

**FEBRUARY
2024**



**Winter
WALK
to School
Month**



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For More Information



www.eastcentralsrts.org

To find more educational and promotional materials for Winter Walk To School Month, visit our website.



Click on

Click on the **Events** tab then click on **Winter Walk to School Month**



Scroll

At the bottom of the page you will find downloadable material including **this guidebook**

WINTER WALK MONTH



Encourage walking and rolling even in the cold weather

Sunshine and fresh air have health benefits year round.



Plan one or more activities for your students to participate in

Plan what works best for your school. There are many ideas presented in this guidebook. Plan one event, multiple activities, or any combination of events and activities.



Each activity earns your school an entry for a prize

Whether you have 2 students or 200 students participate in an activity, each activity earns you one entry for a prize. See page 8 for the different prize packages.



Drawing for prize packages held the first full week of March

To enter, see details on page 8.



Have fun!

Participate in the activities with your students and encourage other adults to do so as well. When children see the joy you have in spending time outside, they are encouraged to have fun.

EVENT ACTIVITY IDEAS

All School Activity

Earn **5** entries into prize packages of your choice

One Day Event

- Meet at a central location and have students walk to school together.
- All school, in school Winter Parade
- All school, in school Winter Dance Party

All Month encourage students to walk, bike or roll

Use the activity tracker on page 13

Individual Activities

Each activity earns **1** entry into a prize package of choice for any number of students that participate in the activity.

Have some fun at recess or during PE time

- Blow bubbles outside and watch them freeze, pop and watch them shatter
- Use feet to write a word or message in the snow
- Scavenger Hunt (see pages 11 & 12)
- Practice waddling like a penguin
- Take a walk with a group of students
- Catch snowflakes on your tongue

Encourage students to do one of the following at home

- Shovel a driveway or sidewalk
- Go sledding with family or friends
- Go skating with family or friends

Tool Kit incentives include:

multi color googly eye click pens
snowflake token and chain
metal link brain teasers
stress balls
winter hats
stickers

additional for Middle School Students
locker magnets
IQ cube puzzles

PLANNING

All School Event

One Day Event

Morning Winter Walk to School

Winter Parade

Winter Dance Party

Other Idea: _____

Date: _____ Time: _____

Month Long Walk, Bike, Roll to School

Use the activity tracker on page 13

Multiple Individual Activities

Time Frame → All Month One Week One Day

Location → In School At Home Both

Who To Record → Students Teachers

Activities → Blow Bubbles Scavenger Hunt
 Group Walk Write with feet in snow
 Shovel Catch Snowflakes
 Sled Skate

PROMOTING

Staff

A successful event will include the help of fellow staff members. Some will help the day of the event and others will help getting the message out to parents and students.

- Talk about the event(s) at a staff meeting
- If a one day event, list duties and put sign up sheet in staff lounge
- If a week or month of activities, prepare recording sheets for teachers to have available in the classroom
- Prepare a message for parents that classroom teachers can send home
- Encourage school staff to participate in the event(s)



Parents

Let's face it, parents are the true decision makers as to how their children get to and from school each day. Remind parents the benefits of walking to school. If they are able to walk with their child, it is a great opportunity to teach their child pedestrian safety skills. Students who walk or roll to school usually arrive more relaxed and prepared for the day. Reduced congestion makes it safer for students using active transportation.

- Have event information included in school newsletters
- Have the school e-blast a reminder the day before the event
- Post on school Social Media accounts
- Add the event to the school calendar







Students

This will be a fun day, week, or month for students. Involving them in the planning can increase participation. Some ideas for involving students:

- A small group of students could create a display for the school entrance area
- Older students could write announcements
- Safety Patrol students or a student leadership group could make a map noting crosswalks, lighted pedestrian signs, and crossing guards for families to use as they plan their route to school.

Recording Sheet

Use this form to document any activity students participate in.

