



International Walk to School and Walk at School Month

Inspiring Ideas from Past School Events

"We have a Walking School Bus event where staff meet students at five routes and everyone walks to school. A healthy snack is then distributed."

Make announcements during the week and put up IWALK posters. Include an early bird (before school starts) walk or activity on Monday, Wednesday and Friday.

"We had Walk to School Wednesdays. The kids were encouraged to walk to school in the morning and at lunch."

Have hiking and cycling as part of Physical Education class. During intramurals, have discussions about active transportation.

"Our Physical Education classes walked for the first 10 minutes of each class during the week. We also opened the gym at lunchtime for students to come and participate by walking around the gym."

Have a Walking Month Challenge and encourage students to meet the collective goal of 5000 laps (or other goal) around the school property or to and from school.

"We had a school-wide Class Participation Challenge and encouraged all students and their families to walk as much as possible every day in October, and tracked their participation during a whole week (Monday-Friday). The classes with the highest participation rates were recognized in the morning announcements and the November school Newsletter."

Have a Walk to Breakfast event every Wednesday (or a different week day) every week in October, or a 10-15 minute intentional walk around the school, right after attendance has been taken.