

# 30 WAYS TO GAMIFY YOUR WALK

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| Pick a color and find as many examples of it as you can on your walk.                                          | Flip a coin every time you come to a corner to determine if you go left or right.                                                                 | Invite a friend to go for a walk with you. (Bonus points if it's someone you haven't seen in a while.)              | Explore a neighborhood you haven't been to before.                                                                                                                                        | Take a public art walk. If there's no public art where you are, look for art in yards or things that could be considered art. |
| Walk in a botanical garden or public park. Notice the plants.                                                  | Download a birding app or check out a bird book and try to ID birds you see on your walk.                                                         | If you have access to a small child, take them with you and let their pace and attention guide your walk.           | Walk somewhere you can see a sunrise or sunset.                                                                                                                                           | Walk through a museum. (Many museums have free days or passes you can check out from your library!)                           |
| Walk near a body of water. Observe the light on the water or the wildlife you see there.                       | Listen to a podcast. Look for something related to the area you're walking in, or check out 99% Invisible.                                        | Notice plants growing in unusual places while you walk.                                                             | Pick a theme to look for, like Rob Walker's Savors of the Month <a href="https://robwalker.substack.com/p/savor-of-the-month-2">https://robwalker.substack.com/p/savor-of-the-month-2</a> | When you get home, draw a map of your walk from memory. Include points of interest along the way.                             |
| Bring a bag and some gloves and pick up trash while you walk. You might be amazed at how much you can collect. | Pick up interesting ephemera and found objects along your walk and turn it into assemblage art a la Kurt Schwitters.                              | Look for interesting textures while you walk. You could remember them, take photos or make a rubbing.               | Try to find the whole alphabet on signs as you walk.                                                                                                                                      | Make a list of things you see on your walk that bring you joy.                                                                |
| Pick a poem to memorize while you walk. Let the rhythm of your walk help you find the rhythm of the poem.      | Make a small piece of art and leave it somewhere along your walk for someone to find.                                                             | Find a labyrinth to walk. <a href="https://labyrinthlocator.org/">https://labyrinthlocator.org/</a>                 | Pick an item (red cars, dogs, mushrooms) and count how many you see on your walk.                                                                                                         | Look for faces - either purposely carved onto buildings, or accidental ones like trees and fire hydrants.                     |
| Carry a tiny sketchbook or Post-it Note pad and make a tiny sketch of one thing you see on your walk each day. | Turn your walk into a treasure hunt by looking for geocaches along the way. <a href="https://www.geocaching.com/">https://www.geocaching.com/</a> | Pay attention to all your senses and the things you're seeing, hearing, smelling and feeling. (Maybe skip tasting.) | Find the most interesting street sticker on a sign or pole.                                                                                                                               | Listen to an audiobook while you walk.                                                                                        |