



Family Resources for Staying Active During COVID-19

Shelter in place doesn't mean that you have to stay indoors all day. In fact, going outside is important for physical activity and mental wellness, especially during COVID-19. According to the Governor's Stay-at-Home Executive Order, going outdoors is allowed as long as you maintain a safe social distance of at least six feet from people who aren't in your household.

This document provides some ideas for how to stay active while practicing safe social distancing, including ways to make your walk more fun, Earth Day themed activities, and safe walking and biking educational resources.

When going outside or visiting a nearby park, remember...

- Stay at least six feet away from others.
- Avoid shared equipment like playgrounds and benches.
- If your park is too crowded, come back later or walk around the block instead!
- When you get back home, wash your hands with soap and water for at least 20 seconds.

SELF-GUIDED WALKS

[GPS My City Walking Tours](#)

Try one of these six self-guided tours of various sightseeing destinations in Sacramento. You can also create your own custom tour tailored to the attractions that interest you.

[Sacramento Heritage Walking Tours](#)

Learn about Sacramento's history on a heritage tour! These self-guided walking tours tailored to specific themes and neighborhoods, including City Hall, J and K Street, and Capitol tours.

Art and Mural Tour

Have you seen any of the murals around Sacramento? Take a walk to see how many you can find! You can find mural maps and design your own tour.

[Wide Open Walls website](#)
[Franklin Boulevard Murals](#)

Try Your School Commute

Do you usually use a car to get to school? Test out what it would feel like to walk or bike to school instead. How long did it take? How did it feel? With less cars out on the streets, you can practice a safe school commute.



FUN ACTIVITIES WHILE WALKING

Play a Scavenger Hunt

A scavenger hunt can help make walking fun and interactive. [Download our scavenger hunt packet](#) and see how many things you can find on your walk.

Take Photos or Videos

Describe your walk using photos or videos. What did you see? Where did you go? What was your favorite part? Share your masterpieces with us by tagging us on Facebook @WALKSacramento and using the hashtag: #SocialDistanceWalks

Use Chalk to Make Games and Art

All you need is a little bit of chalk to play one of these eight chalk games. You can also have fun creating sidewalk art!



EARTH DAY ACTIVITIES

Take Nature Rubbings

Bring some paper and crayons with you on your walk and take rubbings of tree bark, leaves, rocks, and other natural patterns. Make sure not to touch your face and to wash your hands afterwards!



Learn About Green Transportation

These activities from Woo! Jr. teach kids about the environmental benefits of green transportation. Includes worksheets, vocabulary lessons, puzzles, and instructions for an art project.

Activities to Explore Nature

PBS Kids provides a series of easy and fun science activities to do with kids, including outdoor projects as well as educational videos.

SAFE WALKING AND BIKING TIPS

It's important to be safe while enjoying your walk or bike ride. Here are some resources and easy lessons for kids to practice their safe walking, biking, and rolling skills.

SAFE WALKING

[Teaching Children to Walk and Bike Safely](#)

Simple tips for parents to teach children traffic safety skills. Tips are grouped by age from 4-6, 7-9, and 10 and older. (National Center for Safe Routes to School)

[Pedestrian Safety Tips](#) [Para español](#)

Tips for crossing streets safely, being alert and not distracted while walking, and how to be a model for good behavior. (Safe Kids Worldwide)

[Pedestrian Safer Journey](#) En inglés y español.

Videos and quizzes for children ages 5-9, 10-14, and 15-18. (Federal Highway Administration)

SAFE BIKING AND ROLLING

[Teaching Children to Walk and Bike Safely](#) [Para español](#)

Simple tips for parents to gauge children's biking skills and practice with a route. (National Center for Safe Routes to School)

[Bike Safety Tips](#) [Para español](#)

Tips for how to properly wear a helmet, staying alert, and how to be a model for good behavior. (Safe Kids Worldwide)

[Bicycle Safer Journey](#) [En inglés y español](#).

Videos and quizzes for children ages 5-9, 10-14, and 15-18. En inglés y español. (Federal Highway Administration)

[Helmet Fit Test](#) [Para español](#)

Steps for how to make sure a helmet is fitted properly. Includes step-by-step instructions and a video to demonstrate. (Safe Kids Worldwide)

[Basic Bike Check](#)

A video showing how to make sure your bike is ready to go before you ride. Follow the ABC Quick Check to check your air, brakes, chain, and quick release for a safe and smooth ride. (League of American Bicyclists)