Date _____	Date _____
 Blow Bubbles Outside	 Use Feet to Write in the Snow
Date _____	Date _____
 Complete the Scavenger Hunt	 Catch Snowflakes
Date _____	Date _____
 Take a Walk with a Group of Students	 Waddle Like a Penguin

At home activities students participated in. Write name under activity.

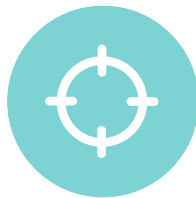
Shovel	Sled	Skate

PRIZE PACKAGES



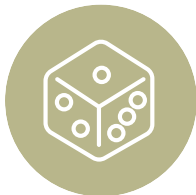
No. 1 - Team Building

Students will practice team building skills with the Pipeline Kit, Balloon/Ball Launchers, Team Pull Harness, and Twangled. Each activity has enough supplies for at least 2 teams to compete.



No. 2 - Target, Bean Bags, & Balls

Receive an Over or Through Net that can be set up on volleyball poles. There are holes in the net for students to throw the balls through or close the holes and student will not be able to see what is happening on the other side. Foam footballs and beanbags will be included.



No. 3 - Classroom Board Games

Enjoy a collection of games. The set of games you receive will depend on the ages of students.

Elementary Pack includes:

Who Is It, What Am I, Stackers, Pop N' Drop Penguins, Easy Games, Code Breaking, The Sea Battle, Line Up 4, Code Breaking and Memory Match

Middle School Pack includes:

Sequence, Chess, 3D Tic Tac Toe, Simple Simon Micro, Blockus, and Battleship Royal



No. 4 - Exercising and Stretching

Get students moving with HotSpots Cardio Exercises Spot Markers, 4 Muscle Stretching Loops, an Exercise Ball, Agility Ladder, and Lolo Balance and Bounce Ball.

To ENTER:

Complete form [HERE](#)

OR

Email Kim Dieck at kdieck@ecwrpc.org

Please list each activity participated in separately and include:

- prize package to enter for drawing
- how many students participated in the activity

WINTER WALK FACTS FOR ANNOUNCEMENTS



Fresh air and sunshine naturally lift your mood. Chase away those winter blues with a walk outside.

Sunlight provides the Vitamin D your body needs, and you can not get it through windows. 30 minutes a week can help you get the Vitamin D you need.

Walking outside in winter can wake up your immune system. 30 - 45 minutes of moderate aerobic activity each day can help you fight off those pesky winter colds.

Winter often provides us with cleaner air and we can take a calming and cleansing deep breath of fresh air.

Cold weather has been shown to result in a meaningful energy boost that lasts for hours after your walk.

Cooler temperatures help you sleep better. Winter walking results in a more restful night's sleep.

And get this:

Brown fat in our bodies helps us keep warm. Extended exposure to cooler temperatures helps change our obesity-causing white fat to the warming and metabolism-boosting properties of brown fat.





This is according to a study done by the National Institutes for Health, Cool Temperature Alters Human Fat and Metabolism, July 28, 2014



WINTER WALK SAFETY TIPS







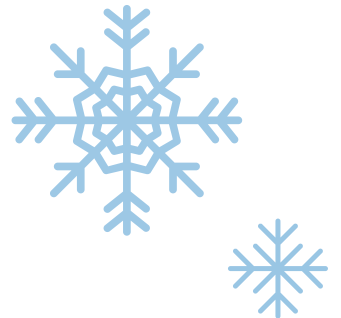
Plan

-  Plan a safe route
-  Use sidewalks and crossing guards when possible
-  Stick to your route
-  Is it dark? Bring a flashlight








Dress

-  WARM jacket and snow pants
-  WARM mittens or gloves
-  Waterproof boots
-  Reflective gear



Walk

-  WALK! For your safety
DO NOT RUN
-  Obey all traffic signs and signals
-  Look both ways before crossing
a street
-  Watch for cars in driveways
-  Use short strides to help balance
like a penguin



