



# Active School Travel - Ideas and Activities



## Walk to School Day

Celebrate with a fun event for the whole school community: choose a theme, play music outside, provide treats for families who walked or wheeled to school.



A **School Walking Club** is great for enabling students who can't walk to school to participate during recess or before/after school. Take students on a supervised walk to explore the school property or local community.

## Walk across Canada

Use a wall map to chart the cumulative distance that a class or school has walked.... between cities, across Canada, or even the World!



## Bus Blitz Challenge

Do most of your students take the school bus? Encourage ridership with a competition to monitor numbers and reward good bus behaviour.



## Create an award or prize

Present it to the class with the most enthusiasm for active travel.

*"At the assembly, police gave the golden shoe award and silver shoe awards to the winning classes, which the students thought was really cool"*



## The Greening Tree Activity

is visually powerful and an excellent encouragement tool. A tree posted in the front foyer becomes a great conversation piece for people visiting the school:

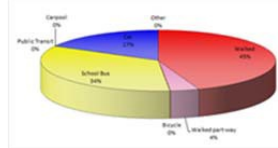


*"Bare trees (brown box paper) were posted in the entrance and green paper leaves were in a basket at the front desk. On Walking Wednesdays, students who walked wrote their names on the leaves and added them to the tree."*

## Walking Wednesdays, Freedom Fridays

Make active travel a part of the weekly school routine with a focus day for walking and wheeling activities.

**Crunch the numbers** Carry out a simple classroom travel survey to find out how students get to and from school - the results are interesting and help to raise awareness.



Collect tallies on a weekly/monthly basis to record the numbers participating in activities and competitions: *"The results were posted in a 'thermometer' in the front of school each week. There was a sense of the whole school working together to raise the level. Often there were 100% walking rates."*

**Did you know?** School EcoTeams can achieve EcoSchools points for Environmental Stewardship by developing one or more of these activities as part of an Active Transportation Campaign.

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



*"Classrooms with the highest number of walkers get the VIP Assembly seating."*

*"The Principal dyed his hair green when a walking number target was met by his school!"*

**iwalk-iwheel club** is a fun activity for schools who are working to encourage more families to use active travel more often.

Register for the club to access information and resources to support your events and activities, including posters and maps:

<http://www.saferoutestoschool.ca/iwalk-club>

