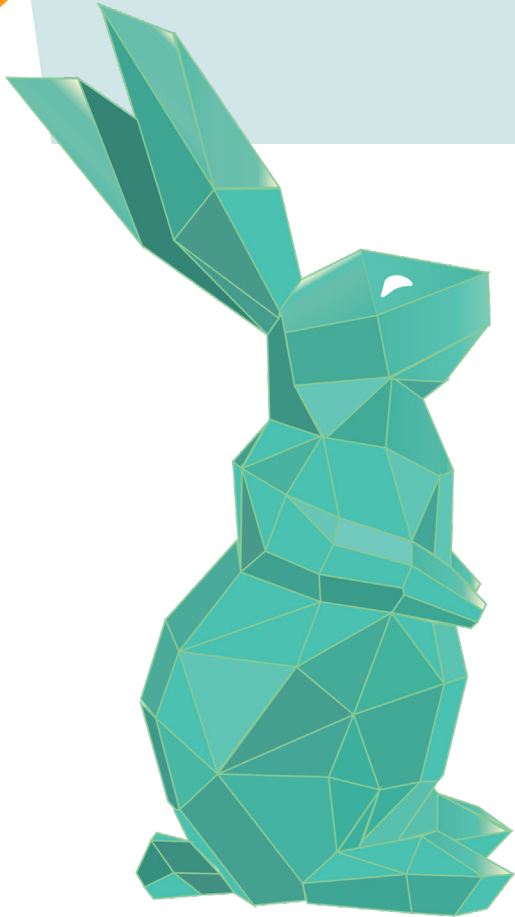


Walktober



Activity Kit

A set of resources, activity sheets and guides to make your Walktober a success.

