



Walk or Bike Day Activity Ideas

Walking School Bus – A walking school bus provides a way for adults to supervise and share the work of walking children to school. One parent/adult walks at the front, and one parent/adult walks at the back. Choose a route that will take you past the homes of participants (and potential participants) and let everyone know what the route is. Schedule a time to leave and be sure to leave on time and always use the same route. It's important that parents know the "Bus" is dependable. Adults can take turns participating. As the bus comes down the street it can pick up additional children.

Bike Train – A bike train is similar to the Walking School Bus. Organizers will want to decide on a route of 1-2 miles that follows a logical route to school. One adult acts as the engine and leads, and one parent acts as the caboose. Look for a route that feels safe for the group. Bike paths or bike routes are best, but often not available. Wider streets are good and check the intersections to ensure they have good sight lines.

Park and Ride/Walk Site – For children who live too far from school to walk or ride, you can set up a Park and Ride/Walk Site. You'll want to find a route that is similar (or the same) as the Walking School Bus Route or Bike Train Route. Find a place where there is parking and make sure to get permission from the property owner.

Walk or Bike Safety Training Events – Bicycle Rodeos are events in which a knowledgeable instructor guides students through a series of skill acquisition stations. They often start with a brief class.

Safety Assembly – Another approach is to work with your principal and community partners to organize a "Safety Assembly." Safety Assemblies have the benefit of addressing larger groups of children in a shorter time frame.

Celebration of Participants at School – Be sure to have a way to acknowledge and compliment the students and parents who participate. You might want to have healthy treats available when participants arrive at school. You might also consider having coffee and pastries or fruit available for parents and volunteers once the children go to class.

Week or Month Competition – Work with your principal or teacher to organize a competition for a week or month. Track how many days each child walk and/or bikes to school and provide rewards for the children who reach various levels of participation. If more than one class participates you can get the classes competing to see which class can have the most walk and bike days!