

Let's Color Let's WALK?

In today's world Families have precious little time for each other. We are Enslaved by TV, our jobs, Money troubles...etc. WALKING together gives us a chance to rediscover, reconnect and enjoy each other...at least once a day.

Physically: A HABIT of walking is good for the entire body, It helps the digestion, muscles, mind, heart, lungs ...every part of us

Spiritually “The nature of God is made clear in the things he has made, both visible and invisible, Romans 1:20

Psychologically walking with our children is the BEST one on one time any parent can imagine.

Environmentally the greatest danger to our world is a generation of children with no personal INTERACTION with the world of living things, a world of balance and harmony.

Hope you might visit our
[“Creation Page”](#)
Great ideas for introducing children to
the world God made for them.
<https://bibleparent.com/creation.html>

If you enjoy reading try our
[Article about Walking.](#)
Share it with your church
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I like to walk. My whole family likes to walk.



**Sometimes we wear sneakers, sometimes boots,
sometimes one of each.**

Blindfold/listening walks:

A simple blindfold can make a walk a lot more fun. Walking blindfolded calls our attention to the things we hear, and smell and touch... to God's MANY blessings, the ones we scarcely notice. Walking blindfolded also makes us much more aware of our walking partner(s). There is nothing like exchanging trust walks (blindfold walks) to get you back in tune and on the same page with our children. *1 Peter 3:8 "Finally, all of you, live in harmony with one another; be sympathetic, love as brothers, be compassionate and humble."*



**My sister likes to walk blindfolded.
Sometimes I lead her.**

The Backwards walk: The two walkers face each other and then one person walks backward and the other forward. Keep a light heart and this walk will be one of your most enjoyable. In the end however the message to parent and child alike is that we are to walk through life facing the future not the past. This walk can be an eye opener for anyone involved in divorce, recovering from a loss of any kind or anyone facing an uncertain or new future. We must release the past, forgive those we need to forgive and then turn around and move forward. Walking backward for just two minutes can be a powerful lesson bringing hope and a renewed zest for life. *Jeremiah 29:11 "For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future."*

**Her favorite walk is backward.
Did you ever walk backward?**



BUGGING your kids is good for them and good for you.

Lightening bugs, beetles, Aphids, everything that crawls and has six legs should be part of every child's childhood.

START with a plastic peanut butter jar covered with a bit of nylon stocking and a rubber band **AND** a rule. "Everything you/we catch has to be turned loose before bed time...no bugs over night."

My favorite walk is a Bug Walk.
That is where you take a plastic Peanut Butter jar and catch bugs.



The BRISK walk: Physical exercise is another habit that begins early in life. The BRISK walk can be exaggerated and comic with stiff arms and legs or a real cardio walk. (Check out the internet or your local library to see what one looks like.) There is nothing like a brisk walk to drain some of the vinegar out of a child and leave him or her more at ease. Taking a walk has been a sanity saver for weary day care providers for many years...just the break everyone needs. There is no reason it wouldn't work for weary moms as well. *1 Corinthians 6:19 "Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own;" Walking is a great way to get children into the habit of exercise.*

My Mom likes to speed walk.
She moves her arms real fast



Who can walk the slowest...sort of a reverse twist on racing but really great for grandparents and the rest of us with less energy than our kids.

Instead of saying “Slow Down!!!
Try saying “Moon Walk”

I like to slow walk
like the men on the moon...



**Taking pictures helps children SEE
The things that surround them
In more personal ways.**

**Posting the pictures in their rooms
Makes their world a bigger place
And reminds them that life off their
Cell phones does exist.**

Sometimes I like a Camera walk where
I take pictures and save them.



