

# LET'S WALK!

## SPRING INTO SPRING

April 19 - 30, 2021

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 also use these ideas to celebrate Earth Day/Week. See the back of this sheet for educational content and prize ideas.

## Activity Ideas



## Walking to/at School

- Giveaway ideas: stickers, shoelaces.
- Smoothie bike/Bike blender: a blender powered by pedaling on a bicycle.
- I-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

- 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.



# 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 to school is a healthy, environmentally friendly act that helps build community connections. See the OAST website for details.
- Raise awareness about the impact of driving on congestion and pollution.
- 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 and bikes in a 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.



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

