

Walking Alphabet Challenge

Wellness@Dickinson

Campus Wellness Challenge | Spring 2020

Dedicated to Wellbeing

Designed by Participants

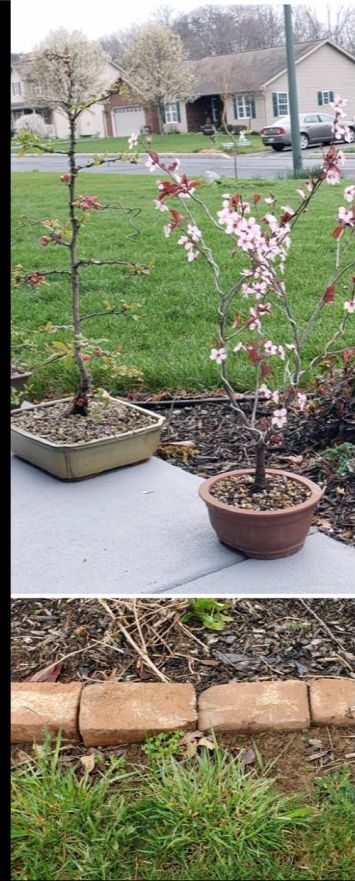


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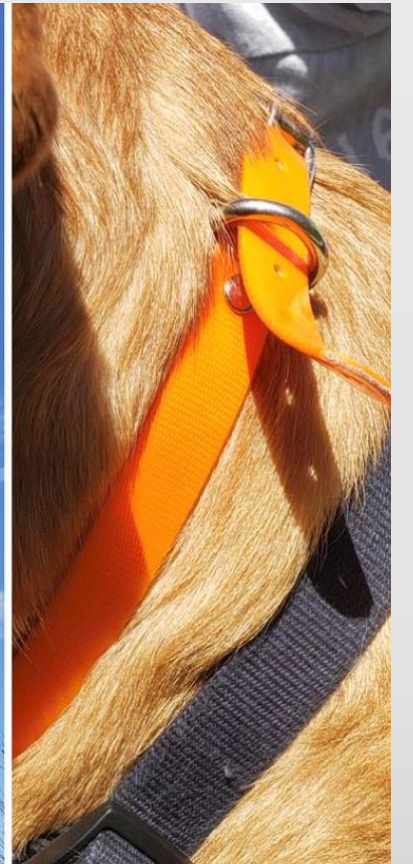
A is for **a**sparagus, **a**corn and **A**merican flag – art found on Pomfret Street has this challenge in the bag!





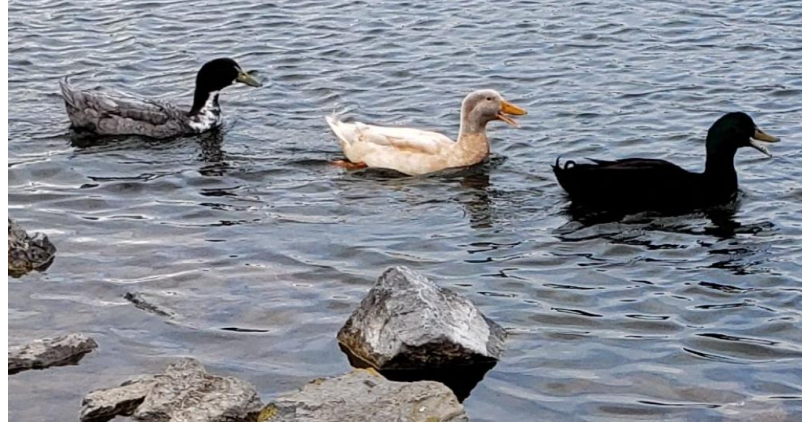
B is for **b**oat, **b**ison, **b**looms, **b**lue flag and **b**all...and then there's the **b**ee who is hiding in the straw...





C is for...Corvette, creek, cows grazing and clothes on the line, the collar on a dog...and clouds floating by!





D is for... Dickinson designs, doors, dirt and ducks in a row – dogs, daffodils, daisies and more – Lots of things with D to explore!

E is for...

EFFORT... **E** was a challenging letter to find as we searched on our walks in the **EVENING** outside.

One item was found along the walking path,

An **Easter EGG** in an **Easter** basket resting beside a friendly garden gnome...

Earnwood Farm sign was another "**E**" find, along with an **EMERGENCY** blue light pole sign!





F is for...

Forsythias, fields and flocks of flying loons, flowering trees and flamingoes in the yard, fish in a pond and a fire hydrant too! Finding “F” was easy to do – have fun finding F-items with FRIENDS ... it’s not hard.



G is for...

Garden gnome, goats, grass, glass and gourd in a tree, hung for the sweet singing birds to see, GRANT Court street sign and GB Stuart Foundation on a shirt...and of course GARBAGE disposal for grinding things to return to the earth!



