



# 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
 <p>September</p>	<p>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.</p>
 <p>October</p>	<p>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.</b></p>
 <p>November</p>	<p>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.</p>
 <p>December</p>	<p>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.</p>
 <p>January</p>	<p>Polar Bear Walk—Have a 5-minute classroom fitness session on cold days to get your blood pumping before either indoor or outdoor recesses.</p>
 <p>February</p>	<p>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.</p>
 <p>March</p>	<p>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".</p>
 <p>April</p>	<p>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.</p>
 <p>May</p>	<p>Participate in Safe Kids Week—learn more at Parachute <a href="http://parachutecanada.org/safekidsweek">http://parachutecanada.org/safekidsweek</a></p>
 <p>June</p>	<p>Celebrate Clean Air day on the first Wednesday of June. Learn about bike safety; have police host a bicycle rodeo in your parking lot and talk about bike safety.</p>

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

