

LET'S WALK! CELEBRATE IWALK Month

First week of October (or any time in October)

Activity Ideas



Schools all over the world are celebrating International Walk to School Month (also known as IWALK or Walktober). Below are ideas on how you can celebrate and congratulate children for walking/wheeling to school.

Creative classroom activity

Estimated time: 35 minutes

The challenge can be done in-person or through distance-ed, but must be done as a class.

If you have questions, please call the Timiskaming Health Unit or email Erika at aeltermane@timiskaminghu.com

Instructions:

- Step 1:** Using objects around you, build your first (or favourite) memory of walking, biking, or rolling to school or somewhere else. (10 minutes)
- a. Students can use items from their desk, backpack, or items provided by the teacher (i.e. pens, erasers, craft supplies, buttons, anything really – the sky is the limit!). Just make sure students aren't sharing objects for their models. Scroll down for examples.
- Step 2:** Share your models with your classmates. Use the model you've created to explain your memory to the class. Encourage everyone in the class to share their model. (20 minutes)
- a. The teacher or a student should write down the common themes for a class discussion
- Step 3:** Share photos from the classroom activity.
- a. Timiskaming Active School Travel would love to see the models created by your students! Please send photos, stories, and themes of your students' creations to aeltermane@timiskaminghu.com.

Examples → next page

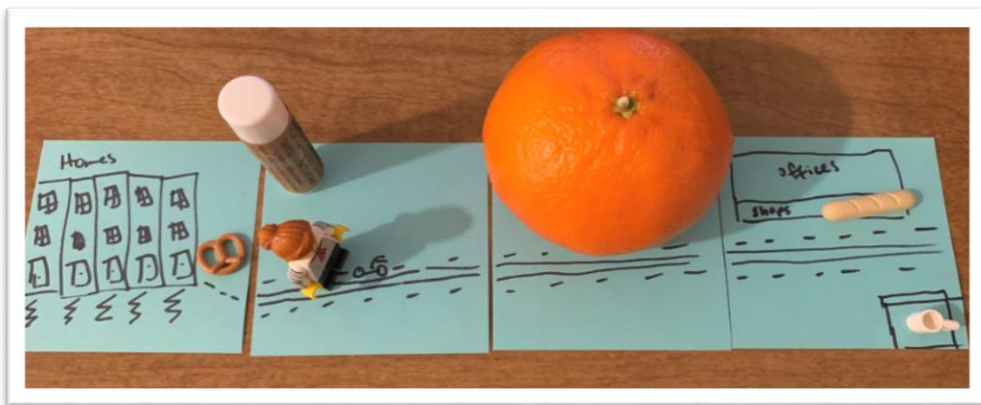
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Memory: I would ride my bicycle from home to the bakery all by myself to get bread and treats. I felt good to go out on my own!

