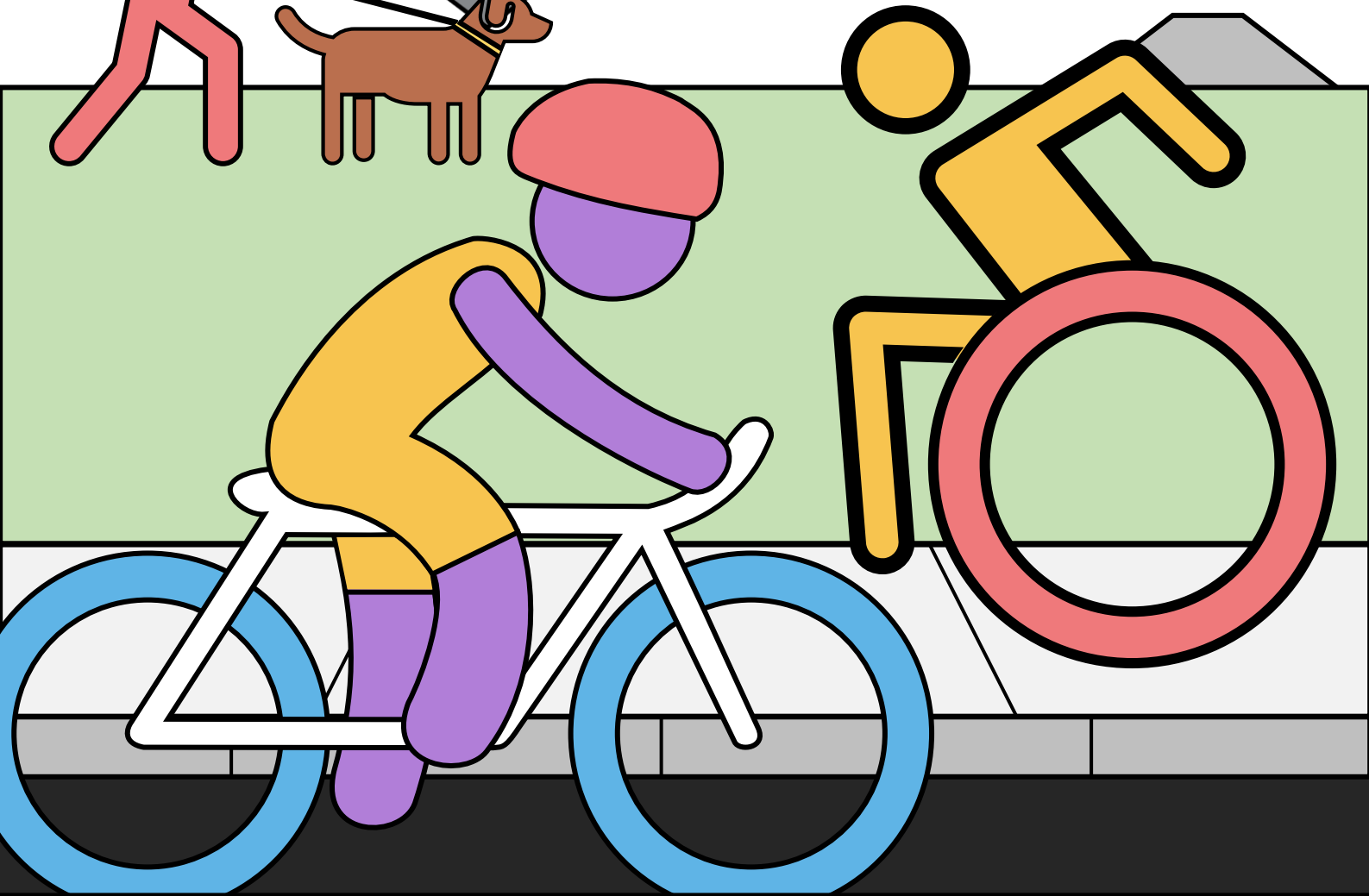
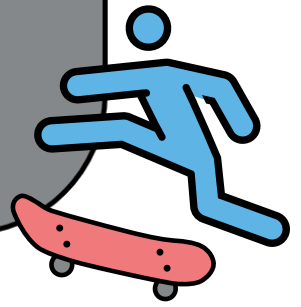


