

Walk to School Day Classroom Ideas

The following sites are useful resources for classroom use:

<http://www.nhtsa.dot.gov/kids/>

National Highway Traffic Safety Association for kids (for teachers: go to Safety School icon, then to Teacher's Lounge)

<http://www.peds.org/>

Children's page from Atlanta, GA (go to Search the type in Kids Page and press search, click the 2nd Kids Page notation)

<http://www.saferoutestoschools.org/events.html>

Classroom Activities by grade level from National Safe Routes to School (go to toolkit then classroom activities)

<http://www.statefarm.com/educate/safeless.htm>

Safety lessons for children from State Farm

Other ideas:

1. Class by class competition. Reward the class with the most students who: walk to school, wear decorated shoes for the Walk, have the most parents walking, etc. Throw a pizza party for the class with the most walkers.
2. Frequent Rider Miles contest. This contest rewards children who come to school walking, biking, by bus or carpool. For further information, contact Safe Routes to Schools at www.saferoutestoschools.org.
3. Hold a "Best Ways to Get Your Parents to Walk to School With You" contest. Have students come up with one-sentence ideas for getting parents to walk with kids. Get a panel of local radio, TV and news journalists as judges (this assures coverage in local media too). Reward both creativity and practicality. Compile a top 10 list, printed with the winners' names.
4. For students in higher grades, have them write letters to city or county council members asking for more sidewalks and more safe places to walk, ride bikes, and play in neighborhoods. Students in lower grades could draw a picture of a safe place to walk.
5. Have students draw a memory map of their walk to school. Have the teacher review the highlights with the class. Find out what different things, people, and events the children passed on their way to school. The teacher can ask about what interesting things they saw, what was beautiful, or what needed improving.
6. Have students start a family exercise program. Have students work with their parents to substitute one driving trip with a walking trip that week. Have students

report what the trips were and how many miles. At the end of the week, figure out how many car miles were reduced or how many gallons of gas did the whole school save.

7. Count people who are walking. For one day have kids count how many pedestrians they see and if they see them doing something unsafe.

8. Have students interview people who walk a lot. The postman, police officers on foot patrol, neighbors who walk for exercise, etc. What do they see because they walk a lot? What needs to be improved for more people to walk?

9. Invite local experts for a school assembly. The entire school can hear about traffic/walking safety from a policeman or benefits of walking from a fitness professional, etc.

10. Have students try the 2-1-5 plan for a week. That's no more than 2 hours of TV per day, 1 hour of physical activity, and at least 5 servings of fruits and vegetables every day.

11. Incorporate a walking theme into your physical education class.

12. Hold a health fair for students in conjunction with the walk.

13. Hold a safety-coloring contest.

14. Take a tour of an ambulance or fire truck in conjunction with the walk.

15. Have kids design promotional materials for the event. Make and hang posters and banners promoting the event at school, along the walking route and throughout the community. Carry signs that display physical activity or pedestrian safety messages.

16. Have a song or poem contest about walking or pedestrian safety. Have the winners perform over the school PA system and/or publish in the local paper.

17. Hold an entire week of pedestrian safety and health events associated with walking.

18. Hold a pep rally before the walk.