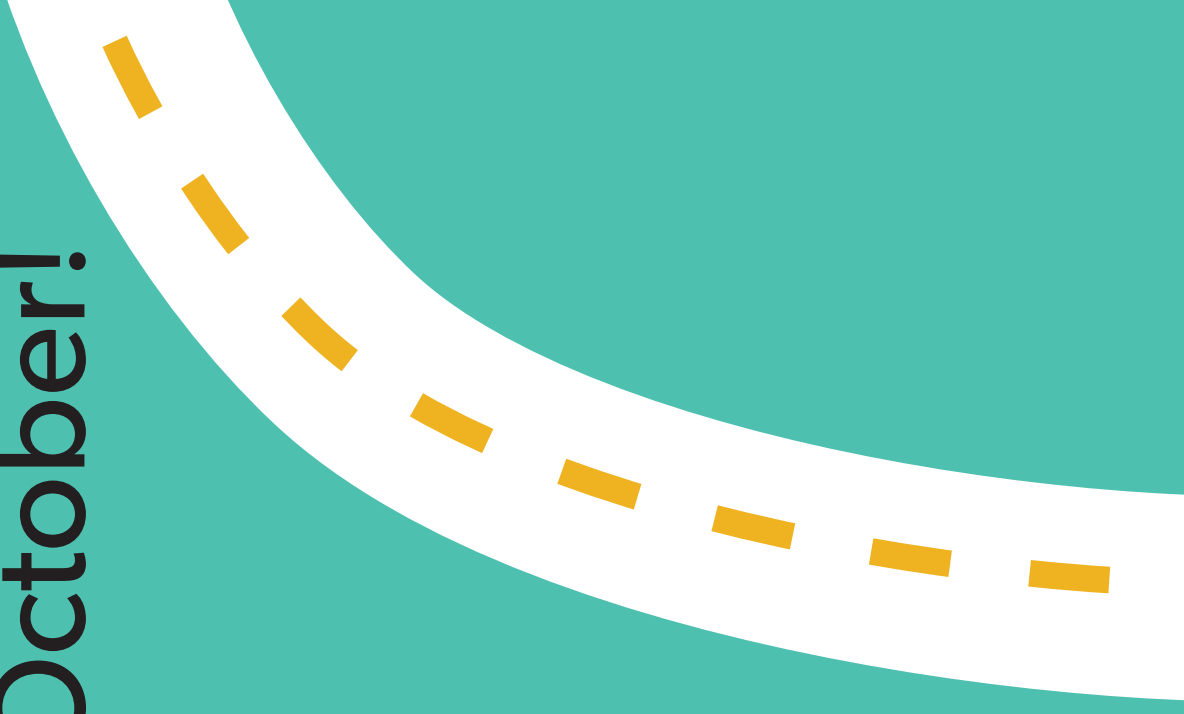
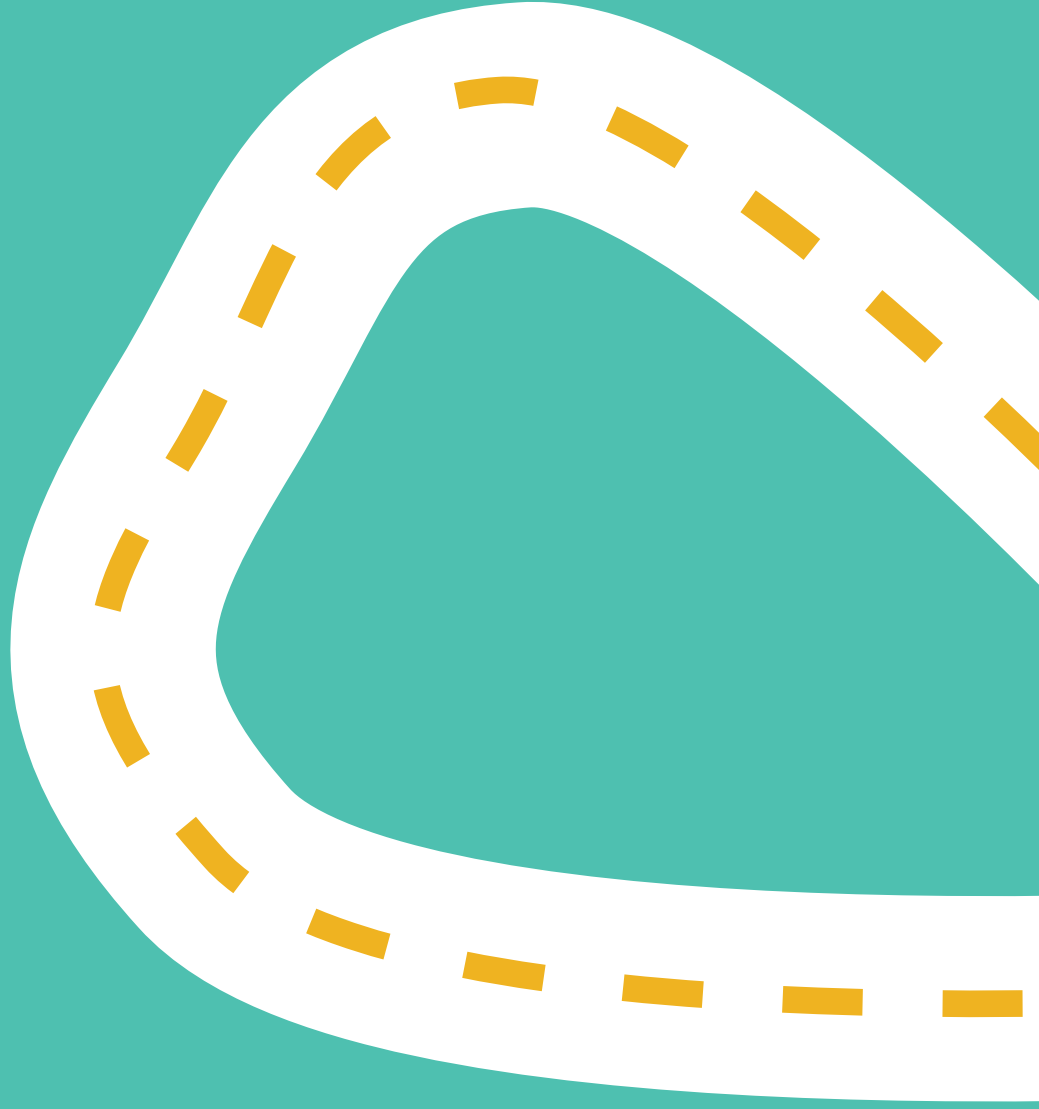
There's something for indoors and outdoors, in the classroom or at home. Let's make learning engaging, active and FUN!

What's included?

- Walktober Kilometre Tracking
- Walktober Walkabout
- Walkability Audit
- Scavenger Hunt
- Walktober Calendar
- Walk Across It: Acrostic poetry
- Walking Word Game: Crossword
- Walking Word Game: Word Find
- Walking Across Canada
- AQHI Videos
- Air Pollution Experiment
- Board Game
- Walktober Pledge

Walktober

Celebrate walking in October!



