

Neighborhood Walk: Sample Plan

Kids (with responsible adults) and seniors walk to the park and play or chat

Projected Outcomes:

- Reduce social isolation
- Enhance emotional well-being
- Increase physical movement
- Build community

Program Prep:

- ☐ Set expectations
- ☐ Determine location
- ☐ Acquire materials
 - ☐ Helpful
 - ☐ Blanket for the ground
 - ☐ Sun screen
 - ☐ Band aids
 - ☐ Baby wipes
 - ☐ Towels (for damp slides)
 - ☐ Optional
 - ☐ Large-type playing cards
 - ☐ Sand toys
 - ☐ Bubble machine (popular for all ages)

Before the Program:

- ☐ Publicize the location

Set-Up:

- ☐ Wear walking shoes
- ☐ Grab materials

During Program:

- ☐ Walk to park ([sample timeline](#))
- ☐ Chat and play cards ([optional activities](#))
- ☐ Enjoy the playful laughter of children
- ☐ Enforce any boundary issues (if necessary)

Post Program:

- ☐ Debrief with discussion
- ☐ Enter statistics

Sample Program Timeline:

- 9:00am: go out to greet participants outside the library
- 9:30am: participants gather in the front of the library
- 9:45am: walk to park
- 10:00am: arrive at park and play
- 11:00am: walk back to the library.
 - This time is negotiable depending upon your group, weather conditions, etc. Use your best judgement.

Optional Activities:

1. Playing cards
2. Nature walking
3. Walking around local, neighborhood gardens
4. Identifying local flora and fauna
5. Sit and watch the world go by