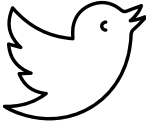

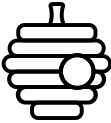







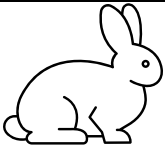
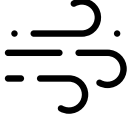
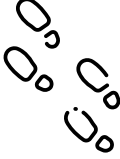
Scavenger Hunt

For older students

TO LOOK FOR	<ul style="list-style-type: none"><input type="checkbox"/> Berries on a branch<input type="checkbox"/> Seed pod<input type="checkbox"/> Snow on a tree<input type="checkbox"/> Animal or animal tracks<input type="checkbox"/> Your breath<input type="checkbox"/> Frozen puddles<input type="checkbox"/> Birds<input type="checkbox"/> Cloud shapes<input type="checkbox"/> Two different types of trees
TO LISTEN FOR	<ul style="list-style-type: none"><input type="checkbox"/> The wind<input type="checkbox"/> Water dripping<input type="checkbox"/> Children playing<input type="checkbox"/> Cracking ice<input type="checkbox"/> Crunching snow under feet<input type="checkbox"/> Birds chirping
TO FEEL	<ul style="list-style-type: none"><input type="checkbox"/> Ice<input type="checkbox"/> Snowflakes on your face<input type="checkbox"/> Chilly cheeks<input type="checkbox"/> Slippery ground (careful)<input type="checkbox"/> Wet, packing snow

Scavenger Hunt

For younger students

<u>HEAR</u>	<u>SEE</u>
<input type="checkbox"/> Bird Song 	<input type="checkbox"/> Nest  
<input type="checkbox"/> Dog Bark 	<input type="checkbox"/> Animal Tracks 
<input type="checkbox"/> Water Dripping 	<input type="checkbox"/> Icicle 
<input type="checkbox"/> Crunching Snow 	<input type="checkbox"/> Pinecone 
<input type="checkbox"/> Laughter 	<input type="checkbox"/> Rabbit 
<input type="checkbox"/> Wind 	<input type="checkbox"/> Footprints 



Winter Walk to School Month

Activity Tracker

Track active transportation during Winter Walk to School Month. Laminate and display this poster in a hallway. As students arrive to school, mark down their travel mode for the day of the week with a dry erase marker.

