

Walk to School

Activity

Resource: Ideas for Action

Grade(s): 1 2 3 4 5 6 7 8 9 10 11 12

What Is it All About?

Teams of students, teachers, parents/caregivers, and community partners create a plan for safer walking routes to school.

Why Do It?

Whether your parking lot is full or not, safe walking routes not only promote physical activity but are also better for the environment and help to reduce school drop-off congestion. They can also be a fun way to interact with friends or neighbours on your way to school.

How Do We Do It?

Create a team of interested students, teachers, parents/caregivers, and community members.

Committee members walk along the major routes that students take to get to and from school. They identify areas of concern and address these in order to ensure everyone has safe routes to school.

Strategies are promoted and shared with the school community through assemblies, announcements, and meetings.

What Else Do We Need?

Nothing we can think of! Feel free to be creative.

How Do We Get Creative?

Create an active transportation challenge in which classrooms track the number of students who are active daily during their commute to school. Give monthly prizes to the class who has walked or biked the most!

Track how many steps you are taking by using pedometers.

Turn the walk to school into a fun obstacle course or I Spy game.

Adapted from: <https://ontarioactiveschooltravel.ca/international-walk-to-school-month/>