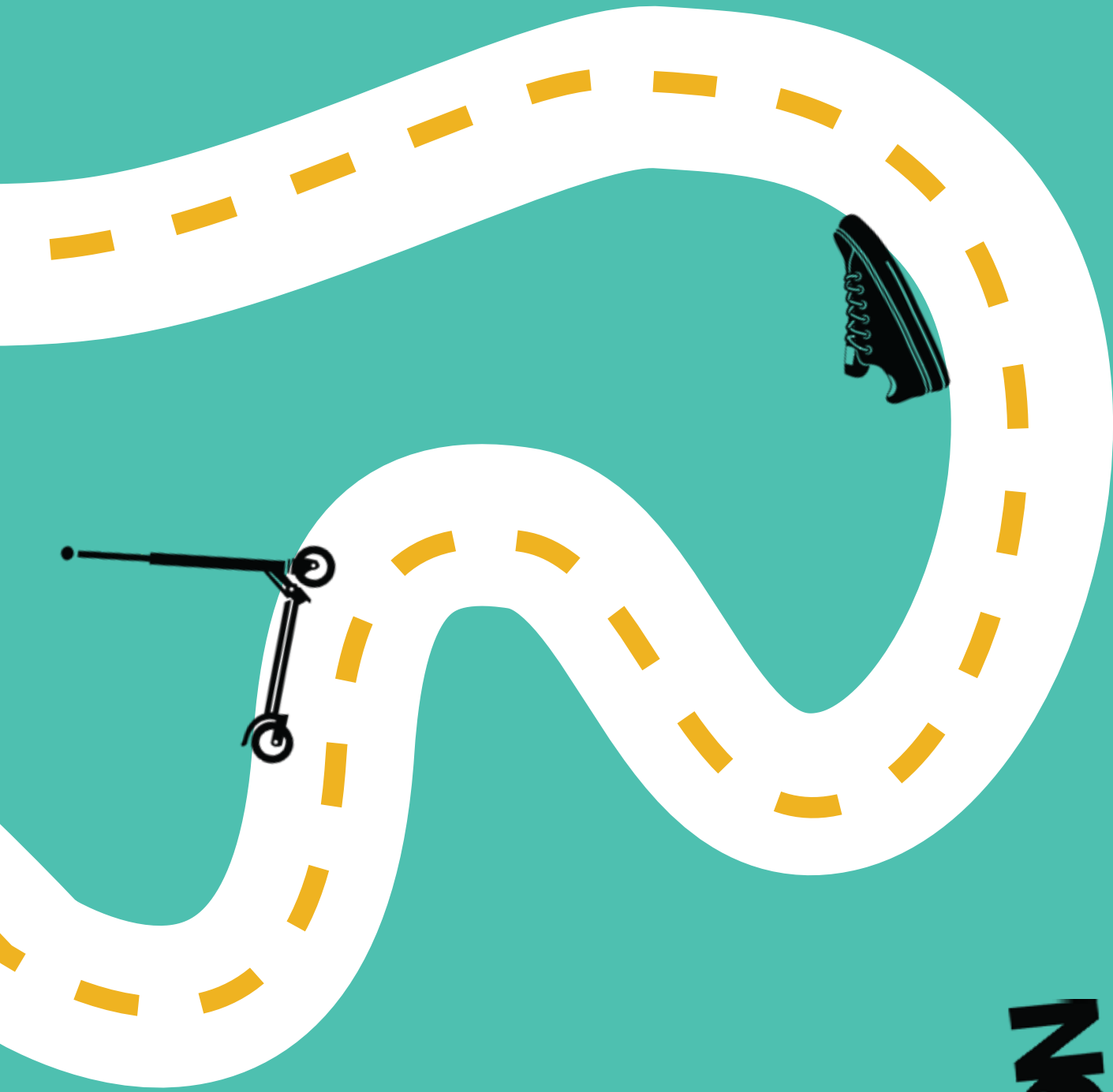
How it Works

Hop from A to B and track all of your ACTIVE trips!