# Making Every Contact Count

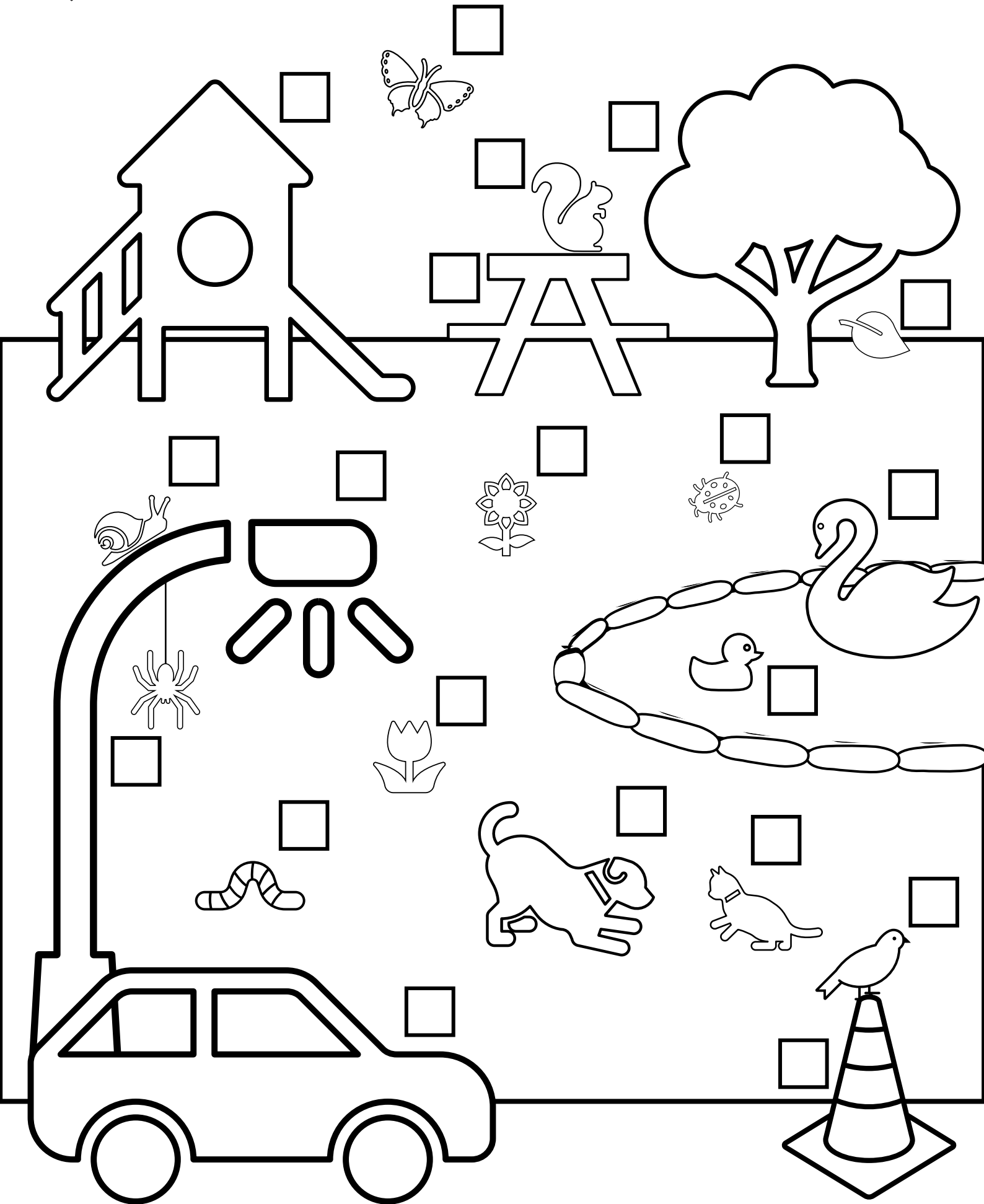
across Gateshead



Active Travel

# SCAVENGER HUNT

Can you find all these items while being active?



# Wordsearch

Can you find the 16 ways someone could travel actively below?

L	E	K	E	H	E	R	I	C	Y	U	E	A	Y	I	E	H	D
G	L	T	R	G	O	S	E	O	W	G	N	I	N	N	U	R	R
D	K	O	S	G	J	P	K	O	A	L	U	B	W	A	S	E	A
N	Y	P	R	K	O	I	P	P	G	N	I	P	P	I	K	S	B
U	P	O	W	T	G	H	W	I	W	A	D	O	I	N	A	R	I
R	R	G	E	R	S	O	R	K	N	P	P	A	K	O	T	G	H
D	E	O	K	L	O	P	E	I	G	G	L	H	A	G	E	O	R
R	L	S	L	A	I	W	T	R	N	N	I	C	E	P	B	T	E
B	C	T	H	L	K	A	O	W	U	I	K	R	T	L	O	U	P
K	Y	I	W	B	E	I	O	E	Y	K	R	A	T	N	A	H	P
S	C	C	C	O	L	R	C	M	I	L	E	M	O	Y	R	O	O
A	I	K	Y	R	J	G	S	R	C	A	T	R	D	R	D	L	H
G	R	C	P	L	O	P	T	K	T	W	I	E	H	E	G	T	E
W	T	O	I	L	G	P	I	C	A	U	E	D	K	S	N	Y	C
S	H	O	W	T	G	E	A	H	A	T	W	S	Y	I	N	D	A
B	I	K	E	K	I	R	H	E	K	R	E	T	U	C	H	P	P
O	P	H	J	W	N	I	W	L	R	G	A	A	K	T	U	E	S
W	E	E	L	A	G	R	I	A	H	C	L	E	E	H	W	P	R