**Hugging trees is not all bad.
Especially if it helps us
appreciate and learn about
Living things.**

**Trees give us shade, fruit,
Wood, paper, houses and on
And on.**

**[Click Here](#) to watch our nature
Slideshow . All the art work
Is made on slices of different
Of trees.**

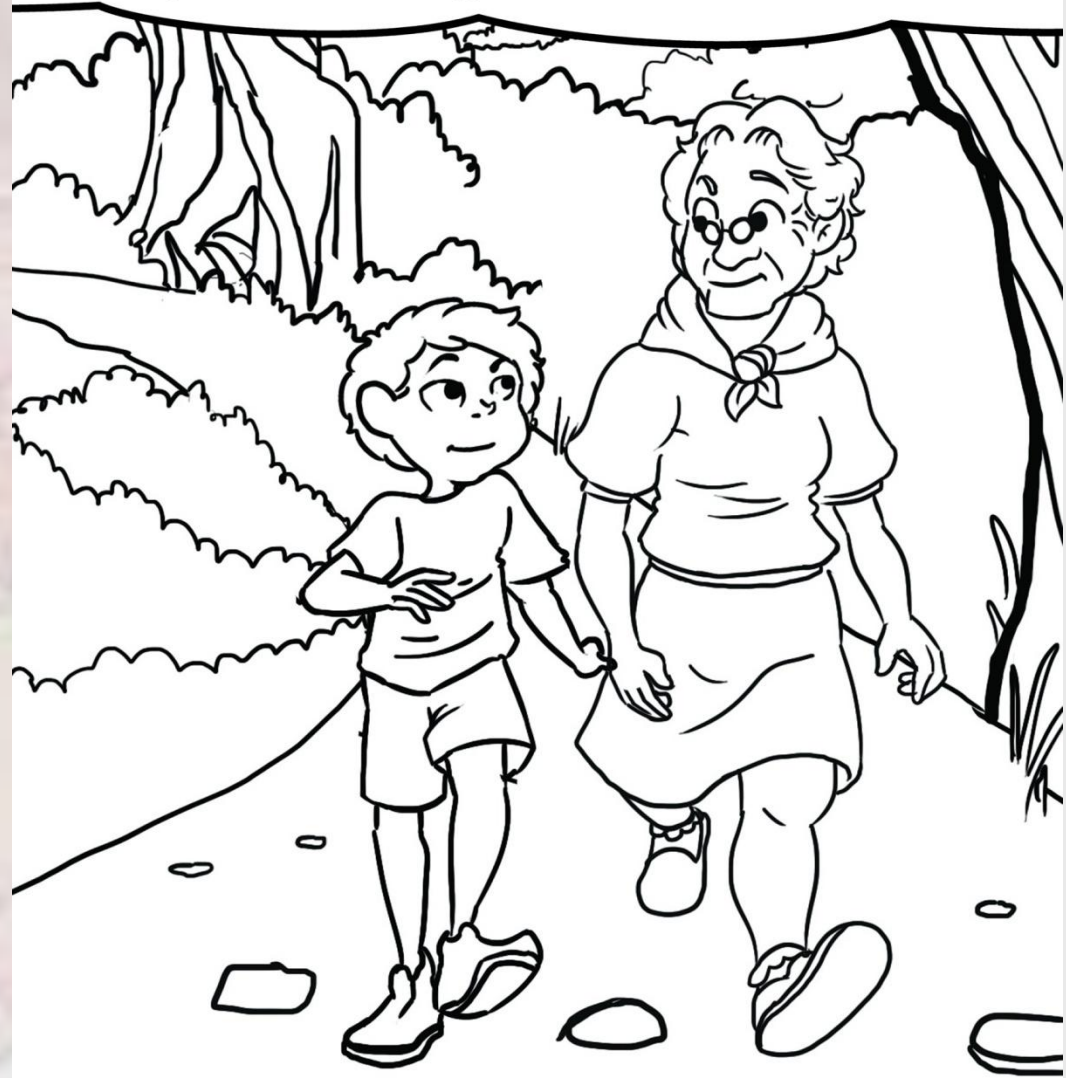
**I like adopting a tree walks. That is where
you adopt a tree and visit it once a month.
So far I have adopted six trees, a maple, an oak
a redbud, a poplar, a pine and a pear tree.**



I first wrote this story many years ago. We should all be very careful who we allow our children to walk with.