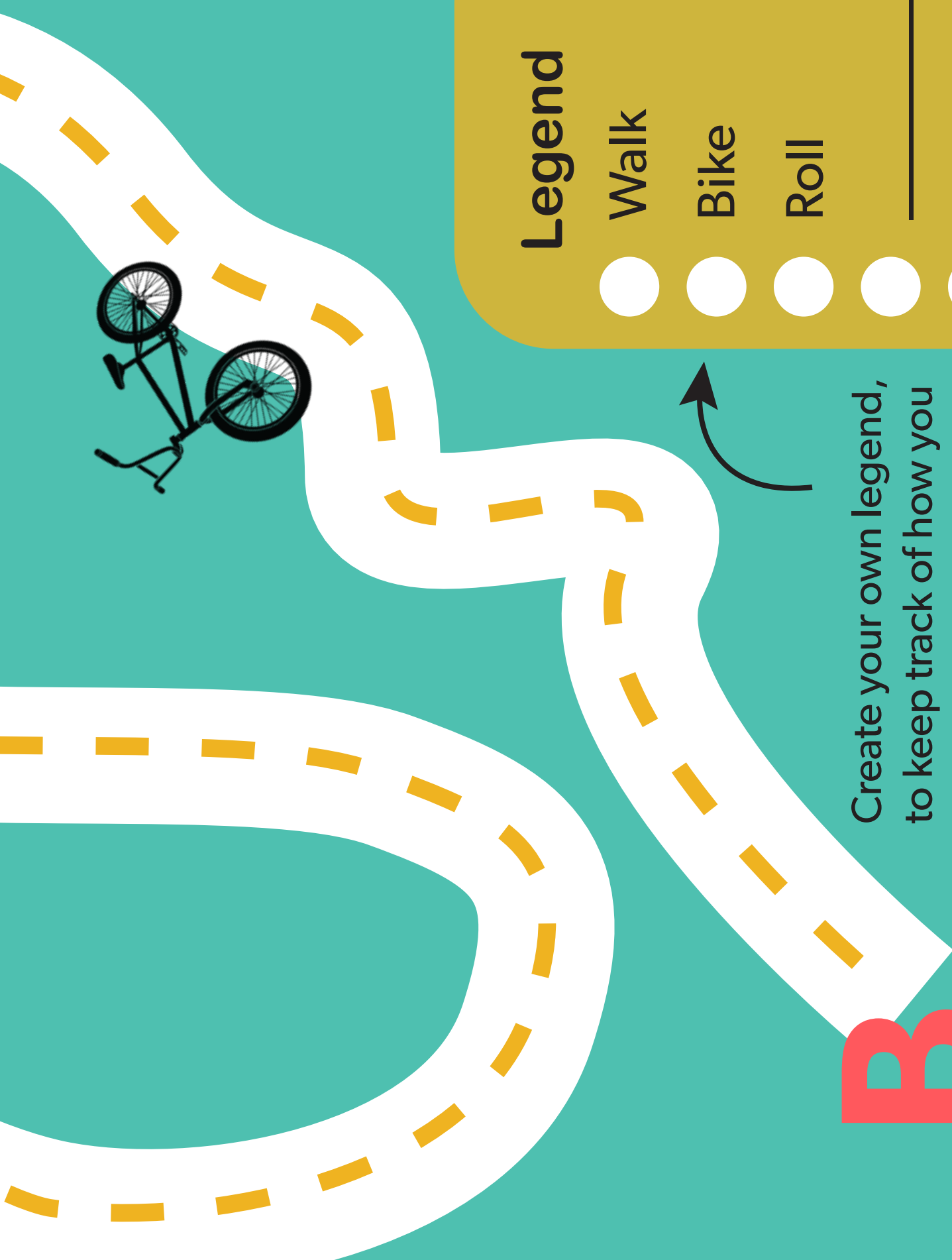
Each time you walk, run, hop, scooter, bike, rollerblade, or wheel to school or in your neighbourhood mark it on the road.