Bike

Hike

Hopping

Jogging

March

Roller skate

Pogo stick

Running

Scooter

Skateboard

Skipping

Space hopper

Stroll

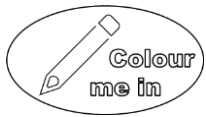
Tricycle

Walking

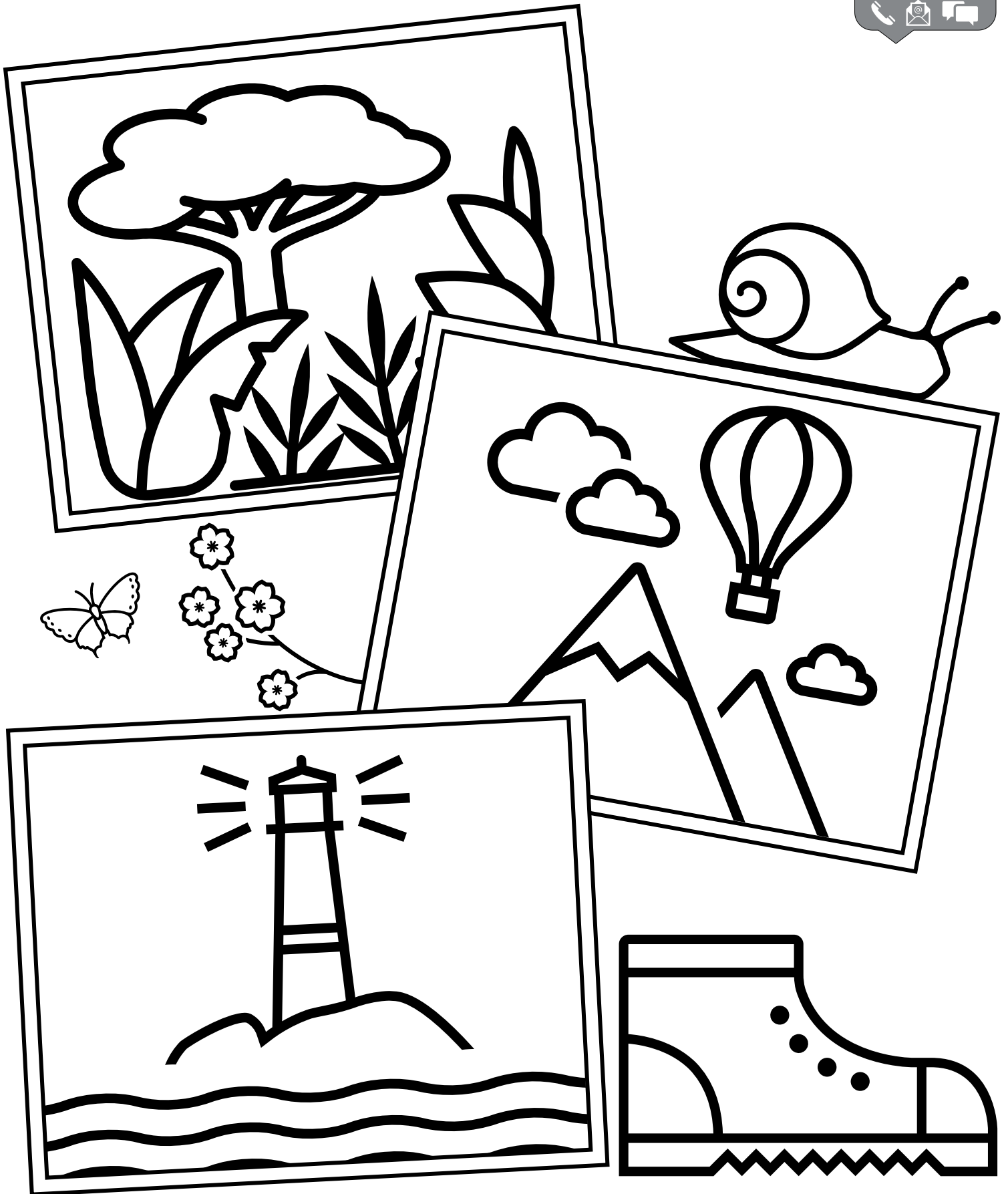
Wheelchair

**Active travel is travelling to get to places (school, work, the shops, to visit people, to attend appointments) in a way that uses your own energy – as above**