Getting to know your neighbors, if possible, is a very good idea.

**Another walk I like is visit a neighbor walks.
My favorite neighbor is Mrs. Chambers.**



**She has white hair and lives all by herself
so sometimes we walk together.**

Leaf rubbings are simple,

Put a piece of white paper on top of the leaf and rub it with a crayon or a piece of a crayon with the paper removed.

Leaf rubbings are very easy to fold in half and give as a thank you or birthday card.

I like leaf collecting walks. I take a paper bag and collect the biggest leaves I can find.



When I get home I put one under a piece of paper and rub it with a crayon.

**Another Favorite of mine is a prayer walk
where I pray for one of my friends.**

**Going for a walk is a great way to
clear the mind of worry, a GREAT
time to pray.**



**I know God is not closer when I am outdoors
but sometimes it feels like it.**

The bird watching walk:

When they are not in the air you might see a bird almost anywhere. On the ground, in a tree or on a building. Bird watching walks are more memorable if you check out a bird book from the library.

Seeing and identifying a different bird each time you walk makes each outing unique. You could even keep a list. *Matthew 6:26*
Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?

**Did you ever go for a bird watching walk?
I take my library book with me so
I can learn the names of the birds.**



Hidden in the Grass walks: Put 1-2 inches of cold water in a plastic cup and if it is spring or early summer you are ready for a “Hidden in the grass walk”. Some flowers are so tiny or so hidden that they are almost invisible, but for those who take the time to look the flowers are always there. A child who learns early in life to look for God’s hidden treasures is much better off than most children. The tiny flowers you collect can be displayed in an empty pill bottle and put on display.

Proverbs 8:17 I love those who love me, and those who seek me find me. Like the little flowers when we look for God hard enough we are sure to find him.

How about a hidden in the grass walk. If I look very very close I find little tiny flowers.



In the rain walks: I personally carry an umbrella every time I go for a walk, especially in a new neighborhood...not because I am part British...but for protection. The umbrella protects me from rain but also from another fact of life... dogs. It is not wise to run from a dog . The best idea is to stand still and open your umbrella then back slowly away. In thirty years of walking and being responsible for children I have only had one dog problem but I thank God I had the umbrella. The bible lesson for walking in the rain is that children will need their own umbrellas if they are to be safe. No matter how big our umbrella is it will not be big enough to cover them their whole lives. They need their own. The most important umbrella, the one that keeps us really safe, is faith in god with the spokes of the umbrella being: prayer, bible study, love, and fellowship. *John 17:11 "I will remain in the world no longer, but they are still in the world, and I am coming to you. Holy Father, protect them by the power of your name—the name you gave me—so that they may be one as we are one."*

I like especially to walk in the rain, sometimes in the snow. Sometimes I take an umbrella and sometimes I don't.



(Opening an umbrella will make almost any dog turn tale and run away.)

*Psalm 96:5 For all the gods of
the nations are idols: but the
LORD made the heavens.*

*Helping children find God's
PEACE can start with looking up
into the night sky.*



The sounds of nature are not always easy to hear.

Those who live in the city might consider listening to them on line. Start with a search for country sounds, bird sounds, or nature sounds

Then there is the listening walk where you take twenty steps and close your eyes until you hear something. Then take twenty more steps.



Collection walks: Children love to collect. All that is needed is an empty egg carton. Allow each child to save anything that fits in the carton...a feather, stone, seed, nut or mushroom ... anything that fits in the carton. Each thing the child collects will strengthen his connection to the world around them and to God. A variation of the egg carton walk is the bug collecting walk. Each child carries an empty peanut butter jar and must release what he catches at least by the end of the day. A camera walk is like an egg carton walk except you use a digital camera or cell phone. *1 Corinthians 10:26 The earth is the Lord's and everything in it.* Even bugs. Putting up a few photos in the child's room will be a great **REMINDER** of the wonder-full world God created for each of us.

