

A2-B1 Worksheet: Are Dutch Children Happier Because They Walk Together? - 18 June 2026

Article

In the Netherlands, many children take part in a walking festival called the Avondvierdaagse. For four evenings, children, parents and teachers walk through their neighbourhoods together. Some routes are five or ten kilometres, so it is not just a short walk.

The event is fun, but it also has a serious message. Children move their bodies, talk with friends and spend time outside. At the end, they may get medals, flowers or sweets. Some people say the habit may help children feel happy and healthy.

Dutch children often walk or cycle more than children in many other countries. They also have time with friends and family. The walking festival does not explain everything, but it shows how simple habits can support health, friendship and local life.

True/False

Decide if each statement is True (T) or False (F).

1. The Avondvierdaagse is a walking festival in the Netherlands.
2. Children walk alone without parents or teachers.
3. Some routes are five or ten kilometres.
4. The article says the event is only about winning money.
5. Children may get medals, flowers or sweets at the end.
6. The article says walking together can help health and friendship.
7. Dutch children never cycle.
8. The walking festival explains every reason why Dutch children are happy.

Synonym Match

Match the words (1-10) to the correct synonyms (A-J).

Words (1-10)	Synonyms (A-J)
1. many	A. with each other
2. children	B. young people
3. festival	C. easy
4. evenings	D. event
5. walk	E. nights
6. together	F. well
7. short	G. lots of
8. happy	H. brief
9. healthy	I. glad
10. simple	J. go on foot

Use the new language

Please choose 5 words from the Synonym Match and make your own sentence using each word.

1. _____
2. _____
3. _____
4. _____
5. _____

Discussion Questions

Student A	Student B
1. Do you like walking? Why or why not?	1. Why are community events good for children?
2. How often do children walk in your country?	2. Should schools organise more outdoor activities?
3. Did you walk to school when you were young?	3. Do children need more independence today?
4. Would you join a four-evening walking festival?	4. Are phones stopping children from playing outside?
5. Is it better to walk with friends or alone?	5. Can walking make people feel less stressed?
6. What makes children happy and healthy?	6. What can cities do to help children move more?
7. Do parents and children spend enough time together?	7. Is family time more important than organised sport?
8. What simple habit is good for health?	8. Could this kind of festival work where you live?

Answer Key

True/False: 1=T, 2=F, 3=T, 4=F, 5=T, 6=T, 7=F, 8=F

Synonym Match: 1=G, 2=B, 3=D, 4=E, 5=J, 6=A, 7=H, 8=I, 9=F, 10=C

Example sentences with the words

1. Many children enjoy walking with friends.
2. Children need safe places to play outside.
3. The festival happens once a year.
4. We walk in the park on warm evenings.
5. I walk to the shop when it is near my flat.
6. Families can spend time together at weekends.
7. A short walk can still be good for your health.
8. Children feel happy when they play with friends.
9. Walking can help people stay healthy.
10. A simple habit can make daily life better.