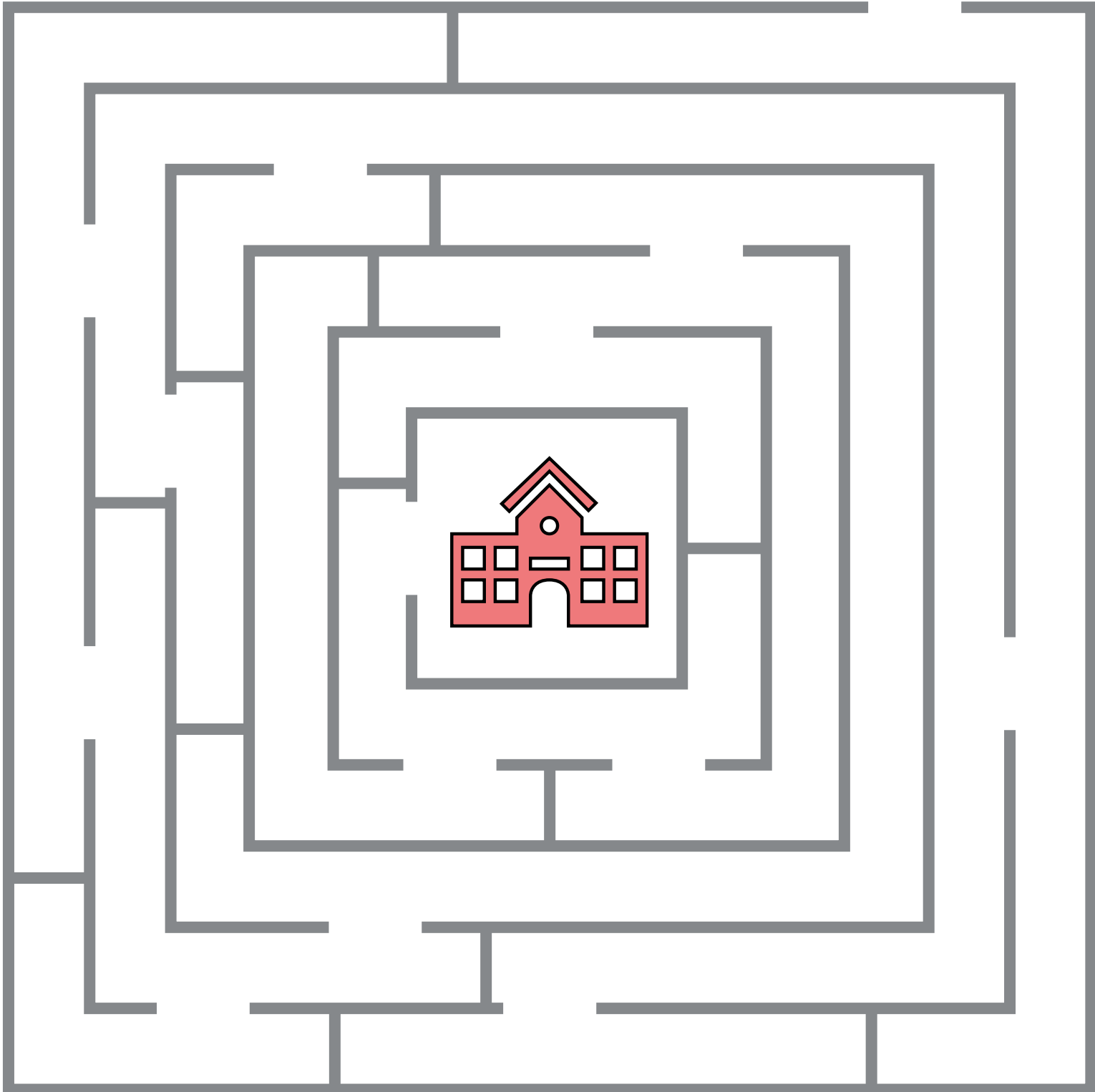


# GET SNAPPING



Have you taken any photos while out and about being active?  
Share them with us at: [www.facebook.com/groups/stepoutingateshead](https://www.facebook.com/groups/stepoutingateshead)  
Please ask a parents permissions if under the age of 13)

Can you help the family below find their way to school?



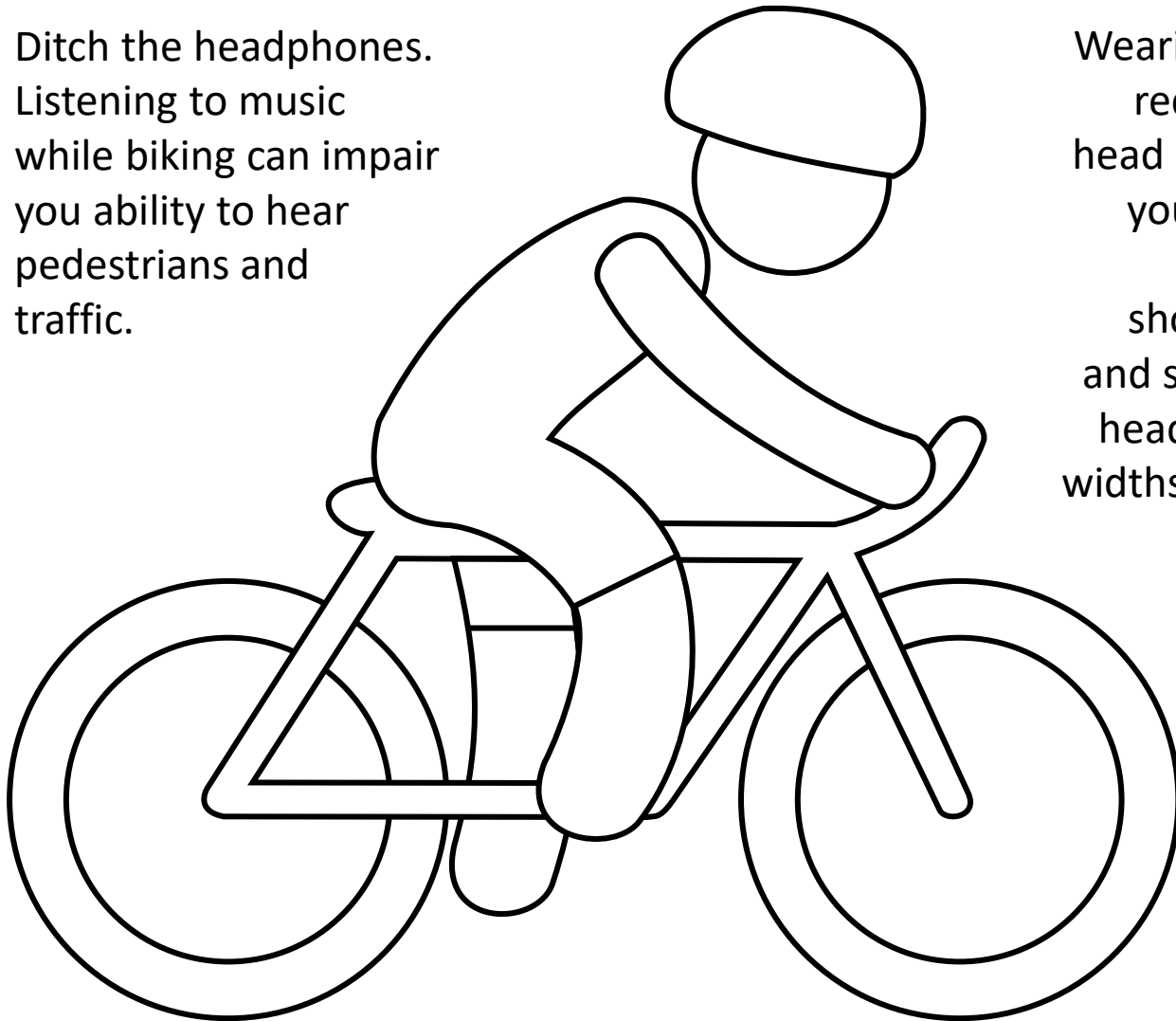
### Games to play while walking to school

