



Safe Routes to School Encouragement Manual

Resources for in-person and virtual activities

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INTRODUCTION

Acknowledgements

Funding for the development of this guide is provided by the City of West Sacramento's Safe Routes to School 2.0 program in partnership with WALKSacramento.

About This Guide

This guide contains a list of activities to encourage students to get outside walking, biking, or rolling safely (and joyfully!)—whether that be to and from school or around their neighborhood. Target grade levels, materials, and descriptions are provided for each activity.

WALKSacramento is here to help support encouragement efforts and make it as easy as possible for school administrators and staff. If you have other ideas for education at your school, please share with us!

A Note on COVID-19 and Distance Learning

During the COVID-19 pandemic, most classrooms across America have gone virtual with kids spending more time inside than ever. In light of these significant challenges, activities to encourage biking, walking, and rolling can get students outside and moving to help manage stress and improve focus during distance learning. The Safe Routes to School 2020-2021 Encouragement Manual has been updated to provide alternatives to in-person education with activities that students can do at or from home with their families. We have still included in-person encouragement activities for schools who have returned to in-person or hybrid learning. If there is an in-person activity that interests you that you would like to find a virtual alternative for, please do not hesitate to reach out. We are happy to brainstorm with you and support you through this challenging time.

Companion Resources

Pair this guide with the Safe Routes to School Education 2020-2021 Manual to follow up pedestrian and cyclist activities with fun and engaging lesson plans and education resources to reinforce their safety knowledge.

ACTIVITIES

FLAT STANLEY WALKS TO SCHOOL

Grade Levels: K - 5

For this activity, students color in a cut-out of a blank stick figure person, “Flat Stanley,” and take pictures of his adventures walking to school or around the neighborhood. The pictures are accompanied by journaling activities where students describe the things they did and saw with Stanley on their walk. At the end of the year, WALKSacramento staff will assist teachers in creating a scrapbook of all the students’ pictures and memories from the year.

Materials:

- Choose a template here: <https://www.sampletemplates.com/business-templates/flat-stanley-template.html>
- Journals or a notebook

DECORATING PARTIES

Grade Levels: K - 8

Students come together to celebrate walking, biking, and rolling by decorating their helmets and wheels of choice. This activity can be paired with bike maintenance and/or pedestrian and cyclist safety tips. Decorating parties can also be a great way to get “geared” up for Bike to School Day events!

Materials:

- Stencils
- Spray Paint or Paint
- Streamers
- Stickers
- Tape

FAMILY ACTIVITY GUIDE

Grade Levels: K - 8

Check out our family activity guide, including a visual scavenger hunt, sound walk, and alphabet scavenger hunt to help inspire students and their families stay active.

Materials:

- Printer-friendly activity guide (available in English and Spanish):
<https://www.walksacramento.org/wp-content/uploads/2020/04/Neighborhood-Walks-Activity-Packet.pdf>

POCKET GUIDES

Grade Levels: 3 - 8

These pocket guides are filled with activities and information on pedestrian and cyclist safety. Students can take them on the go—to school or around the neighborhood.

Materials:

- [Word Search Activity Pocket Guide](#)
- [Connect the Dots Activity Pocket Guide](#)
- [Street Smarts Pocket Guide](#)

VIRTUAL WALKING CHALLENGE

Grade Levels: K - 12

WALKSacramento staff can support teachers in organizing virtual walking challenges (typically a month in duration) in which students track their daily and weekly minutes spent walking in competition for prizes. Teachers and staff are also encouraged to participate. Check out our website for inspiration from our WALKtober Walking Challenge in October 2020:

<https://www.walksacramento.org/portfolio/walktober2020/>

Materials:

- Weekly Tracker Template: <https://www.walksacramento.org/wp-content/uploads/2020/10/Walking-Challenge-Tracker.docx>

GET OUT AND GO! BINGO

Grade Levels: 1 - 8

Students take this pedestrian and cyclist-themed Bingo sheet with them on walks or bike rides and complete for prizes.

Materials:

- Bingo Sheet Template: <https://www.walksacramento.org/wp-content/uploads/2021/02/Bike-Walk-Bingo-Template.pdf>

FREQUENT WALKER/BIKER PUNCH CARDS

Grade Levels: K - 12

Students who walk or bike to school receive a hole punch on a frequent walker/biker punch card. Completed punch cards can be redeemed for prizes, such as credit to the school store. This is a fun way to incentivize walking and biking to school.

Materials:

- Punch cards Template: <https://www.walksacramento.org/wp-content/uploads/2021/02/Walk-and-Bike-Punch-Cards-Template.docx>

SENSORY WALKS

Grade Levels: K - 8

Students use activity sheets with prompts designed to encourage mindfulness and attention to the senses (sight, sound, smell) while walking. Activity sheets include space for reflection and sketching before, during, and after the walk. The class can come together afterwards to discuss what students learned or noticed during the activity.

Materials:

- Activity sheet: <https://www.walksacramento.org/wp-content/uploads/2021/01/Sensory-Walk-Activity.pdf>
- Drawing or writing utensil of choice

DREAM BIKE DRAWING ACTIVITY

Grade Levels: K - 6

Description: Students are asked to draw what their dream bike looks like. The possibilities are endless – creativity and imagination are highly encouraged. Students’ art can be featured in the classroom as a temporary gallery exhibit.

Materials:

- Paper
- Coloring utensils (i.e. crayons, markers, colored pencils)

MUSIC VIDEO CONTEST

Grade Levels: 7 - 12

Students get to showcase their creative talents by producing music videos that feature any of the following themes:

- Pedestrian and cyclist safety
- Bicycle maintenance
- Health benefits of walking, biking, and rolling

Materials:

- None

Examples of Music Videos:

- <https://www.youtube.com/watch?v=cOmKGiEzbe4>
- <https://www.youtube.com/watch?v=0qNVIfAS8zQ>

(RE)CYCLE SCULPTURE

Grade Levels: 4 - 8

Students collect recycled materials from their homes or classrooms to create a bicycle sculpture. This activity can be paired with guest speakers from bicycle shops or advocacy organizations to teach students about how bikes are constructed and maintained. The (Re)Cycle sculpture project can also complement curriculum surrounding the environmental benefits of active transportation.

Materials:

- Recycled materials on hand (i.e. paper, cardboard, cans, glass bottles)
- Glue or tape
- Coloring utensils (if desired)

WALK, BIKE, AND ROLL TO SCHOOL EVENTS

Grade Levels: K- 12

Walk, bike, and roll to school events are a great way to build momentum for walking, biking, and rolling to school among students, families, and the entire school community. Many schools around the world celebrate Walk to School day during October is walking month and Bike and Roll to School Day during May is Bike Month. However, you can organize an event any time of the year.

Resources:

- Walk & Bike to School website: <http://www.walkbiketoschool.org/>
- Build Your Own Walk to School Day: <https://www.walksacramento.org/wp-content/uploads/2018/09/Build-Your-Own-Walk-to-School-Day-Event.pdf>
- Build Your Own Bike to School Day: <https://www.walksacramento.org/wp-content/uploads/2020/04/DIY-Bike-to-School-Day-Brochure.pdf>