

WALK TO SCHOOL

Week

Suggestions from Marin County's year-round
Safe Routes to School project



The International Walk to School Committee has shifted focus from a one-day event to a week-long event & consequently is now known as International Walk to School Week. Many coordinators asked for tips for creating a week's worth of activities, so here are suggestions from California's largest and most successful safe routes to school project. This is just a summary.

1. Evaluate the streets for safety

Have students use the walkability checklist to map their routes and identify safety hazards.

2. Safety signs

Have children create fun and educational signs for the school and to carry on 'Walk Day.'

3. Classroom competition

Offer prizes to classrooms with the most students who walk or bike during the Week.

4. Study the environmental consequences of travel modes

In classrooms, study how pollution from automobiles affects the environment.

5. Travel Diary

Have students keep track of all the automobile trips they make before and during the Week.

6. Study the health benefits of walking and biking

In classrooms, ask for ideas to create more physical activity in students' everyday lives.

7. Walking festival

Invite community groups (health and fitness, safety, environment) to provide activities that help students learn about the benefits of walking and biking. Give students a reward for attending each booth.

8. Bicycle rodeo

Ask your local law enforcement agency to teach children on-bike safety skills.

9. Maps

Ask the students to draw a detailed map of their route to school, noting all the sights along the way.

10. Decorate sneakers, helmets, or bikes

Students decorate sneakers, bikes and helmets. Give a variety of prizes for creativity.

11. Essay

Ask students to write an essay describing their walk to school, or about the benefits of walking, bicycling and carpooling.

12. Treasure Hunt

Create a checklist of "treasures" for students to find on their way to school. Students mark each item as they find it, giving the location.

13. Create a theme

Select a theme for the whole week – such as Clean Air –and tie daily activities to the theme.

14. Teach safety lessons

Teach younger children how to cross the street safely. Drop a cantaloupe or eggs from a ladder to teach about helmet safety.



Get lesson plans for some of these ideas from

www.saferoutestoschools.org/lessonplans.html

Learn more about Walk to School Week

at www.cawalktoschool.com or call 1-888-393-0353