1. Choose a car colour at the beginning of your journey. The first person to spot that colour car scores a point. The person with the most points when reaching the school wins
2. Don't step on the lines/ crack game
3. Copy the leader as they do silly walks, Movements etc
4. Play I-spy with letters, or colours for the younger children



# SAFER CYCLING

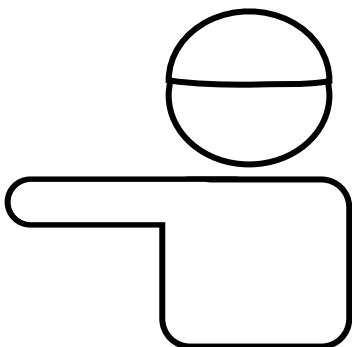
Ditch the headphones. Listening to music while biking can impair your ability to hear pedestrians and traffic.



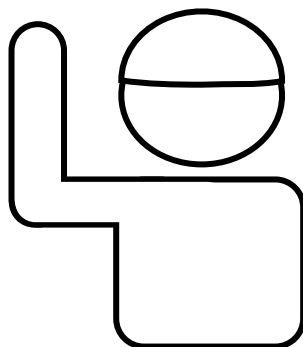
Wearing a helmet reduces risk of head injury. Make your helmet fit properly – it should sit level and snug on your head, two finger widths above your eyes.

Wear bright colours and use reflective gear so others can see you

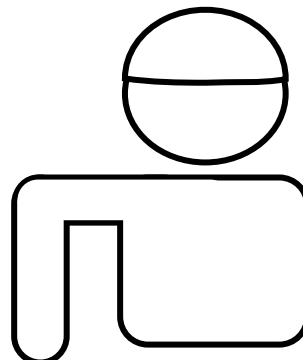
**Obey traffic rules. Bike on the correct side of the road, use hand signals below**