#walktoschool
#biketoschool



MON

TUES

WED

THUR

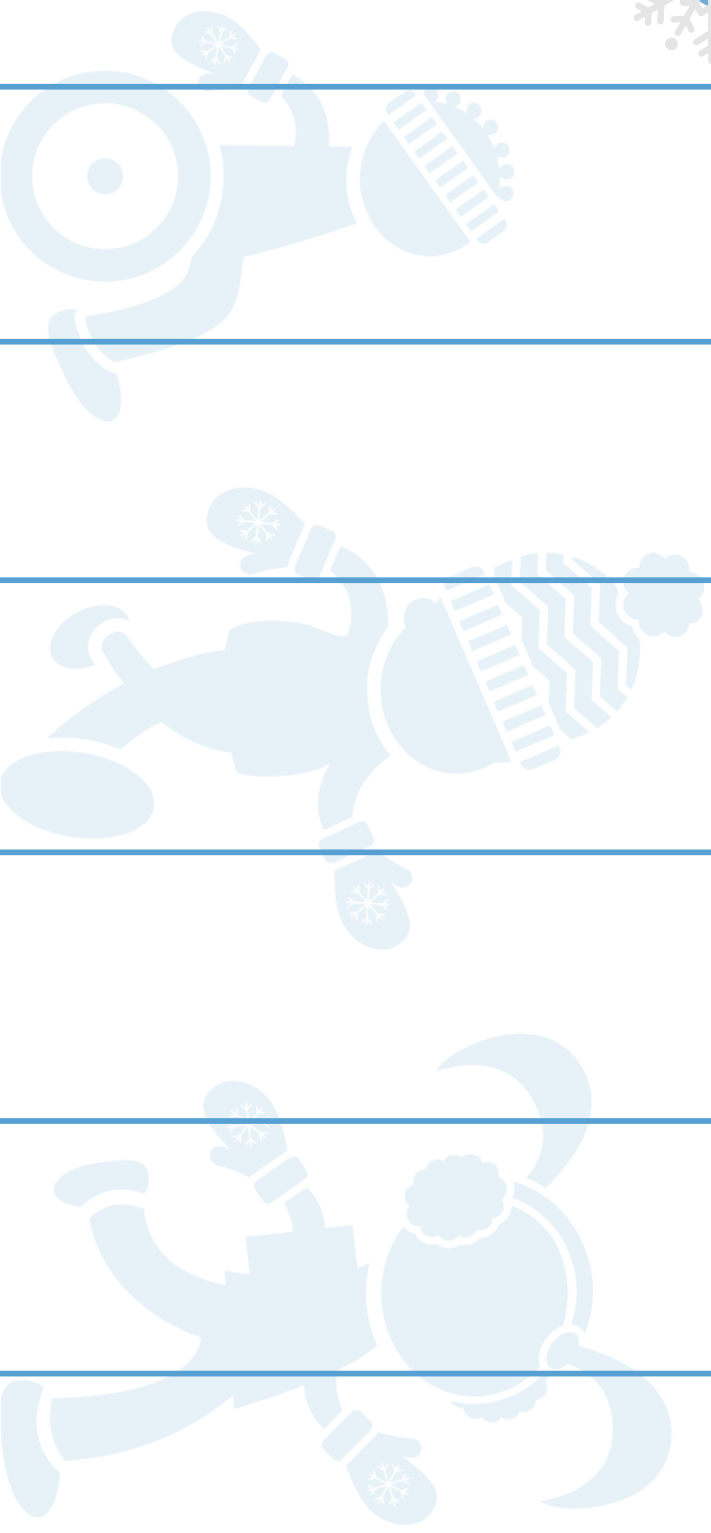
FRI

Legend

Walk = W

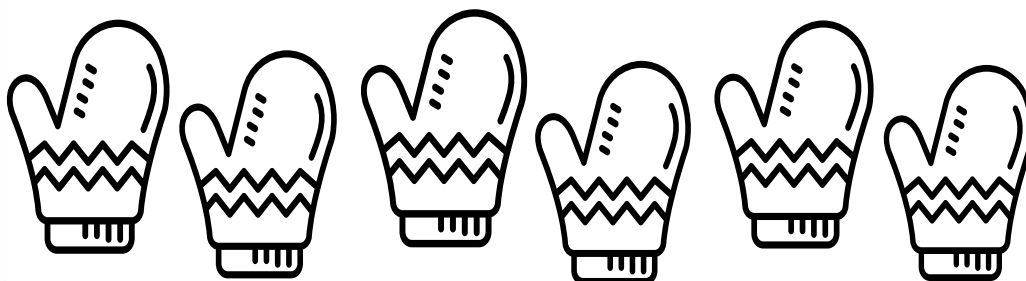
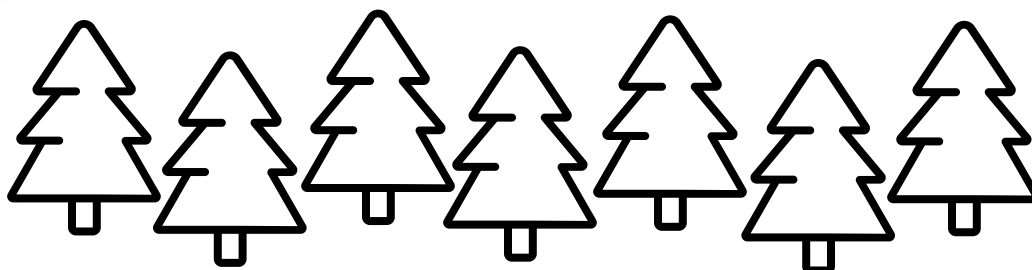
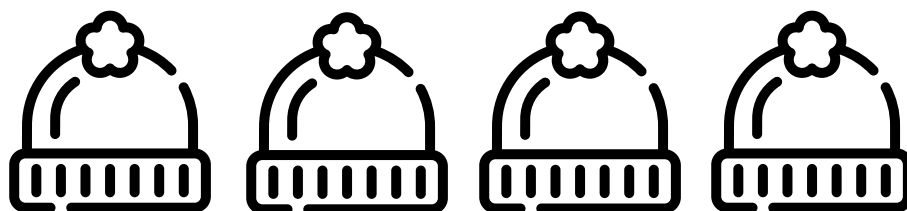
Bike = B