**Sometimes when I walk I take my egg carton.
I get to keep anything that fits in it.**



**I have, some feathers, a piece of a birds egg, a few rocks,
some mushrooms, and some little pieces of tree bark.**

Bet you can't skip.

Bet you won't try.

Bet something hurts??

Can you skip? It is different from walking but it is a lot of fun. Who could teach you?



Any public or school library has books of different kinds Of paper airplanes. One of my favorites is in the following picture.



How about a paper airplane walk. You throw the plane then walk after it, then throw again.



Like the camera the magnifying glass helps open children's minds to the WONDER (S) of the world around them.

Every child over five years of age should have one. For ten and older an inexpensive microscope is an equally good idea.

The magnifying glass can be a child's first step to thinking about future careers.

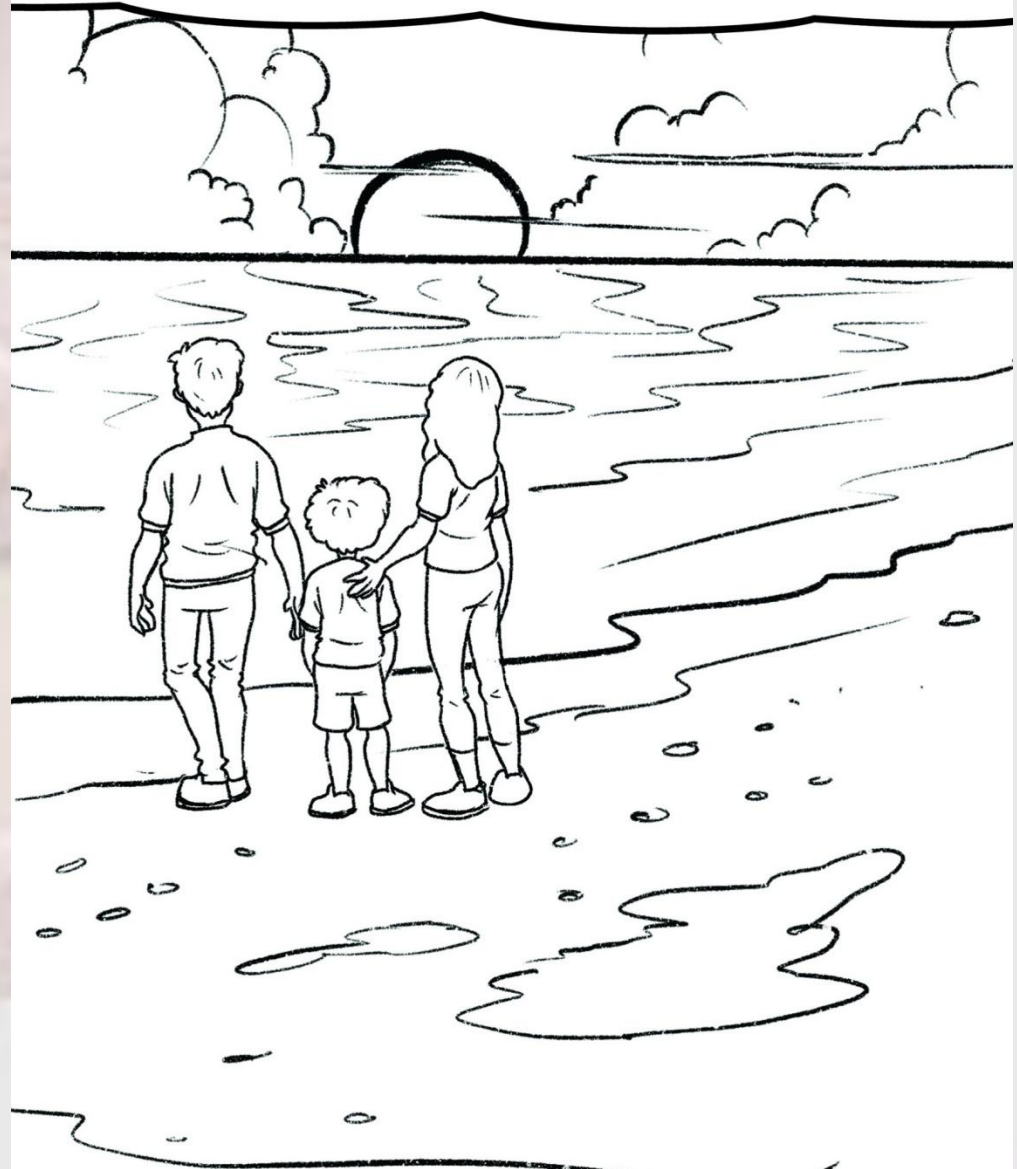
Or try a magnifying glass walk.
I look at things very very closely.