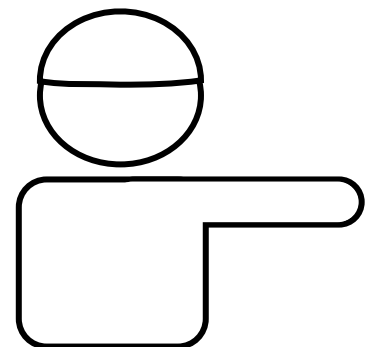
LEFT TURN



RIGHT TURN

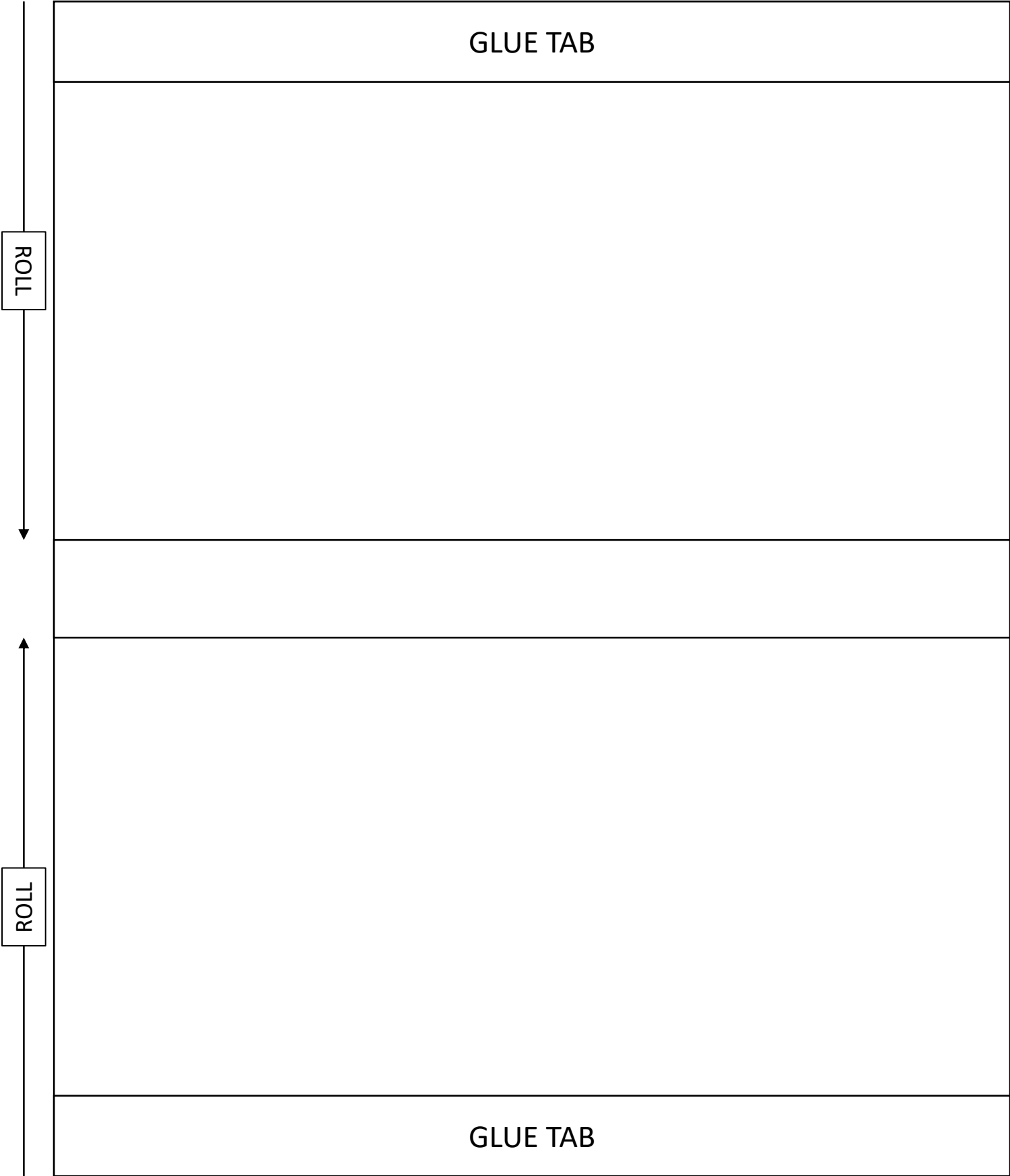


STOP

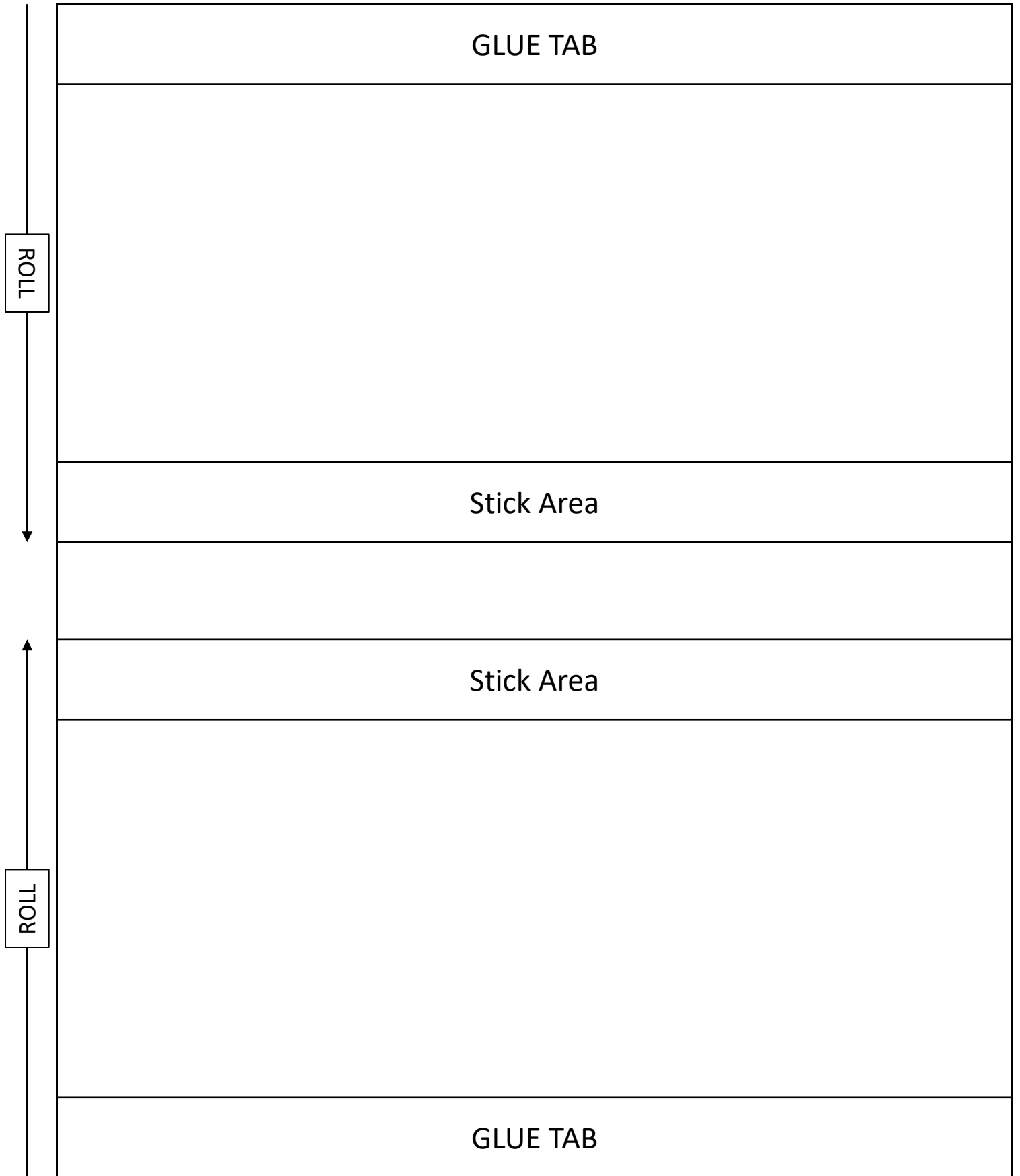


RIGHT TURN (ALT)

# Design your own binoculars



Colour in and create you own design. Once you have completed your design cut them out and roll each side and stick the glue tabs to the stick area.