A



green
ACTION
centre



Legend



Walk



Bike



Roll





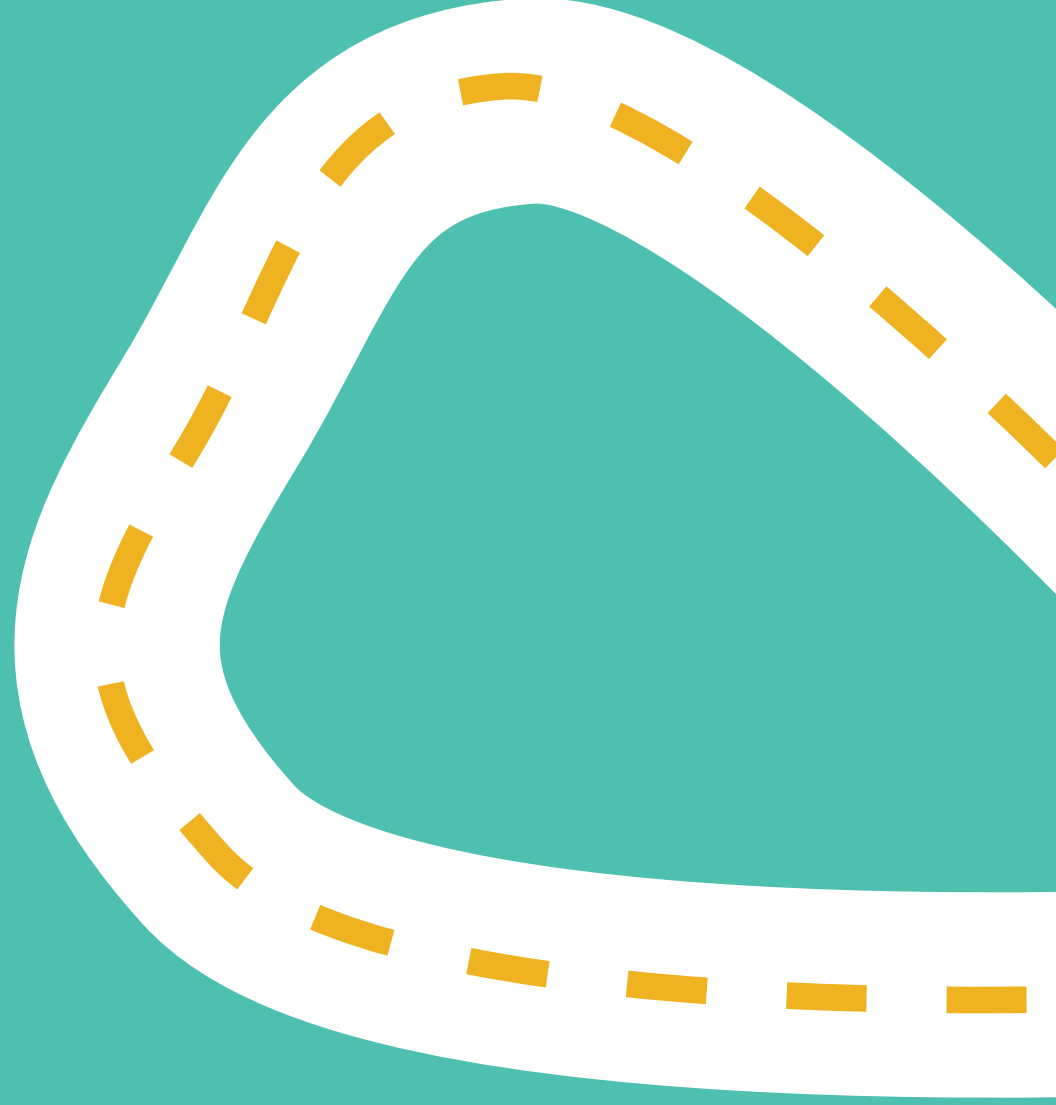
Create your own legend,
to keep track of how you
explore your
neighbourhood!



