

Spring into Action Toolkit



Dear Parent / Carer,

Spring into Action Week - Monday 3rd to Sunday 9th March 2025

To encourage you and your family to walk, wheel, scoot and cycle on the school run and other journeys, the Travel Planning Team at Hampshire County Council has launched the Spring into Action Toolkit for 2025!

You are invited to choose an activity from the toolkit to try each day throughout the week. These could be enjoyed on your walk, wheel, scoot or cycle to and from school or in your leisure time, after school and at the weekend.

This year's theme is **the weather**, with ideas to help us engage with nature and think about how being out in all types of weather can [benefit our health and wellbeing](#).

Your school has been provided with the Spring into Action Toolkit to share with the school community, and it is available at: myjourneyhampshire.com/springintoaction.

We hope you have fun and enjoy being active, whatever the weather!

The Travel Planning Team
Hampshire County Council

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