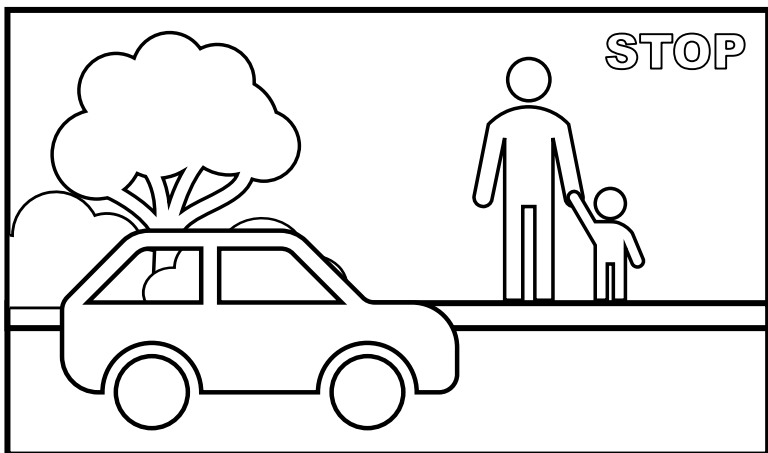


**TIPS:** Why not stick items you find while out in your local community such as leaves and twigs to them? For extra strength, roll the paper around 2 empty toilet roll tubes

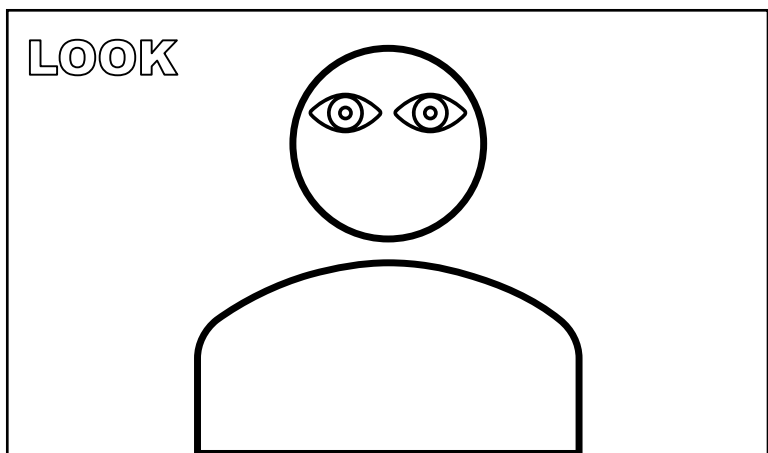


# Green Cross Code Match

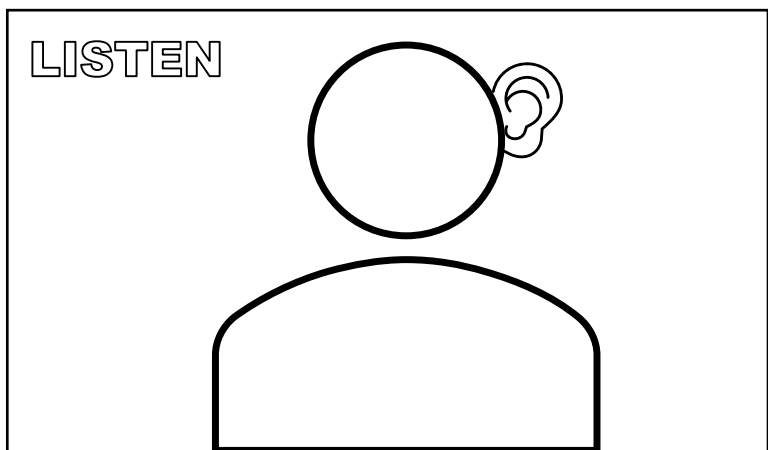
Can you match the correct statements to the images below?



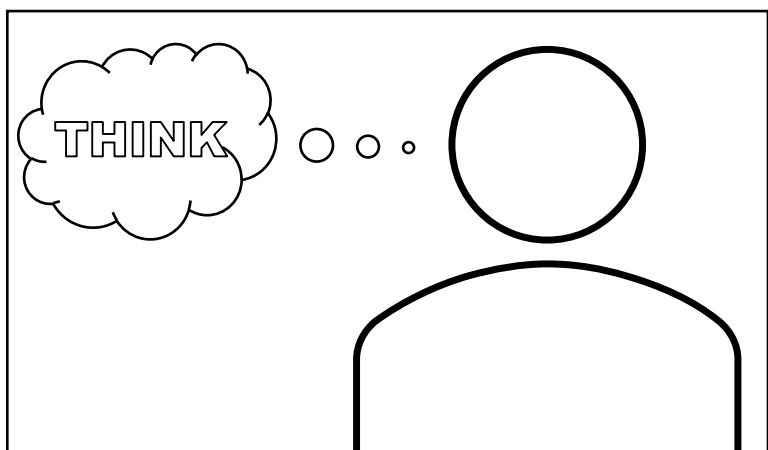
Use your eyes.  
Look around for  
traffic.



Remember to  
use the green  
cross code.  
Make sure you  
can see the  
traffic clearly in  
all directions.