H is for...

Hyacinths, Holly, Hens,
and Hat, Harmonica,
Hydrangeas, Harness,
Hangers and one
more...Handle that you
use to open and close a
door...

What other H's can you
find when you look for
some more?



I is for ...

Isosceles triangle found looking at this roof...

Iced tea is a refreshing drink...

Can you think of another Item found inside a house – a delicious treat that is cold to eat?

You guessed it...Ice Cream – a warm weather treat!





J is for ...

Jeep is a car for stowing your gear...

Jackets are worn in the cool, breezy times of year for walking your dog either far or near.

Jaden is also a "J" name for some, who also wear jackets (sweatshirt style) when on the run for fun!



[*Kite picture courtesy of Pixabay](#)



K is for...

Kicking your legs any way you like, Kitten ears for fun and a game of **KERPLUNK** – all fun ways to kick-back for a weekend of family fun – maybe flying a **KITE** while taking a run?

Kickstands for biking bring balance that's needed to keep our bikes from being depleted from falling over onto the ground – and keeping them upright when we're not around!

A close-up photograph of a lilac bush. The image shows several green, oval-shaped leaves with prominent veins, attached to thin, brown, woody branches. The lighting is bright, suggesting a sunny day outdoors.

L is for...

Lilac Leaves on a bush, Lavender cup filled with ice cream and Lacrosse stick/ball and net!



M is for ...



Moon – full and high in the sky

Multiple **M**agnolias blooming in all colors I spy

Mounds of **M**ulch for spreading, all across the gardens to prepare the bedding...

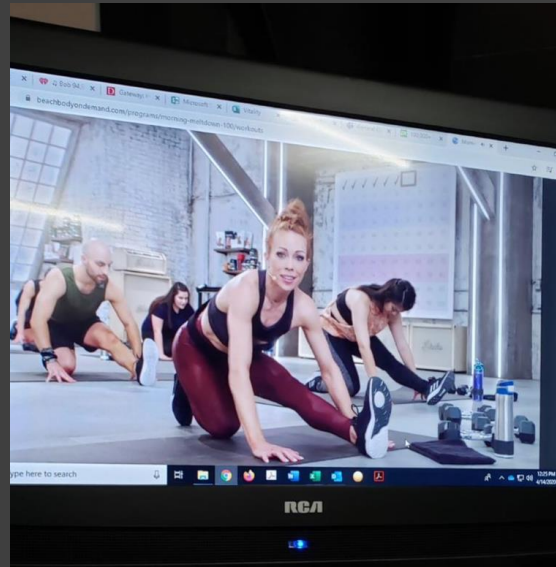


N is for...

Nest found tucked in a bush, **N**ut on a boulder found under the brush...

Napping after an afternoon walk, **N**ike swoosh on a bright orange T, and **N**estle Nesquik Chocolate for a quick yummy drink!





O is for ...

Oranges (mandarin) topping a salad or as a snack,

Online fitness to keep you on track,

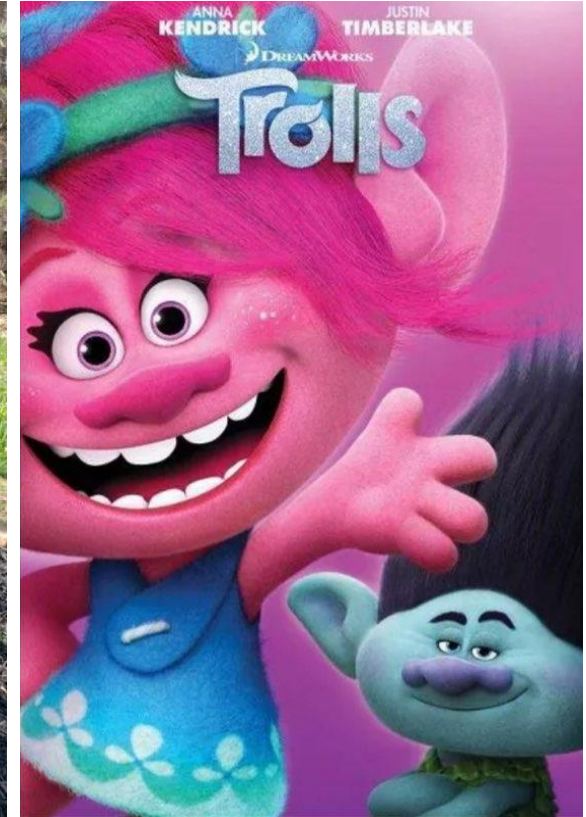
and of course –

Office where many work whether on campus or remote

(We thank you all for your service please note!)

P is for...

Pine trees, pinecones
and peonies, pink
trolls, pink and
purple flowers and
the Pham family
picture... say CHEESE
please!