You would be surprised how things look when you use a magnifying glass.

Every child should be taught NOT to look directly at the sun... BUT... no child should go through a whole year without seeing a sunrise. They could easily be memories that last a lifetime

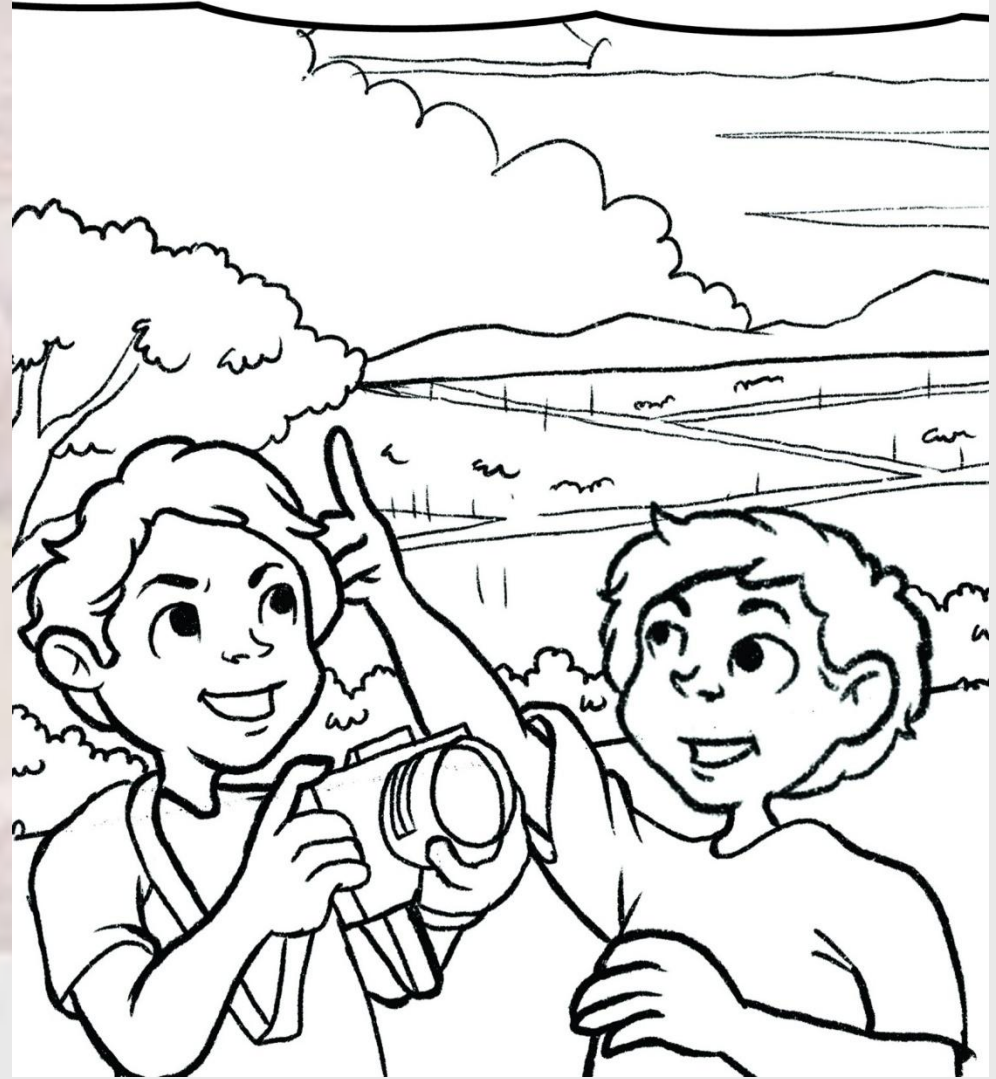
Two other great walks are the sunrise and sunset walk. Make a date with your father or mother.