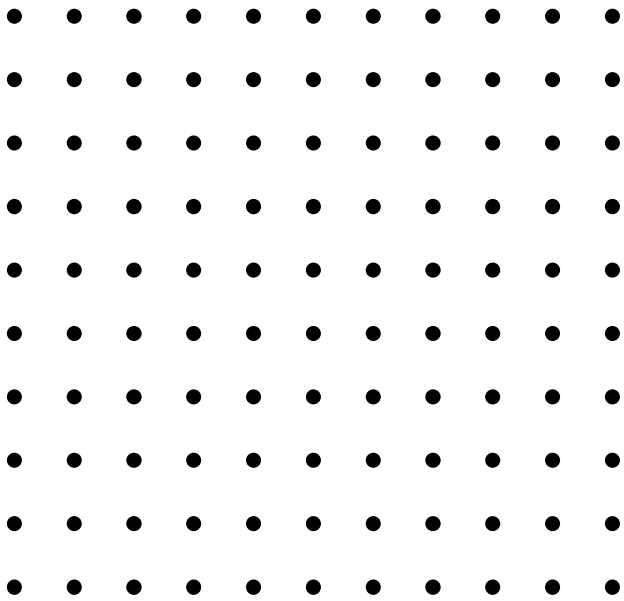


Stand on the  
pavement  
behind the kerb.

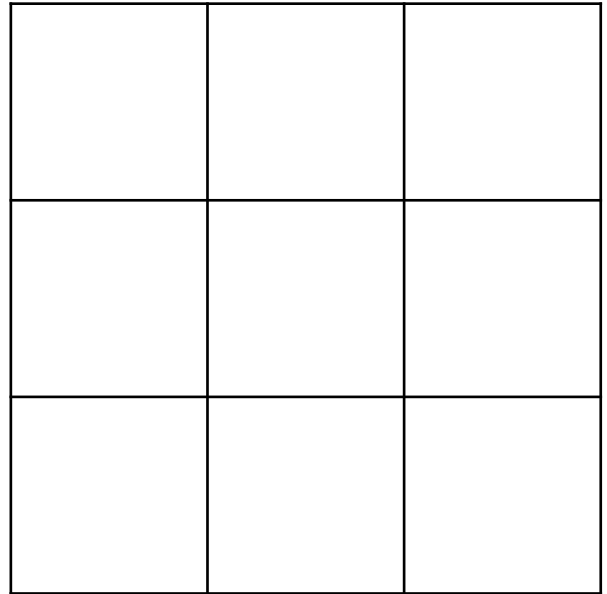


Use your ears  
listen carefully  
for traffic

## Dots and boxes



## Xs and Os



# Local support

### Better Health Gateshead

Facebook: [www.facebook.com/BetterHealthGateshead](http://www.facebook.com/BetterHealthGateshead)

Twitter: <https://twitter.com/BHGateshead>

### Our Gateshead

[www.ourgateshead.org/](http://www.ourgateshead.org/)

### Growing Healthy 0 -19 service

Facebook: [www.facebook.com/GrowingHealthyGateshead](http://www.facebook.com/GrowingHealthyGateshead)

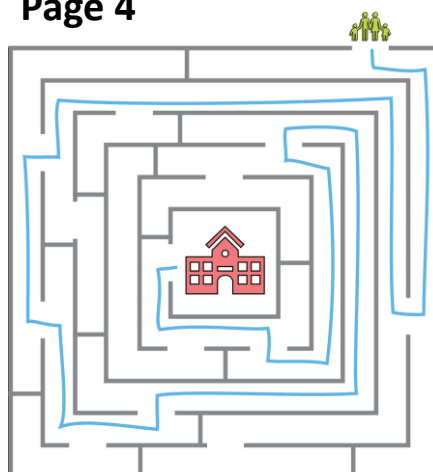


# Answer Sheet

### Page 2

L	E	K	E	H	E	R	I	C	Y	U	E	A	Y	I	E	H	D
G	L	T	R	G	O	S	E	O	W	G	N	I	N	N	U	R	R
D	K	O	S	G	J	P	K	O	A	L	U	B	W	A	S	E	A
N	Y	P	R	K	O	I	P	P	G	N	I	P	P	I	K	S	B
U	P	O	W	T	G	H	W	I	W	A	D	O	I	N	A	R	I
R	R	G	E	R	S	O	R	K	N	P	P	A	K	O	T	G	H
D	E	O	K	L	O	P	E	I	G	L	H	A	G	E	O	R	
R	L	S	L	A	I	W	T	R	N	N	I	C	E	P	B	T	E
B	C	T	H	L	K	A	O	W	U	I	K	R	T	L	O	U	P
K	Y	I	T	B	E	I	O	E	Y	K	R	A	T	N	A	H	P
S	C	C	O	L	R	C	M	I	L	E	M	O	Y	R	O	O	
A	I	K	Y	R	J	G	S	R	C	A	T	R	D	R	D	L	H
G	R	C	P	L	O	P	T	K	T	W	I	E	H	E	G	T	E
W	T	O	I	L	G	P	I	C	A	U	E	D	K	S	N	Y	C
S	H	O	W	T	G	E	A	H	A	T	W	S	Y	I	N	D	A
B	I	K	E	K	I	R	H	E	K	R	E	T	U	C	H	P	P
O	P	H	J	W	N	I	W	L	R	G	A	A	K	T	U	E	S
W	E	E	L	A	G	R	I	A	H	C	L	E	E	H	W	P	R

### Page 4



### Page 6