B

Walktober

Célébrer la marche en octobre



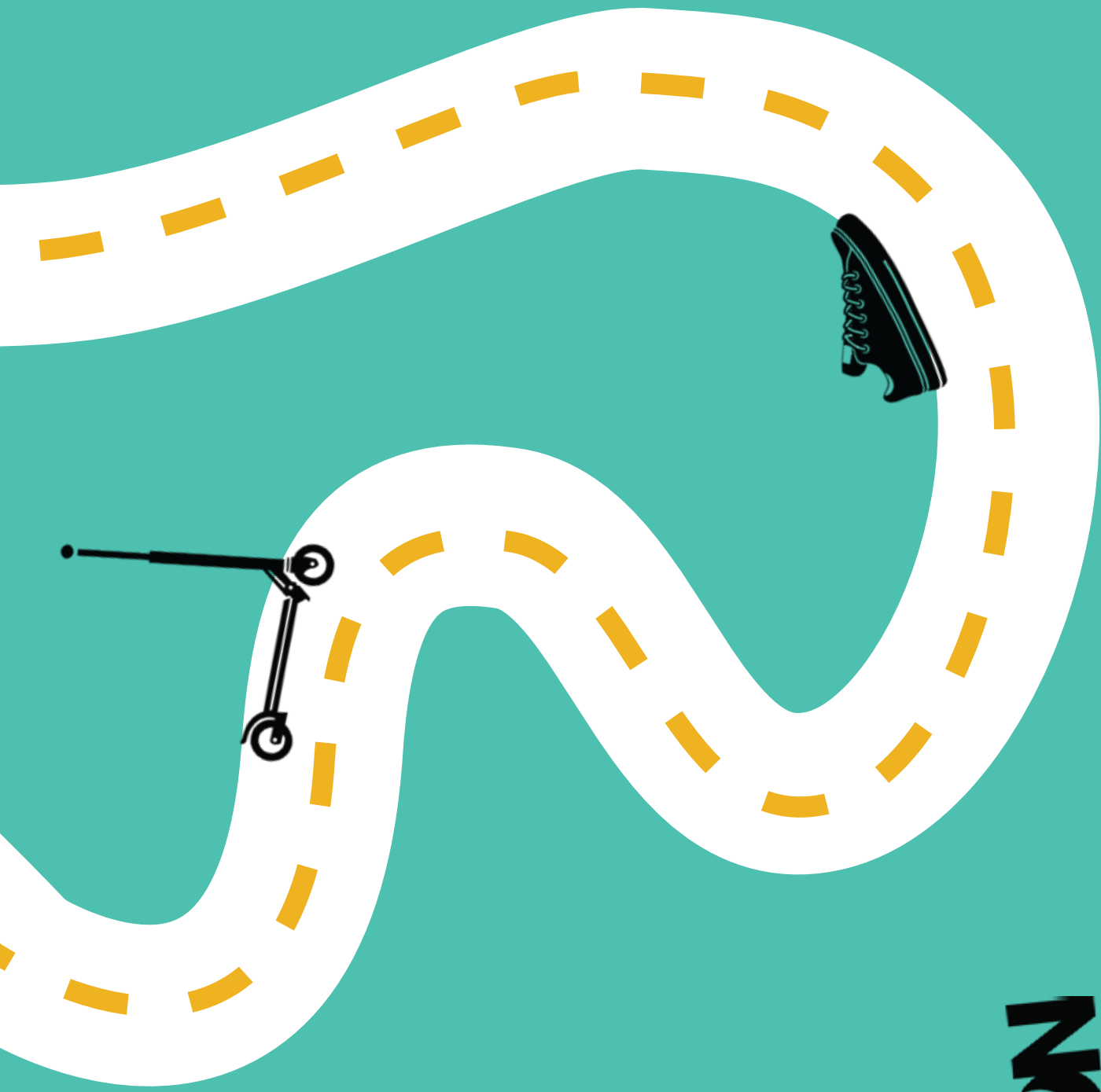
Comment Ça Fonctionne

Sautez de A à B pour le mois d'octobre, et gardez une trace de tous vos voyages!

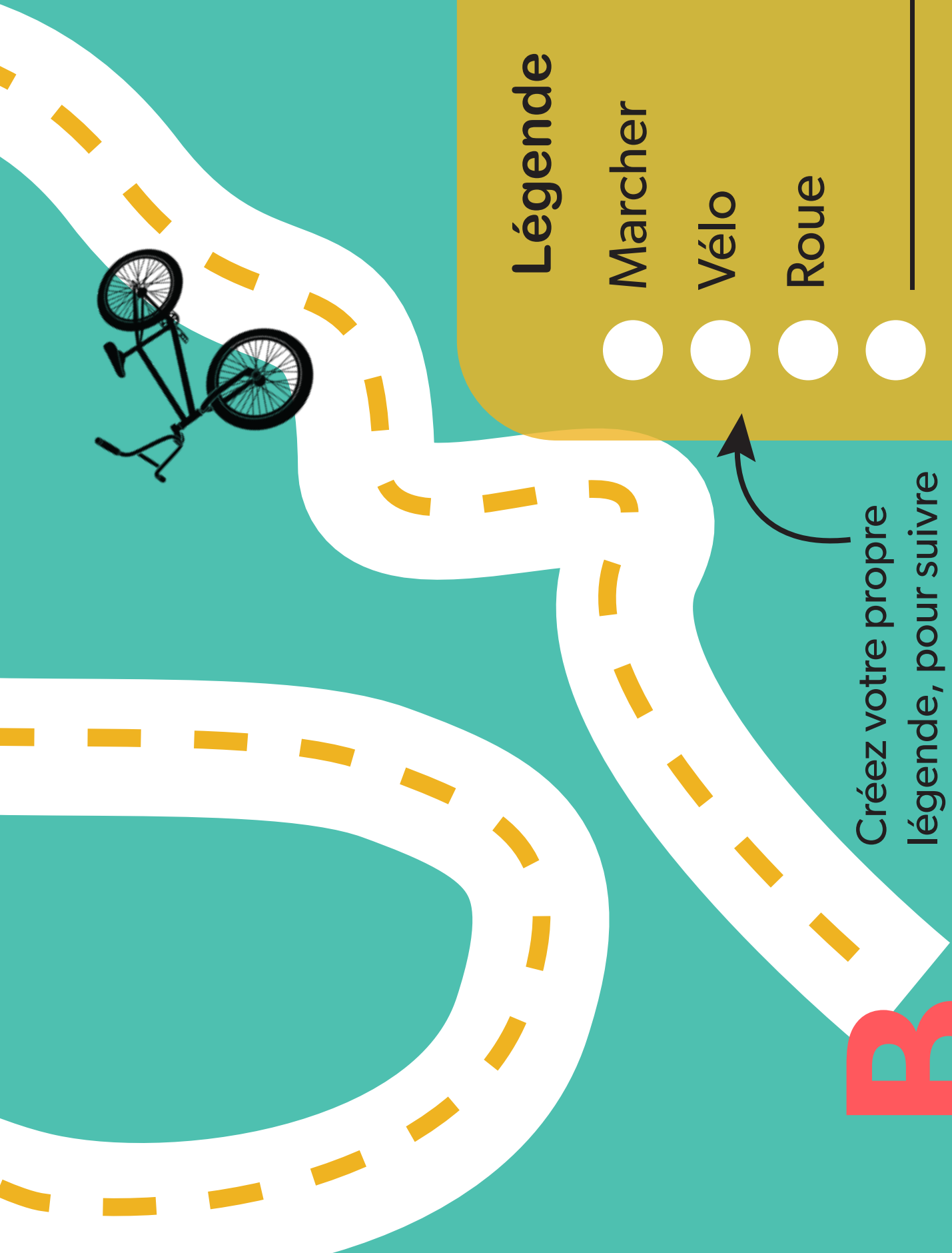
Chaque fois que vous marchez, courez, sautez, faites du vélo, du roller ou de la bicyclette pour vous rendre à l'école ou dans votre quartier, suivez-les! Mettez un autocollant ou un dessin sur la route!



