



Winter Walk Day Activity Ideas

1st Wednesday of February (or any time in February)



Walking to school is a great way to enjoy the Canadian winter! Below are ideas on how you can celebrate and congratulate children for walking (or wheeling!) to school. See the back of this sheet for educational content and prize ideas.

Walking to/at School



- Winter walk parade or a one-day walking school bus: Get parents and student leaders together, choose meeting locations and times, create signs or choose a colour/theme, and walk to school together.
- Hot chocolate, stickers, snacks, mittens, toques, hand-warmers, or other giveaways
- Winter Carnival or a winter dance party in front of the school
- Eye Spy: students pick a theme for each day of Winter Walk Week/month, (ex. safe things, unsafe things, things that pollute, etc.
- Group walk during break time
- High-fives and/or photos with a mascot or a staff member in a costume

Assemblies



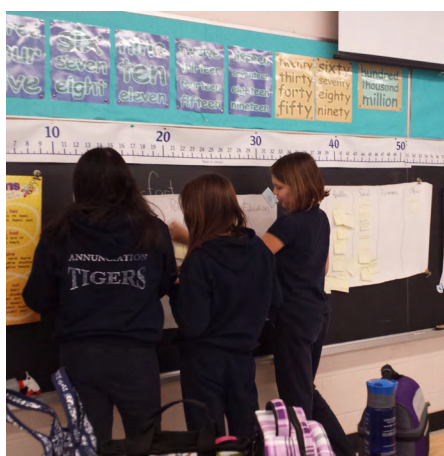
- Winter fashion show
- Cheer/dance/skate routine
- Video/slideshow with popular parts of the neighbourhood in the winter
- Guest speakers: public health nurse, winter athlete alumni, local police officer, or local councillors
- Dress up the principal or teacher activity with winter clothes

Peer Motivation



- Club cards: Give a stamp on the club card for each time a student walks/wheels to school
- Song-writing/Cheer-writing contests
- Photo contest
- Poster or postcard design contest
- Raffle
- Classroom banner competition
- Golden Boot Trophy for the classroom with the most students walking/wheeling
- Kilometre club: Students compete to walk more kilometres during winter

Classroom Activities



- Geography/Science:
- Comparisons of winter in different climatic zones in Canada
 - Handmade hand warmers
 - Winter animal migration club: Tally kilometres that students walk to match with a migration of an animal that migrates from Canada in the winter. Students that do not walk are hibernating animals.
- Language
- Story-writing about students' favourite walk to school in winter
- Cultural Studies
- Comparisons of snowshoe designs, toboggans and other active modes of transportation used by First Nations in winter
- Math
- Classroom walking/wheeling graphs
 - Tracking: Students put a sticker or check mark for each time they walk/wheel to school



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Raise awareness & share ideas

Here are messages that you can share in your posters, announcements, school newsletters, bulletin boards, social media, and other popular communications materials at your school.

Walking (and wheeling) to school in the winter is beneficial and **fun**.

- Raise awareness about the benefits of active school travel. Walking/wheeling to school is healthy, environmentally friendly, and great for getting to know the neighbourhood and creating community connections. See our **website** for details.
- Compare the winter weather in other parts of Canada.
- Ask students to share what they like best about their walk to school.
- Ask students and parents about recommended walking routes.

Walking/wheeling to school can also be done **safely** and **comfortably**.

Give tips on:

- Dressing for cold and wet weather
- Biking or wheeling in cold weather
- Road safety with fewer hours of daylight
- Requesting infrastructure improvements.

Students who live **too far** from school to walk or wheel **can still get active** by:

- Getting dropped off a block or two away from school and walking the rest of the way.
- Participating in group walks and other activities at school during break time..

Prize Ideas

Prizes can be simple and affordable. Prizes are most effective when they help students continue to walk/wheel to school. Here are some ideas:

- Principal dresses up as a snowpal or other costume
- Staff does a silly or popular dance
- Certificates
- Hall of fame
- Gift certificate or coupon to neighbourhood restaurants, cafés, or stores
- Ice skating social
- Ski trip
- Snow-shoeing field trip
- Fat biking field trip (riding on snow using bikes with thick tires)

