

**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](http://www.saferoutestoschools.org/lessonplans.html)

Learn more about Walk to School Week  
at [www.cawalktoschool.com](http://www.cawalktoschool.com) or call 1-888-393-0353