Roll = R



Activities

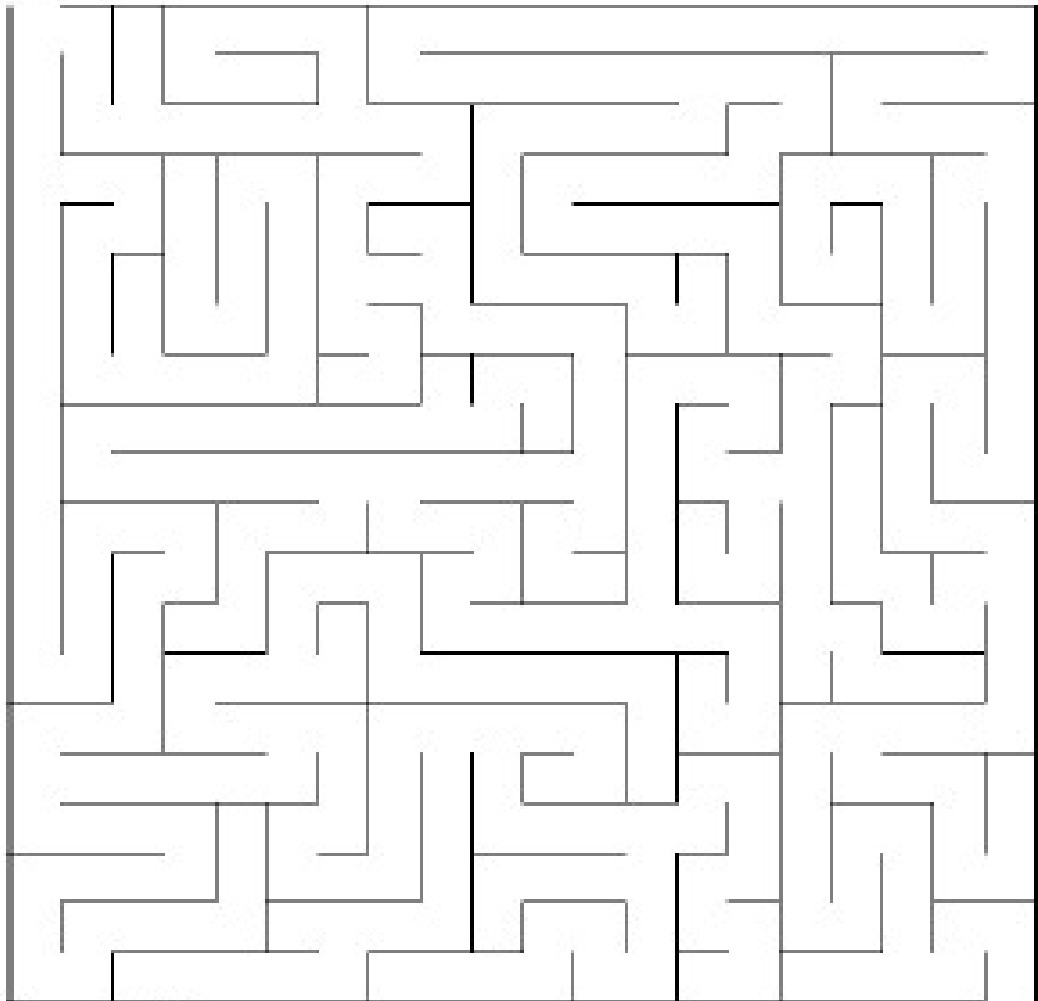
Count the number of winter objects and write the number in the box.





