

WINTER WALK

Plan a one day Winter Walk to School event, encourage walking all month, or complete weekly challenges. Participating schools may enter to win prize packages.



What is Winter Walk?

Encourage walking and rolling to school, or outside physical activity, even in cold weather.

Plan a one day event, encourage walking all month, or complete weekly challenges.

Enter to win prizes.

This year prizes include STEM activity packs.

- Pack 1: Coding
- Pack 2: Natural Science
- Pack 3: Energy
- Pack 4: Simple Machines



Why should schools participate?

Sunshine and fresh air have health benefits year round.

Studies have shown students complete learning tasks faster and more accurately after physical activity.

Each Winter Walk activity earns the school an entry for a prize package. A whole school event earns five entries.

Flexibility to plan what works best for the school community.



Common questions and concerns

Who organizes?

It varies by school, but often times a teacher, principal, or volunteer will organize Winter Walk activities.

How do we enter to win prizes?

Email a list of activities students participated in to Kim Dieck at kdieck@ecwrpc.org

Drawings for prize packages will happen the first full week of March.

Winter Walk OPTIONS



All School Event Ideas:

- Choose a day to meet at a central location and have students walk to school together.
- Encourage students to walk, bike or roll during February and use the activity tracker on page 4 to tally each trip.



Weekly Challenges:

- Weekly challenges are found on pages 7-10.
- Choose a challenge a week and have fun during a time that works best for your class. Don't have time for all 4 challenges, complete as many as you are able.
- Each challenge has a paper component and outside activity. If weather does not cooperate, have students complete just the paper component to at least get them thinking about outside activities.



You may also wish to encourage students to do one or more of the following at home.

- Shovel a driveway or sidewalk
- Go sledding or skating with family or friends
- Scavenger Hunt (see pages 5-6)

PROMOTING

Winter Walk

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

- A small group of students could create a display for the school entrance area
- Older student 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.



A successful event will include the help of fellow **STAFF** members. Some will help the day of the event and others will help get 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)

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.

- When walking with their child, it is a great opportunity to teach/remind them of 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.

Include Winter Walk information in school newsletters.
Post Winter Walk information on school Social Media accounts.

For a one day event

E-blast a reminder the day before.
Add the event to the school calendar.



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



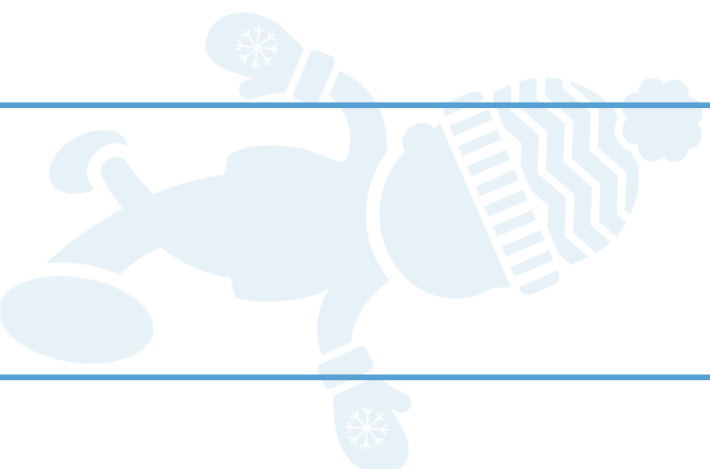
MON

TUES

WED

THUR

FRI



Legend

Walk = **W**

Bike = **B**

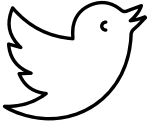

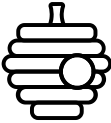



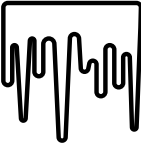



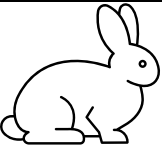
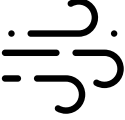

Roll = **R**



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 

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

Winter Wear Weekly Challenge: Complete this sheet then bundle up and go outside for a walk.

Winter Walk Wear?

Design your own winter wear for walking outside.

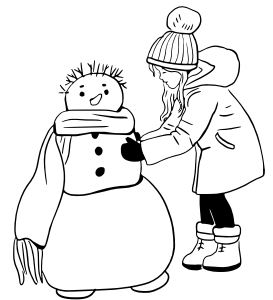


Winter Watch Weekly Challenge: On your way home from school, watch what others are doing outside. Then write about what you saw on this sheet.

Winter Watch

**Look outside. What do you see people doing on a winter day?
Write what you saw.**

Who did you see?
Where did you see them?
What were they doing?
When did you see them?
How were they dressed?



How many snowmen can you find?

