

# Barefoot Walk

Get close to nature—without shoes and socks!

Enjoy a barefoot walk at the beach, woods, a field or in your garden! Not in a park in case there is litter.

Walk slowly... round and round...  
How does it feel?

Cool or warm?

Soft or hard?

Smooth or rough?

Dry or wet?

Is it tickly?

Is it squelchy?

Can you see your footprints?

Now draw around your foot on paper  
and colour in your shape!



artsdrop.co.uk  
1NADEY1

Activity created with

Coetir  
Anian

Cambrian  
Wildwood

cambrianwildwood.org

# Taith Troednoeth

Bydd yn agos at natur - heb esgidiau a sanau!

Mwynha gerdded yn droednoeth ar y traeth, yn y goedwig, mewn cae neu yn dy ardd. Nid mewn parc rhag ofn bod sbwriel

Cerdda yn araf... rownd a rownd...  
Sut mae'n teimlo?

Oer neu gynnes?

Meddal neu galed?

Garw neu lyfn?

Sych neu wlyb?

Ydy e'n coglais?

Ydy e'n slwtsh?

Galli di weld olion dy draed?

Nawr tynna amlinelliad dy droed  
ar y papur a lliwia dy siâp!



artsdrop.co.uk  
1NADEY1

Gweithgaredd  
weddi'i greu gan

Coetir  
Anian

Cambrian  
Wildwood

cambrianwildwood.org