

Welcome to the iwalk club!

*"Driving cars pollutes the air that we need to breathe...you can help make things better by walking to school instead of having your parents drive. It's better for you and the planet."
--Dr. David Suzuki*

This **iwalk club** booklet contains activities for club members to learn more about the positive impact they are having on the world by choosing active transportation.

Included are activities that can be used during science, physical education, social studies and language classes. Also included are instructions for your parent council to organize a "Freddie the Foot" community scavenger hunt. See our website <http://www.saferoutestoschool.ca/index.php?page=iwalkclub> for more ideas and Ontario Curriculum linked lesson plans. Many of these activities come from schools and organizations who have designed programs and events to address safety, physical activity, transportation and climate change issues specific to their community. We'd love to hear from you. Please send your **iwalk club** related stories and activities to info@saferoutestoschool.ca so we may share them with other schools through our website and in future packages.

Community Stories



Safety: Four schools in Christchurch, New Zealand, recently implemented an exciting 'demonstration' initiative aimed at alerting drivers to be more respectful of pedestrians at intersections, particularly when making right turns. Students, with supervision and support of parents and staff, wore t-shirts that featured a yellow arrow pointing downwards with the words "I'm walking here". Students "demonstrated" at dangerous intersections near their respective schools. The intersections chosen for these "demonstrations" were all signaled and students only crossed the street when the "green man" (walk signal) indicated that it was safe to do so. See: <http://www.ccc.govt.nz/saferoutes> for more information.

Environment: Sometimes it seems tough for kids to protect our natural world. David Suzuki's Nature Challenge for Kids (<http://www.davidsuzuki.org/kids/>) makes it easy for kids to improve our environment by making good choices in their daily lives. By simply playing outside, turning off unnecessary appliances and making healthy food choices, students can join over 100,000 other Canadians committed to protecting our world.

Physical Activity: The parent council at **Parkside Public School** in Toronto kicked off a year of physical activity programming on IWALK Day 2005. Their walking mascot, "Sir Walks Alot", created by students as part of a school-wide contest, is challenging everyone in the school to walk to school as often as possible and participate in fun in-school activities like a mini obstacle course, a marathon 'shuffle', a bike rally, litterless lunches.

This resource was produced for **the iwalk club**, an initiative of Green Communities | Active and Safe Routes to School