

20-MINUTE WALKING CHALLENGE



Assignment (collaborative):

Create a PowerPoint presentation titled

"20-Minute Walking Challenge.,,

Decide whether to work in pairs or individually on a single slide.

Find out benefits of walking.

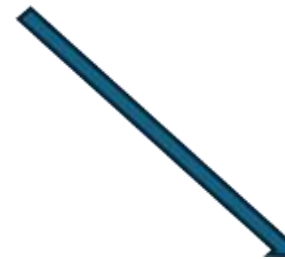
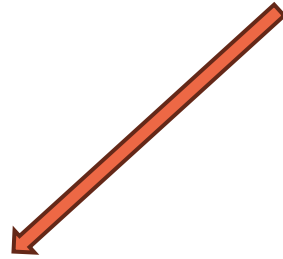
Tasks:

1. Take a photo of something that catches your eye during the walk.
2. Describe it in English.
3. Add a note about the feeling it evoked in you.
4. Focus on environmental themes.

Presentation criteria:

- consistent slide design and fonts;
 - include the author's name on every slide.
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Why Walk More?



Mental Benefits of Walking

- ❖ Better sleep
- ❖ Boost mood
- ❖ Burn calories
- ❖ Lower stress level
- ❖ Increase energy
- ❖ Improve memory

Physical Benefits of Walking

- ❖ Better health condition
 - ❖ Lose body weight
 - ❖ Burn calories
 - ❖ Lower blood pressure
 - ❖ Stronger bones
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My reflection

I walked for 20 minutes.

I walked with my classmates.

I felt engaged.

I saw a thrown glass bottle out on the ground. It is recyclable, should not be left in nature. It belongs in the glass recycle bin.



Done by Elena

My reflection

I walked for 20 minutes.

I walked with my
classmates.

I felt happy.

I saw planted small trees.
It is very important to take
care about them. They
need water.

Otherwise, trees will dry
out. They are important –
retain water in nature.



Done by Krístína

My reflection

I walked for 20 minutes.

I walked with my classmates.

I felt relaxing.

I saw interesting clouds in the sky.

This type is called cirrostratus. It means no direct rain. They arrive 24 hours before rain.



Done by Nicolás

My reflection

I walked for 20 minutes.

I walked with my classmates.

I felt worried.

I saw campfires by the river.

It is important secure campfires properly especially during summer drought.



Done by vlستا

My reflection

I walked for 20 minutes.

I walked with my classmates.

I felt disappointed.

I saw a spray-painted sign. I like graffiti, but not just anywhere. It looks like vandalism.



Done by Florián

My reflection

I walked for 20 minutes.

I walked with my classmates.

I felt

I saw very dry meadows by the river.

The grass was dry, beaten and dusty.

The weather was dry and hot.

We have to be aware of climate warming.



Done by Matej



Our reflection

We walked for 20 minutes.
We walked with our
classmates.
We felt relaxed.

We saw gravel pits where
gravel is extracted.
Because of risk of injury
unauthorized entry
prohibited.



Done by Romana and Maxim

My reflection

I walked for 20 minutes.

I walked with my classmates.

I felt relaxing.

I saw an amazing tree – a poplar.
It looks very old. It might be
150 years old.



Done by Anh

Our reflection

We walked for 20 minutes.

We walked with my classmates.

We felt excited and curious.

We saw a water reservoir with a hydroenergetic powerplant. There is little water in it. When there is enough water, it produce clean energy.



Done by Joel and Ender

Our reflection

We walked for 20 minutes.

We walked with my classmates.

We felt pleasant.

We saw an information board for fishing. You can fish on the river Hron, but have to be a member of Slovak Fish union and have a fishing licence.



Done by Krístián and Tomáš