A



green
ACTION
centre



Légende

- Marcher
- Vélo
- Roue
- _____
- _____

Créez votre propre légende, pour suivre la façon dont vous avez exploré!



Walkabout

Walkability Scores

Walking is good for everyone, and offers lots of benefits. It improves fitness, builds community, and if you walk to go to school it means less cars on the road and cleaner air. But some neighbourhoods aren't friendly places to walk.

Explore your neighbourhood, and see if it's good or bad for walking.

PART 1: Go for a walk

Getting Started

Find a route that you want to walk. Start by picking a destination, like a friend's house, a library, or to your favourite park. Then map a route to get there!

Get going

Put on your shoes and get walking! Use this checklist to assess your neighbourhood. Check off everything you see or experience on your walk. Pay close attention to things you SEE, HEAR, and FEEL.

The POSITIVES

- Crosswalk
- Pedestrian signal, with countdown
- School Zone (30km/h speed limit)
- Sidewalk, that's smooth and straight
- Braille sidewalk squares
- Pedestrian crossing chirps
- Not many cars or no traffic
- Quiet / not much noise
- Trees
- Easy to cross the street
- Other people walking or riding bikes
- Short street block
- Wide sidewalk
- Lots of houses or stores
- Feeling safe / happy

The NEGATIVES

- Traffic lights with no pedestrian signal
- High speed limit / fast cars
- Cracks or broken sidewalk
- Really high curb
- Lots of cars and traffic
- Loud / noisy
- No trees
- Hard to cross the street
- No other people around
- Big truck
- Long street block
- Narrow sidewalk / no sidewalk
- No houses or stores
- Unsafe drivers (did not stop, speeding, etc.)
- Feeling unsafe / scared / nervous

Safety Tip: Walk in groups or pairs. Have someone focus on the map, and the others can focus on the list!

Walkabout

Walkability Scores

PART 2: What is your neighbourhood's walkability score?

Find out if your neighbourhood is good or bad for walking. Add up all your check boxes, from what you SAW, HEARD, or FELT on your walk.

How many POSITIVES? _____

How many NEGATIVES? _____

Score your neighbourhood

Subtract negatives from positives to find your score.

$$\begin{array}{r} \text{Total \# of Positives} \\ - \text{Total \# of Negatives} \\ \hline = \text{Walkability score} \end{array}$$

$$\begin{array}{r} \text{_____} \\ - \text{_____} \\ \hline = \text{_____} \end{array}$$

This is your score!
Compare it below.

Your score is...

0 to +17 = So good

Your neighbourhood is a good place to walk! You've got good infrastructure, quiet streets and you can feel good while you're walking. It's probably good for bike rides too.

0 to - 5 = Okay

Your neighbourhood could use some improvements. Things that could help include: new sidewalks, repairing sidewalks, creating places to cross the street, slower speed limits for cars.

-5 to -15 = Uh Oh

Your neighbourhood could use LOTS of improvements. But don't worry! There's things you can do.



TAKE ACTION for safer and better walking

What can I do right now?

Pick a safe walking route. If you experienced some issues on your walk, choose different streets.

Get a sign for your lawn or window to support safe speeds, at love30on30.org.

Learn more about safe walking, like how to safely cross a street or how to read road signs.

What can communities do?

Set safe speed limits. Did you know that the only safe speed limit where people drive, bike and walk on the same street is 30km/h? The City of Winnipeg is doing a pilot of safe speed limits; talk to your councillor!

Request infrastructure changes for traffic calming in your neighbourhood. Start by calling 311, then talk with your neighbours.

Get safety patrols at the school, with support and training from CAA. Talk with your school administrators.

Walkability Checklist

How walkable is your community?

Take a walk with a child and decide for yourselves.

