



Spring into Spring Activity Ideas

Any time in April



Walking and wheeling to school helps children connect to the earth, see plants and animals that arrive in the spring, and reduce their ecological footprint. Below are ideas on how you can celebrate and congratulate children for walking and wheeling to school. You can use these ideas to celebrate Earth Day/Week, or National Wildlife Week. See the back of this sheet for educational content and prize ideas.

Walking to/at School



- Spring walk parade or a one-day walking school bus: Get parents and student leaders together, choose meeting locations and times, create signs, bring balloons, blow bubbles, or choose a colour/theme, and walk to school together.
- Giveaway ideas: juice, stickers
- Smoothie bike/Bike blender: a blender powered by pedalling on a bicycle
- Eye Spy: students pick a theme for each day, (ex. plants starting to grow, animals in the spring, etc.)
- Selfie station with a mascot or a staff member in a costume
- Picnic outside the school

Assemblies



- Rain fashion show
- Cheer/dance/skateboard/scooter/rollerskate routine (maybe even with umbrellas)
- Video/slideshow with popular parts of the neighbourhood or plants and animals in the neighbourhood
- Guest speakers: public health nurse, athlete alumni, local police officer, local councillors, local celebrities, or journalists

Peer Motivation



- Club cards: Give a stamp on the club card for each time a student walks/wheels to school
- Song-writing/Cheer-writing contests
- Photo contest (i.e. best umbrella photo)
- Poster or postcard design contest
- Classroom banner competition
- Golden Shoe Trophy for the classroom with the most students walking/wheeling
- Walk across Canada map: Students record their steps and plot their progress on a map of Canada
- Kilometre club: Students compete to walk more kilometres

Classroom Activities



- Math**
- Classroom walking/wheeling graphs
 - Tracking: Have students put a sticker or check mark for each time they walk/wheel to school
- Language**
- Story-writing about students' favourite walk to school
- Science**
- Walk to a nearby park and teach about plants and animals that are around in the spring
- Art**
- Posters created by students to promote active school travel



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Raise awareness and share ideas

Here are messages that you can share in your posters, announcements, school newsletters, bulletin boards, social media, and other popular communications materials at your school.

Walking/wheeling to school is **fun and good for the environment**.

- Raise awareness about the benefits of active school travel. Walking/wheeling to school is environmentally-friendly, healthy, and great for getting to know the neighbourhood and creating community connections. See our **website** for details.
- Raise awareness about the impact of driving on congestion and pollution. See our fact sheet for details.
- Ask students to share what they like best about their walk to school.
- Ask students and parents about recommended walking routes.

Walking/wheeling to school can also be done **safely and comfortably**. Give tips on:

- Dressing for wet weather
- Biking or wheeling in wet weather
- Requesting infrastructure improvements

Students who live **too far** from school to walk or wheel **can still get active** by:

- Getting dropped off a block or two away from school and walking the rest of the way.
- Participating in group walks and other activities at school during break time.



Prize Ideas

Prizes can be simple and affordable. Prizes are most effective when they help students continue to walk/wheel to school. Here are some ideas:

- Principal dresses up in a costume and bikes in the costume
- Staff does a silly or popular dance
- Certificates or a Hall of fame
- Gift certificate or coupon to neighbourhood restaurants, cafés, or stores
- Hiking trip
- Roller derby trip
- Skate party
- Zumba dance class