Q is for...

Quilt so colorful and quaint,
Quadri-**Q**uadricep muscle,
Quarter to spend or to save,
and **Q**uarantine Bingo (*Virgin Pulse* version shown here) is a game to play.



INDIVIDUAL				
	I	N	G	
FOR A 20 MINUTE WALK	FACETIME WITH A FAMILY MEMBER OR FRIEND	DISINFECT SURFACES AT HOME	EAT VEGETABLES WITH EVERY MEAL	SPRING MEDICINE
GO TO A GYM OR YOGA CLASS	DO AN AT-HOME WORKOUT	GET DRESSED FOR THE DAY	DECLUTTER YOUR LIVING SPACE	FEEBLES
SEE YOUR DOCTOR	SPEND TIME OUTSIDE		WASH YOUR HANDS FOR AT LEAST 20 SECONDS	TAKE A WALK FROM HOME
DOWN THE STAIRS CAREFULLY	MAKE YOUR BED	PRACTICE DEEP BREATHING! TAKE 10 DEEP BREATHS	VACUUM THE LIVING ROOM	CUDDLE YOUR PETS
THE ROOM	GO FOR A BIKE RIDE	WATCH A COMEDY	SCHEDULE TIME TO DO SOMETHING YOU ENJOY	SEE A FRIEND OR GLAUCOMA WATE



R is for...

Rabbit resting in a cage, rain gear, rock, razor helmet, rope, roof...and a red flowering tree – that is seven “R” things I see...do you see any more “R” things than me?!

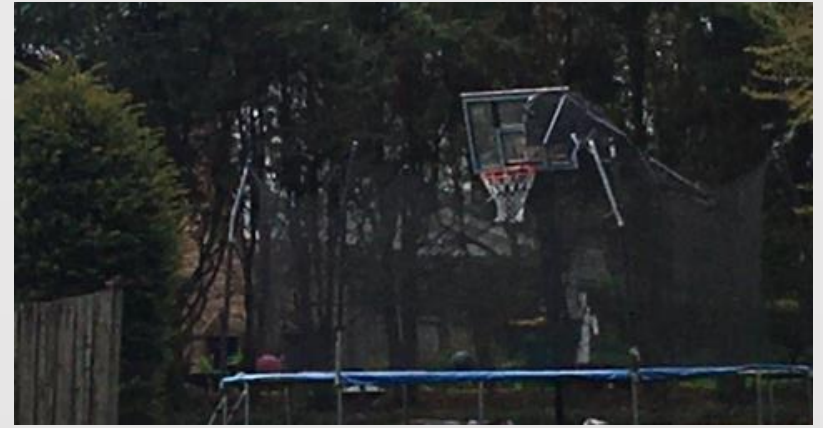


S is for ...

Socks and Sneakers for a walk,
Seashells and Stones arranged
with care, and Sheds that store
tools for the lawn and the work
performed there...

S is for Snowflakes that hang in a
tree...and for Silhouettes of
branches blowing in the breeze.

