

Tips and Ideas

Some inspiration to get you started on your Walk and Wheel to School events and activities!

- **Mix it up!** Have a different theme for each day of the week, such as Wheeling Wednesday or Mad Hatter Monday.
- **Make it challenging.** Organize a challenge between classrooms or schools on the highest amount of participation and award the winning class/school with a trophy or prize. Use the **Hands-Up Survey** available online to keep track of participation.
- **Walk for a cause.** Hold a walk-a-thon to raise money for a local charity.
- **Park and walk.** For students that cannot walk/wheel to school, organize a drop-off spot a few blocks away from the school so they can participate too! Have older students or volunteers walk younger students to school from this point.
- **Walk at school too.** Encourage school-wide participation by holding a walk around your community during school time. If weather isn't permitting, you can walk around your gymnasium!
- **How far can your school walk?** Pick a destination, such as another city or country, and research how many steps it would take to walk there. Have students record their walking/wheeling trips to school to try to reach the goal!
- **Car-free field trip.** Plan a field trip that is within walking distance to the school, some communities even offer free transit for students during Walk and Wheel to School Week (See **TravelSmart for Schools** online)!



- **Walking school bus or bicycle train.** Organize a walking school bus or bicycle train route within your community to get to school. A benefit of walking and wheeling to school is the social relationships that students can build upon during this time!
- **Morning madness.** Make mornings fun by playing music, giving out the Walk and Wheel stickers, providing a healthy snack, or holding a raffle for those who walked or wheeled to school.
- **Show off your progress.** Have each student who walked or wheeled to school sign their name on a paper shoe and attach it onto a large poster or your school fence. Or use paper leaves and see how big you can make your tree poster.
- **Tell the community.** Involve local businesses and organizations in your celebrations (See **Sponsorship Letter Template** online). Invite special guests to an assembly or inform your local radio station about the event.

Continue walking and wheeling to school year-round with the following tips and ideas!

- **Walk once a week.** Pick one day a week designated for walking and wheeling to school. Use a catchy name like Walk and Wheel Wednesdays or Physical Activity Fridays.
- **Start a walking club.** During the morning, breaks, or after school, have certain days where students can do laps around the school yard or gymnasium. Give out cards to each student that can get stamped, punched, or marked for each lap they complete. Recognize milestones that students reach at assemblies (eg. 250 laps, 500 laps, etc.) or have friendly competitions between classes.
- **Keep it going.** If you started a walking school bus or bicycle train, keep it going year-round by getting parent volunteers to take turns leading.