

# Walk to School in Any Weather

Ideas for monthly "theme walks" to encourage walking year round

Adapted from: Peterborough Green-Up's Cross Canada Walking Challenge 2003-2004 Theme Calendar

Month	Active Transportation Themes and Ideas
 September	Back to School Safety—Have students identify safe and dangerous places on their routes to school. Organize a community scavenger hunt (see Freddie the Foot activity). Introduce students to school or transit bus safety.
 October	Wacky Halloween Walk—Wear face paint on your walk to school. Hold a shoe decorating contest. Make paper plate puppets to parade while walking. Remember <b>International Walk to School Week; October 3-7</b> .
 November	It's getting darker earlier. Add reflectors to walking gear. Test them out in science class (grades 4-6 energy). Walk to a community Remembrance Day ceremony.
 December	Holiday Jingle Bell Walk--Attach jingle bells onto walking boots or shoes. Walk (with bells on) to a local senior's centre or home to sing carols or help bake or serve a meal.
 January	Polar Bear Walk. Have a 5-minute classroom fitness session (see: <a href="http://www.toronto.ca/health/movespot.pdf">http://www.toronto.ca/health/movespot.pdf</a> ) on cold days to get your blood pumping before either indoor or outdoor recesses.
 February	Heart Walk--Partner with your local health unit or Heart and Stroke Association ( <a href="http://www.heartandstroke.ca">www.heartandstroke.ca</a> ) to learn about heart health. Participate in a jump rope for heart activity. Wear red.
 March	March Break Walk. Walking is a great way for the whole family to be active together. Walk to a tobogganing hill, skating rink or playground. Bring back an illustrated journal entry of your March Break "active activity".
 April	Celebrate World Health Day on April 7. Celebrate Earth Day on April 22 by organizing a class hike through a natural area or planting trees and plants native to your area in your community.
 May	Organize an International Move for Health Day/International Day for Physical Activity. Participate in Athletics Canada - Run Jump Throw Program. See <a href="http://www.yearofsportandpe.ca/">http://www.yearofsportandpe.ca/</a> for more information.
 June	Celebrate Clean Air day on June 8. See <a href="http://www.ec.gc.ca/cleanair/index_e.cfm">http://www.ec.gc.ca/cleanair/index_e.cfm</a> for ideas. Learn about bike safety; have police host a bicycle rodeo in your parking lot and talk about bike safety.

See <http://www.saferoutestoschool.ca/index.php?page=iwalkclub> for more activity ideas and lesson plans for every month of the year.

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