Walking Alphabet Challenge

Wellness@Dickinson

Campus Wellness Challenge | Spring 2020
Dedicated to Wellbeing
Designed by Participants
A is for asparagus, acorn and American flag – art found on Pomfret Street has this challenge in the bag!
B is for boat, bison, blooms, blue flag and ball... and then there's the bee 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!
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!

*Kite picture courtesy of Pixabay
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 Magnolias blooming in all colors I spy
Mounds of Mulch for spreading, all across the gardens to prepare the bedding...
N is for...

Nest found tucked in a bush, Nut on a boulder found under the brush...
Napping after an afternoon walk, Nike swoosh on a bright orange T, and Nestle 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, Quadricep muscle, Quarter to spend or to save, and Quarantine Bingo (Virgin Pulse version shown here) is a game to play.
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!

*Railroad crossing graphic courtesy of Pixabay
Y is for...Yellow...

Yellow fire hydrants
Yellow forsythia bushes
Yellow bushes

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 are Challenge participants – remaining unfound!

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