



International Walk to School Month IWALK Activity Ideas

First week of October (or any time in October)



Schools all over the world are celebrating International Walk to School Month (also known as IWALK or Walktober). Below are ideas on how you can celebrate and congratulate children for walking/wheeling to school.

Walking to/at School



- Walk parade or a one-day walking school bus: Get parents and student leaders together, choose meeting locations and times, create signs or choose a colour/theme, and walk to school together.
- Stickers, snacks, or other giveaways
- High-fives and/or photos with a mascot or a staff member in a costume
- Scavenger hunt
- Eye Spy: students pick a theme for each day of IWALK Week, (ex. safe things, unsafe things, things that pollute, etc.)
- Group walk during break time

Assemblies



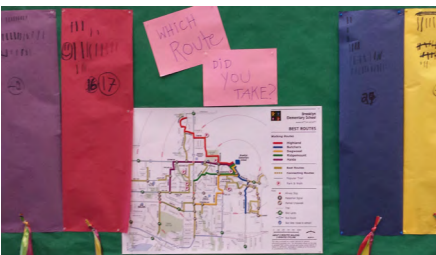
- Cheer/dance routine
- Video/slideshow with popular parts of the neighbourhood
- Guest speakers: trustees, cycling athlete alumni, or local councillors
- Dress up the principal or teacher activity

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 contest)
- Poster or postcard design contest
- Raffle
- 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 over October

Classroom Activities



Math

- Classroom walking/wheeling graphs
- Tracking: have students put a sticker, check mark, or leaf for each time they walk/wheel to school

Geography

- Walking route maps

Language

- Story-writing about students' favourite walk to school



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Raise awareness & 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 healthy, environmentally friendly, and great for getting to know the neighbourhood and creating community connections. See our **website** 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 any weather
- Biking or wheeling in any weather
- Road safety
- Requesting for 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:

- Extra recess time
- Teachers do a slow bike race
- Principal dresses up in a costume
- Staff does a silly or popular dance
- Certificates
- Hall of fame
- Gift certificate or coupon to neighbourhood restaurants, cafés, or stores
- Bike-related field trip (Examples: watching or trying mountain biking, cyclocross, or a group ride around the neighbourhood)
- Hiking trip
- Snow-shoeing field trip

