

# LET'S WALK! WINTER WALK DAY

1st Wednesday of February (or anytime in February)

Walking to school is a great way to enjoy the Canadian winter! Below are ideas on how you can celebrate and congratulate children for walking to school. See the back of this sheet for educational content and prize ideas.



## Walking to/at School

- Hot chocolate, stickers, snacks, mittens, toques, hand-warmers, or other giveaways
- Eye Spy: students pick a theme for each day of Winter Walk Week/month, (ex. safe things, unsafe things, things that pollute, etc.)
- Photos with a mascot or a staff member in a costume



## Assemblies

- Winter fashion show
- Cheer/dance/skate routine
- Video/slideshow with popular parts of the neighbourhood in the winter
- Guest speakers: public health nurse, winter athlete alumni, local police officer, or local councillors
- Dress up the principal or teacher activity

## Peer Motivation

- Song-writing/Cheer-writing contests
- Photo contest
- Poster or postcard design contest
- Raffle
- Classroom banner competition
- Golden Boot Trophy for the classroom with the most students walking/wheeling
- Kilometre club: Students compete to walk more kilometres during winter

## Classroom Activities

### Geography/Science:

- Comparisons of winter in different climatic zones in Canada
- Handmade hand warmers

### Language

- Story-writing about students' favourite walk to school in winter

### Cultural Studies

- Comparisons of snowshoe designs, toboggans and other active modes of transportation used by First Nations in winter

### Math

- Classroom walking graphs
- Tracking: Students put a sticker or check mark for each time they walk to school



# RAISE AWARENESS & SHARE IDEAS



## 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 to school in the winter is beneficial and fun.

- Raise awareness about the benefits of active school travel. Walking to school is a healthy, environmentally friendly, and great for getting to know the neighbourhood and creating community connections. See our website for details.
- Compare the winter weather in other parts of Canada.
- 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 cold and wet weather
- Biking or wheeling in cold weather
- Road safety with fewer hours of daylight
- 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.



## 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 as a snowpal or other costume
- Staff does a silly or popular dance
- Certificates
- Hall of fame
- Gift certificate or coupon to neighbourhood restaurants, cafés, or stores
- Ice skating social
- Ski trip
- Snow-shoeing field trip
- Fat biking field trip (riding on snow using bikes with thick tires)



Remember to choose activities that work best with the current provincial/regional Covid19 restrictions.