

# Weekly Walking/Wheeling

Encourage students to walk or wheel to school regularly with a fun weekly event

Theme: **Education, Encouragement** • Audience: **Parents, Principals, School Board, Students, Teachers** • School Grade: **1-3, 4-8, Kindergarten** • Mode: **Cycle, Scooter, Skateboard, Walk, Wheelchair** • Issues: **School Culture**

## Purpose:

To encourage students to walk or wheel to school on a certain day of each week (e.g., Walking Wednesday).

## Description:

The idea of a Weekly Walking/Wheeling program is to designate one day per week to encourage walking or wheeling to school. Some schools opt for a less frequent schedule, e.g., bi-weekly or monthly. Having a regular walking and wheeling event keeps the importance of physical activity top-of-mind for students throughout the school year. Weekly Walking/Wheeling also complements other programs like [Walking School Buses/Bike Trains](#) or special events such as [Walk and Wheel to School Days](#).

Some ideas for encouraging students to walk/wheel on event day: (1) provide stickers to each student who walks/wheels that day; (2) create a highly-visible collective art piece that celebrates the students who walked or wheeled to school, e.g., [Greening Tree](#); (3) hand out a certificate, award or some kind of prize to the class with the greatest number of students who walked or wheeled.

To make a Weekly Walking/Wheeling program inclusive to all students, even those who drive to school, you could count students as walkers/wheelers if they park at least five minutes away from school and walk for the last part of the school journey ([Drive to Five](#)). Some schools also run group walking activities during recess to give bussed students the opportunity to participate too.

## What you will need:

Materials and content for program promotion, e.g., supplies to make posters, content for school newsletter and morning announcements. You might also need stickers, certificates, awards and/or prizes.

## Help:

It works well if a teacher, school administrator, parent, or community member takes on a lead coordinator role and works with other school staff, parents/caregivers to organize and promote the event each week. Students can help with designing posters, writing announcements, and graphing a tally of the number of people who walked and wheeled.

## Resources:

[“23 quick ideas for your Walking Wednesdays Club”](#) by Green Action Centre

[Walking & Wheeling Campaign Resources](#) by Active & Safe Routes to School (ASRTS)

[Chapter 6 of Encouragement Activity Guide](#) by Iowa Safe Routes to School (step by step guide including flier, task list, email templates and budget tables)