Are you raising a meteorologist.

Next time you go for a walk try asking what kind of cloud is in the sky and then if possible look it up.

Then there is cloud gazing. If you take your camera you might get pictures of twenty different kinds of clouds.



The very best thing a parent can do for an angry child is probably not getting angry back. Children lack the skills to deal with their own anger. It is most unfair to ask them to deal with our anger as well.

The second best thing is probably helping them figure out what is under their own angry feeling and deal with **THE REAL PROBLEM.**

In September and October many plants have seeds.
Two of my favorites are grass seed and acorns.
Try a seed collecting walk.



I like bird putty

Mix 5 parts cornmeal with one part peanut butter and stir well. (Large bowl to avoid spilling). Then heat one part lard until it is liquid and stir again. (Room temperature vegetable oil will work OK. It is a little safer and quicker with young children, especially groups, but does not have as many calories to keep the birds warm.) Making a little bird putty could get your children/grandchildren away from the tv and closer to God for many happy hours. Once cooled a little the bird putty can be pressed into the spaces on a pinecone, smeared directly onto the trunk of a tree OR laid on the tray of many popular bird feeders.. The neat thing is that once the birds find the putty you can move it and they will go wherever you want them to.

Do not feed birds out of anything made of styrofoam and do not feed peanut butter That is not mixed with cornmeal.

Then there is bird putty. Mix five big spoons of corn meal with one spoon peanut butter and one spoon of shortening or oil. Put the bird putty on the bark of a tree where there are a lot of birds.



Each day put the putty about 20 feet closer to your house until the birds are in your yard.

Helping children understand that “The earth is the Lord’s” and that he made it as a gift to his children.

Thank you God for trees and birds, for seeds and rain, for everything that surrounds me.

For very young children try calling things God’s trees and God’s rocks and God’s insects instead of just rocks and trees.

Sometimes on Sunday I have a thank you God walk where I thank him out loud for all the wonder-full things he has made.