Instructions:

Trace the path through the maze. Help get the carrot nose to the snowman.



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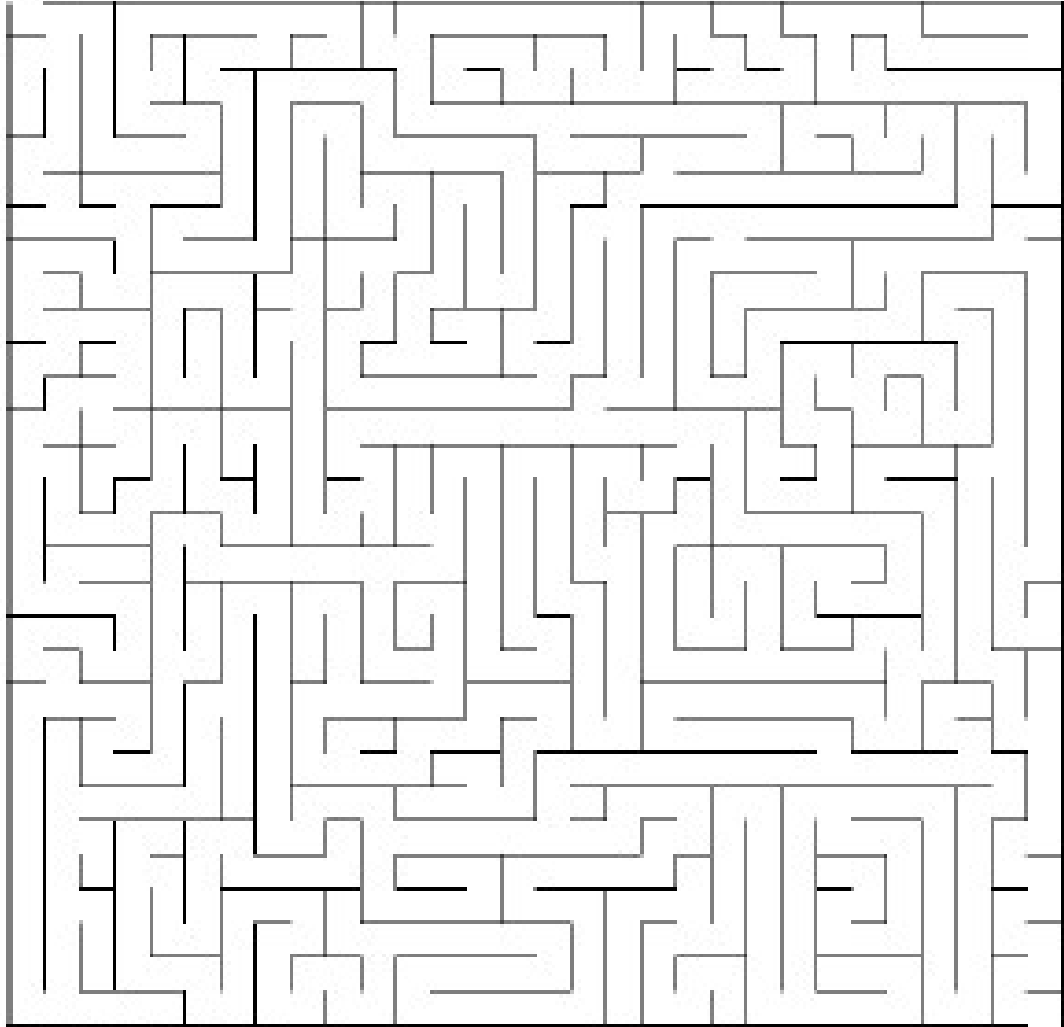
Finish





Instructions:

Trace the path through the maze. Help get the snowman to the snowflakes.



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