



## HAPPY CITY WALK LEADERS' LEAFLET NO.3

# Learning relay

### THEME **Learning**

This walk is about taking every opportunity to learn and to find ways to help each other **learn**. It is about building our curiosity about ourselves, each other and the world around us.

**Learning** is proven to be a key source of happiness and wellbeing.

**Learning** builds our self-esteem and confidence.

It encourages us to take chances to develop our lives, and helps us build stronger relationships as we grow in understanding and curiosity about ourselves, each other, and the world around us. It helps us have a greater sense of purpose, value and hope. It can also help us set and achieve our goals.

**Learning** even in tiny, everyday ways, has a lasting effect on many positive parts of our lives.





## 5 WAYS TO WELLBEING



### Preparing for the walk

Choose the version of the walk you'd like to use.

Have some good examples ready yourself.

Decide how often you will encourage people to swap 'learning buddies' (e.g. every 10/15 minutes, every lap of the park etc).

If you have a regular walking group, you may want to tell people the plans the week before, so they can think about what learning they might want to share.

### Introducing the walk

Introduce everyone to the **Learning** theme of the walk.

Outline the activity and how it works.

Encourage people to swap walking partners as they go.

#### The bite-sized version

Ask people individually or in pairs, to spot something on the walk to learn more about before next week, and share it with the group (the history of a street name, a type of tree or flower, the origins of a building...).

# The walk & talk activity

## Learning Pick 'n' Mix

(like learning speed dating, without strings!)

- ♥ Everyone is invited to think of something they do or have done that has interested them – anything from a place they visited, to a subject they read about, to a hobby they have...
- ♥ You walk in pairs, and share the most interesting things about the subject you thought about with each other.
- ♥ If possible encourage people to regularly swap and share their 'learning' with someone else.

## Alternative for regular or established groups...

## Learning Relay

(like a reading group without books and with walking!)

- ♥ Each week someone in the group offers to share their learning on a topic in the following week.
- ♥ At the start of the walk the person introduces the topic, for 3 minutes or less.
- ♥ Everyone walks, sharing their thoughts on the topic and learning from each other. If they don't know much, they can think about what they are curious about around the subject and of questions they'd like to ask.
- ♥ After the walk, the person who is 'leading' the learning topic, answers the questions if they can and helps lead a short conversation about it with the group.



## 5 WAYS TO WELLBEING

### After the walk



If your group has a coffee or chat after the walk, you can use this time to ask walkers to share any **learning** they have most enjoyed during the walk.

Encourage people to look for something to learn during the week and to keep growing their curiosity as they walk around in everyday life.

Please send your feedback forms, plus any great ideas, wellbeing tips, questions or highlights from the walk or the conversations afterwards, to Happy City. They will help us improve the resources and we will share them with other walk leaders around the UK.



**HAPPY  
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