Walking and Biking to School

Walking and biking to school are great for kids and communities. First, there are real health benefits. Kids and adults can get the physical activity they need for good health. Children who are fit and healthy are ready to learn. There are environmental benefits as well. When more kids get to school by walking or biking, there is less traffic and vehicle emissions, especially in school zones.

Plan

- **Explore the safest routes.** Teach kids how to walk with and without sidewalks and how to cross busy streets. Also teach kids how and where to ride a bicycle properly.
- **Check all equipment for safety.** Make sure that shoes fit well and are properly laced. Make sure that bike helmets fit properly and that bike parts are in good repair.
- **Create a walking school bus.** Many communities have specific routes where adults are available to help students walk to school ([www.walkingschoolbus.org](http://www.walkingschoolbus.org)).

Play

- Walking or biking to school can become part of your family’s active lifestyle. Here are ten ways to put some fun into the travel time to and from school.
  1. **Tell a story.** Walking and talking is a great time for make-believe and tall tales.
  2. **Play a word game.** Use creative ways to practice language skills for school.
  3. **Do what “Simon Says”.** Take turns telling people to hop, jump, skip or twirl.
  4. **Go geocaching.** School routes are perfect for playing GPS hide and seek.
  5. **Have a scavenger hunt.** Choose a theme, like things that start with A or Z.
  6. **Sing a song.** Music and easy lyrics can lift the spirits along any route.
  7. **Practice dance steps.** Talk about fun! Pretend you’re in your favorite musical!
  8. **Take a few photos.** Digital cameras make it a snap to have lots of photo fun.
  9. **Walk the dog.** Furry folks need activity as much as their human families.
  10. **Share some special time.** Kids love to have time with adults who care.

Enjoy

- Take some time to get your children into the habit of walking and biking to school. It will help improve their physical, mental and emotional health!