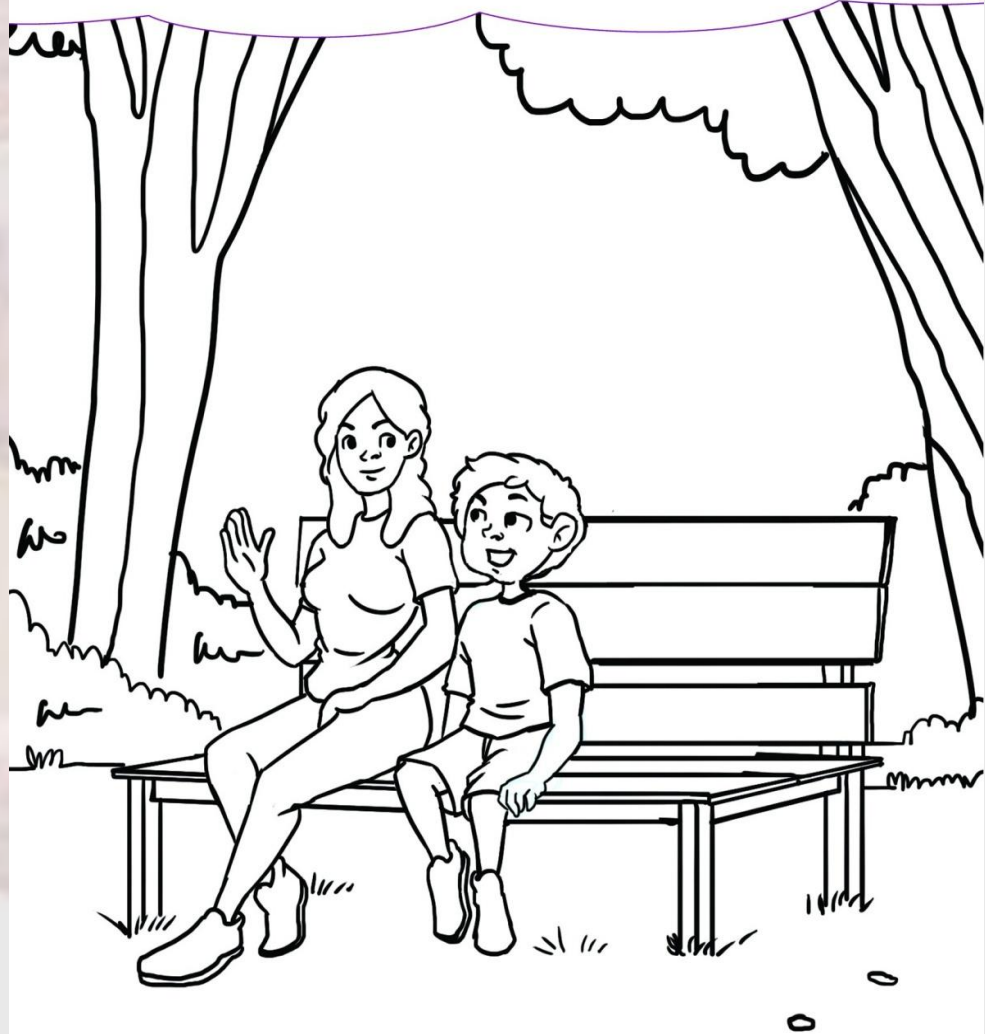


Being picked up and dropped off is not easy for children, especially being dropped at a preschool.

Try walking your preschooler to the corner (talk about what he has been doing) and then on the way back to the preschool what he will be doing next.

A walk to the corner is a GREAT help for children changing custody.

When Mom picks me up after her job we have a talk-walk to the corner. On the way to the corner we talk about what we have been doing. On the way back to the car we talk about what we will do next.



No great lesson here.
Walking should be fun.

Another favorite walk is a
follow the leader walk.
Invite a friend and take turns being leader.



Try waving your arms or waddling like a duck.

**Maybe your child has the soul
Of a great painter.**

Why not help him find out?

