



LIVING

STREETS



LET'S
WALK TO
SCHOOL

JOIN THE FUN

Walk to School Week, 18-22 May

MISSION
MOVE

FIVE-DAY
WALKING
CHALLENGE



WALK TO SCHOOL WEEK

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This month, we'll be taking part in a very special challenge called **Walk to School Week!**

Walk to School Week is a celebration of walking and wheeling to school.

This challenge will be taking place from Monday 18 May to Friday 22 May.



WALK TO SCHOOL WEEK

During Walk to School Week, we would like you to walk, wheel, cycle, scoot or Park and Stride to school as much as you can.

Sometimes we call this active travel. Does anybody know what this means?



WALKING AND ACTIVE TRAVEL

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Active travel means that you are using the **power of your body** to travel somewhere. Examples of 'active' travel are walking, wheeling (using a wheelchair or mobility aid), cycling, skating or scooting.

During Walk to School Week, we would like you to travel actively as much as you can!



WHY SHOULD WE WALK OR WHEEL?

There are many reasons why we should choose to walk or travel actively to school and taking part in Walk to School Week is going to help us learn more about it.

Can you think of some reasons why we should walk or wheel to school?

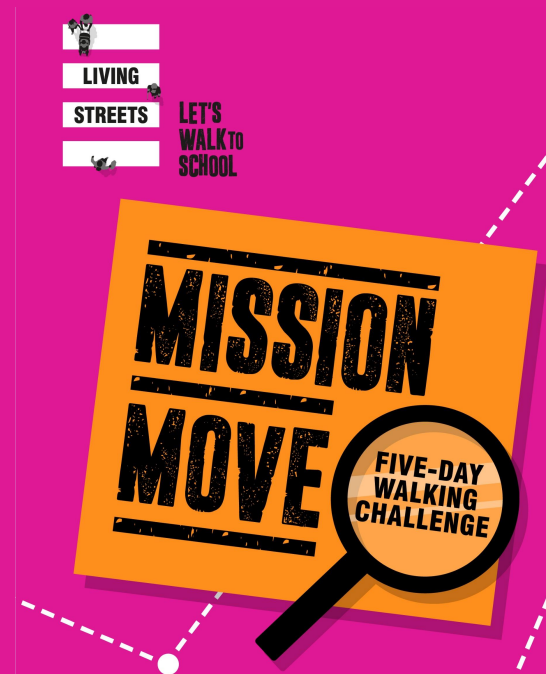


WHY SHOULD WE WALK OR WHEEL?

There are lots of reasons why we should try to walk and wheel to school as much as we can.

These reasons include:

- Better physical and mental health
- Helping the environment
- Spending time with our family and friends



Walk to School Week themes

The Walk to School Week Challenge will help us to understand the benefits of walking and wheeling to school by exploring the themes below!



WALK TO SCHOOL WEEK REWARDS



Each day during Walk to School Week, you'll get a sticker for walking or travelling actively to school.

You might also get a very special end of week reward to celebrate all your hard work!

QUIZ TIME



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1. DURING WHAT MONTH DOES WALK TO SCHOOL WEEK TAKE PLACE?

Walk to School Week takes place in May. It will be starting on Monday 18 May until Friday 22 May.

2. DURING WALK TO SCHOOL WEEK, HOW SHOULD YOU TRAVEL TO SCHOOL?

You should try to walk and travel actively as much as possible during the week. If you do this, you will receive stickers and a trophy at the end of the week!

3. WHAT ARE THE BENEFITS OF WALKING TO SCHOOL?

- Walking is a **form of exercise** and it keeps us healthy
- It's great for our **minds and bodies**
- It lets us spend **time with our families**
- By walking we help **reduce pollution**
- It's great for the **planet**





YOU CAN FIND MORE USEFUL RESOURCES, VIDEO AND FAQs AT:
www.livingstreets.org.uk/wtsw