

START A WALK TO SCHOOL DAY: THE BASICS



Make walking to school fun, healthy, and safe!

Why have a **Walk to School Day**? It's fun! Walking to school gives you and your child a chance to appreciate and discover things on your way to school that you would normally not notice while driving - listening to the sounds in your neighborhood, meeting up with friends, greeting neighbors, and feeling connected with your community. It's also an ideal way for your child to become more independent walking or bicycling to school. If your school does not have one, you can start one now! Here are some basic tips for you to get started.



1 FIND VOLUNTEERS

Find volunteers to support your efforts. Connect with school staff, or outreach to the Parent Teacher Association (PTA) or Home and School Club at your school.



2 PICK A DAY

Pick a monthly Walk to School Day like **Walking Wednesdays**. Start with a monthly activity can be a great start. As momentum builds, try moving to a weekly or daily activity. Give the activity a name:

- **Monday** - Marching Mondays or Motorless Mondays
- **Tuesday** - Trekking Tuesdays
- **Wednesday** - Walking Wednesdays or Walk or Roll Wednesdays
- **Thursday** - Trotting Thursdays or Transit Thursdays
- **Friday** - Fresh Air Friday or On Your Feet Friday



3 SEND A FLYER HOME

Send a flyer home to encourage families to join in. Parents can pick a route and take a test walk with their child before the Walk to School Day.



4 TELL EVERYONE ABOUT IT

Make announcements through the school PA system, newsletter, website and social media. You can also post signs around school to build student excitement.



5 MAKE IT SOCIAL

Encourage students to meet up and walk to school together to generate more enthusiasm. Walking together creates an opportunity to interact and socialize with peers.

Find a way to include all students

- **Students who come by car** - drop off zone away from school
- **Students who come by bus** - walking route around the playground
- **Students with disabilities** - earn points for creating posters to promote the program or helping with greeting or stamping cards

Share walking tips with students:

- **Always use sidewalk when available**
- **Look before you cross at corners or crosswalks**
- **Make eye contact with drivers**



6 GREET STUDENTS WITH PRAISE

Greet students as they arrive to school with cheers and praise. Provide incentive(s) to students who walk to school. Ideas include:

- Principal for a Day;
- Walk to School Day Student of the Week;
- Lunch with the Principal/special teacher; or
- Ticket/Point System for a prize.