

HEADS OR TAILS WALK



GET
ADVENTUROUS



45 MINUTES



READY
TO GO



GETTING INTO THE ACTIVITY

Does your daily walk always take you on the same familiar route? Mix it up and let a coin decide your journey. Where will you end up exploring?

Make your walk today more exciting by flipping a coin at every junction. With your family, leave the house and flip a coin. Heads, you go left. Tails you go right. At every junction or turn flip the coin and decide if you should make a turn or carry on the path you are on. You might not be able to flip the coin at every junction; a grown-up will be able to decide when it is appropriate and safe to do so.

After 20 - 30 minutes see how far you've gone on your journey and what route you have taken. Has it taken you somewhere different? Have you seen anything new?

Now, as a family, you just need to work your way back home! Try the activity again on another day and see how different the route is.



WHAT YOU'LL NEED

- Coin



NOTES FOR PARENTS & CARERS

All activity should be supervised by an adult. Please ensure road safety is followed at all times. Share a picture of your heads or tails walk with your BB group or post on social media using #BBatHOME.