**OR just make some drawings
for relatives.**

**Did you ever go on an art walk. I take my
art tablet and when I see something I like
I draw it**



**Spooky or Magic
You get to choose.**

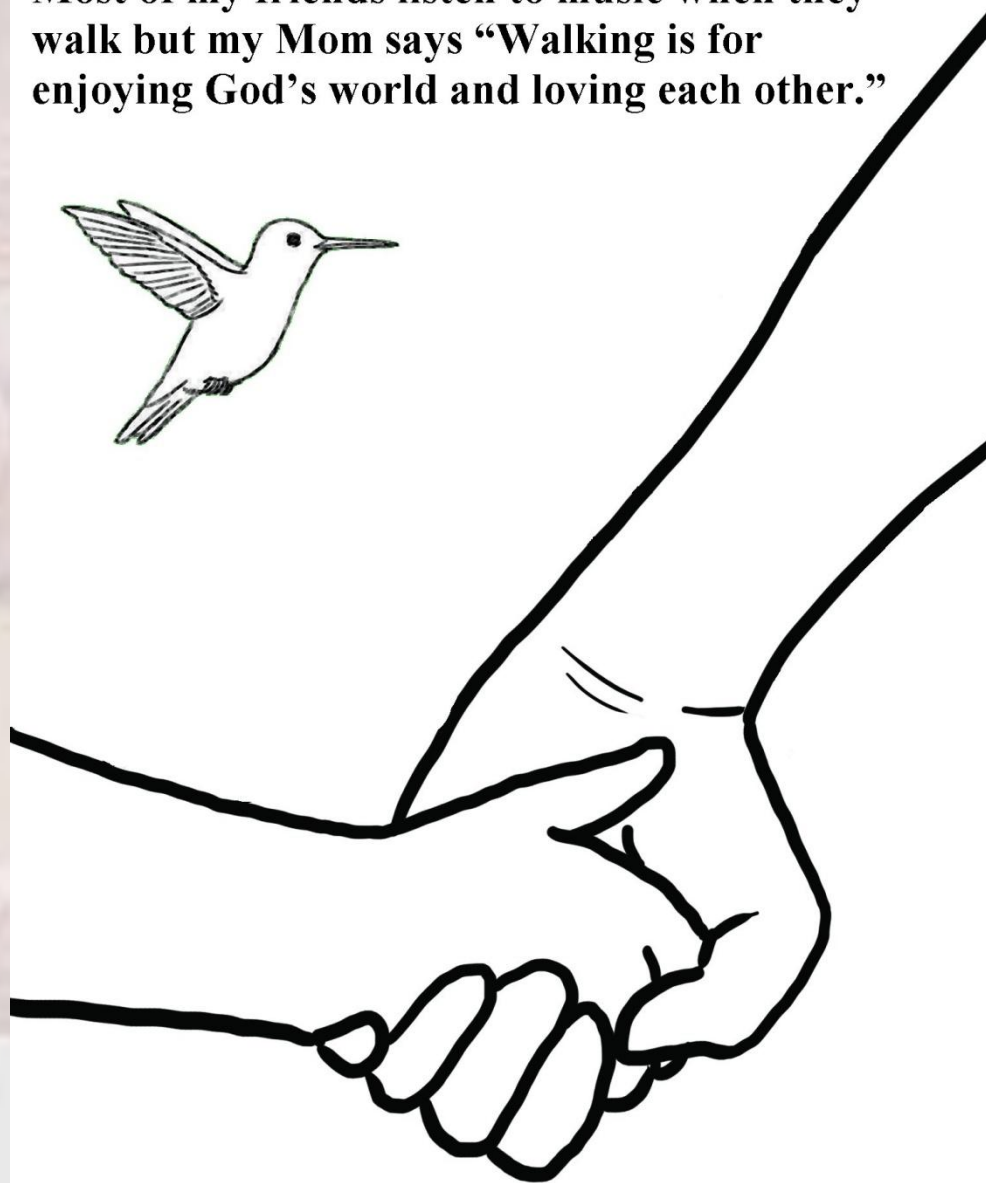
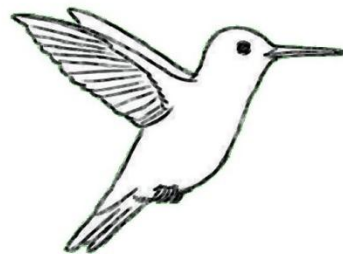
Another night time walk is a flashlight walk. Do you have a flashlight?



Part of enjoying a walk is to turn everything else off and LOOK for the miracles that surround us every day of our lives.

May you find a sense of God's presence and each other!!!!

Most of my friends listen to music when they walk but my Mom says "Walking is for enjoying God's world and loving each other."





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