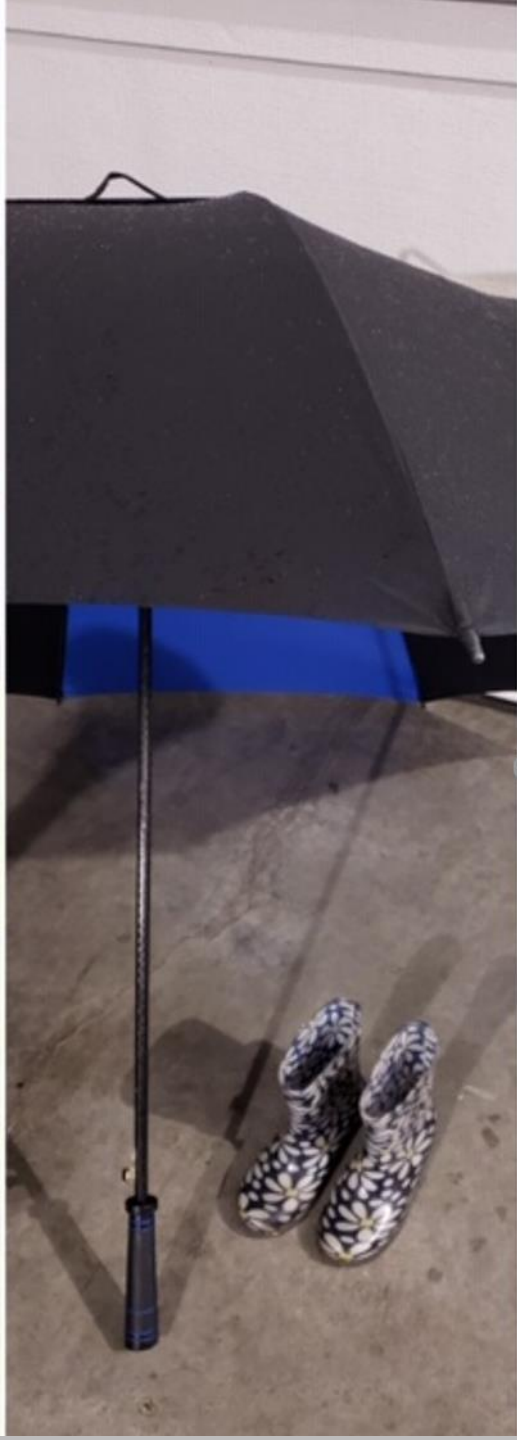




T is for ...Tiny Tots Tractors out in the yard, a Trio of Trees and Tulips gracing the view, add to this a Trailer and you have a yard working crew! The Trampoline adds just a bit of frenzied fun ---

but in the end the TRUTH matters most no matter rain or sun.





U is for ...

Umbrella to hide underneath when rain clouds burst upon you – to keep you dry beneath...

Not too many items begin with “U” to see while you are walking and taking in the view...



V is for...

**Violet flowers and
Violet lady artfully
gracing the street...**

AND

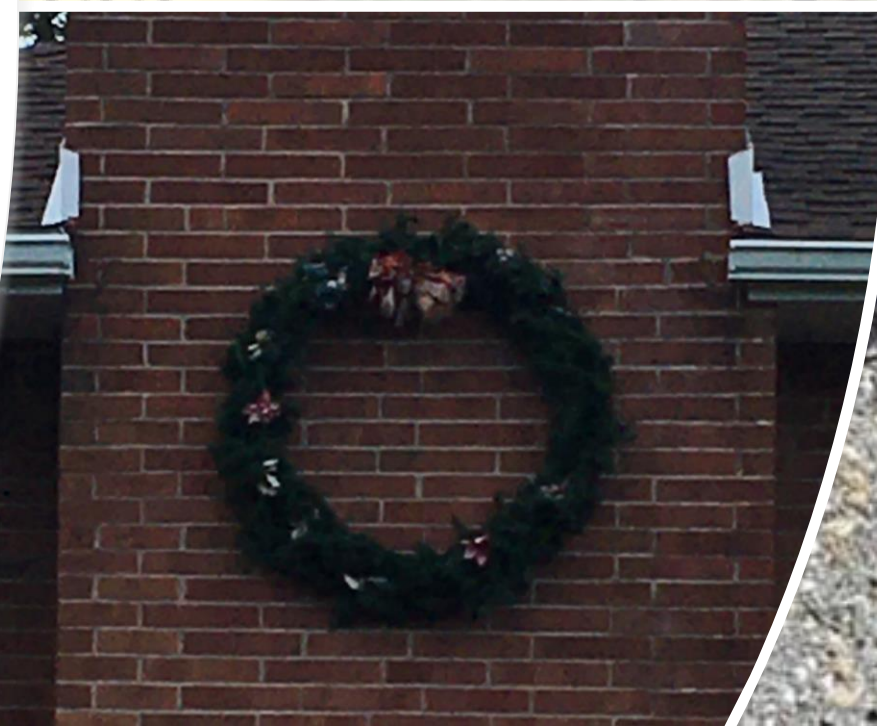
**View obscured by
fog as you walk or
drive on the street**



W is for...

Welcome, Wall and Wreath...

What else can you think of while walking your dog on the street?





X is for ...

Marking the spot on a map where you land, or find treasures as you walk and explore things at hand –

Railroad crossing signs in town... but not many “X” things can be found...

Unless of course you walk into a radiology lab where **X-ray** machines are used and skeletons are viewed...

or visit a music store to play a **Xylophone** along the way!



Y is for...Yellow...

- Yellow fire hydrants
- Yellow forsythia bushes
- Yellow buses

There are many more “Y” things but not all can be found on a friendly walk around your town!



Z is for...

Zebra found on a walk through the ZOO

Zither found only in a musical venue

Zippers are found in a variety of places
on clothes, on coats and even in place
of shoe laces!

Although these Z words are commonly
found, for some reason they eluded
our Challenge participants – remaining
unfound!



*All Z pictures courtesy of Pixabay – pictures are linked to source!



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The 2020 Walking Alphabet Challenge is done
Completed by many in the spring – not just one

The pictures in this presentation were taken
by participants walking – their health did awaken

The need for fresh air and fitness resolve
To the campus community we did involve

Many thanks and grateful appreciation we express
We hope you enjoyed this and gained happiness

There were a few pictures added from [Pixabay](#) to complete
a small need where alphabet pictures were incomplete...

We hope this is ok with those in the group –
whose efforts fulfilled the bulk and the proof
that alphabet walking surely does guarantee
a fun, family activity for all that run free!