Everyone benefits from walking. These benefits include: improved fitness, cleaner air, reduced risks of certain health problems, and a greater sense of community. But walking needs to be safe and easy. Take a walk with your child and use this checklist to decide if your neighborhood is a friendly place to walk. Take heart if you find problems, there are ways you can make things better.

Getting started:

First, you'll need to pick a place to walk, like the route to school, a friend's house or just somewhere fun to go. The second step involves the checklist. Read over the checklist before you go, and as you walk, note the locations of things you would like to change. At the end of your walk, give each question a rating. Then add up the numbers to see how you rated your walk overall. After you've rated your walk and identified any problem areas, the next step is to figure out what you can do to improve your community's score. You'll find both immediate answers and long-term solutions under "Improving Your Community's Score..." on the third page.



Take a walk and use this checklist to rate your neighborhood's walkability.

How walkable is your community?

Location of walk

Rating Scale:



1. Did you have room to walk?

- Yes Some problems:
- Sidewalks or paths started and stopped
 - Sidewalks were broken or cracked
 - Sidewalks were blocked with poles, signs, shrubbery, dumpsters, etc.
 - No sidewalks, paths, or shoulders
 - Too much traffic
 - Something else _____

Rating: (circle one) Locations of problems:
1 2 3 4 5 6 _____

4. Was it easy to follow safety rules? Could you and your child...

- Yes No Cross at crosswalks or where you could see and be seen by drivers?
- Yes No Stop and look left, right and then left again before crossing streets?
- Yes No Walk on sidewalks or shoulders facing traffic where there were no sidewalks?
- Yes No Cross with the light?

Rating: (circle one) Locations of problems:
1 2 3 4 5 6 _____

2. Was it easy to cross streets?

- Yes Some problems:
- Road was too wide
 - Traffic signals made us wait too long or did not give us enough time to cross
 - Needed striped crosswalks or traffic signals
 - Parked cars blocked our view of traffic
 - Trees or plants blocked our view of traffic
 - Needed curb ramps or ramps needed repair
 - Something else _____

Rating: (circle one) Locations of problems:
1 2 3 4 5 6 _____

5. Was your walk pleasant?

- Yes Some problems:
- Needed more grass, flowers, or trees
 - Scary dogs
 - Scary people
 - Not well lighted
 - Dirty, lots of litter or trash
 - Dirty air due to automobile exhaust
 - Something else _____

Rating: (circle one) Locations of problems:
1 2 3 4 5 6 _____

3. Did drivers behave well?

- Yes Some problems: Drivers ...
- Backed out of driveways without looking
 - Did not yield to people crossing the street
 - Turned into people crossing the street
 - Drove too fast
 - Sped up to make it through traffic lights or drove through traffic lights?
 - Something else _____

Rating: (circle one) Locations of problems:
1 2 3 4 5 6 _____

How does your neighborhood stack up? Add up your ratings and decide.

1. _____ 26-30 Celebrate! You have a great neighborhood for walking.
2. _____ 21-25 Celebrate a little. Your neighborhood is pretty good.
3. _____ 16-20 Okay, but it needs work.
4. _____ 11-15 It needs lots of work. You deserve better than that.
5. _____ 5-10 It's a disaster for walking!
- Total: _____

Now that you've identified the problems,
go to the next page to find out how to fix them.

Now that you know the problems, you can find the answers.

Improving your community's score

1. Did you have room to walk?

Sidewalks or paths started and stopped
Sidewalks broken or cracked
Sidewalks blocked
No sidewalks, paths or shoulders
Too much traffic

What you and your child can do immediately

- pick another route for now
- tell local traffic engineering or public works department about specific problems and provide a copy of the checklist

What you and your community can do with more time

- speak up at board meetings
- write or petition city for walkways and gather neighborhood signatures
- make media aware of problem
- work with a local transportation engineer to develop a plan for a safe walking route

2. Was it easy to cross streets?

Road too wide
Traffic signals made us wait too long or did not give us enough time to cross
Crosswalks/traffic signals needed
View of traffic blocked by parked cars, trees, or plants
Needed curb ramps or ramps needed repair

- pick another route for now
- share problems and checklist with local traffic engineering or public works department
- trim your trees or bushes that block the street and ask your neighbors to do the same
- leave nice notes on problem cars asking owners not to park there

- push for crosswalks/signals/ parking changes/curb ramps at city meetings
- report to traffic engineer where parked cars are safety hazards
- report illegally parked cars to the police
- request that the public works department trim trees or plants
- make media aware of problem

3. Did drivers behave well?

Backed without looking
Did not yield
Turned into walkers
Drove too fast
Sped up to make traffic lights or drove through red lights

- pick another route for now
- set an example: slow down and be considerate of others
- encourage your neighbors to do the same
- report unsafe driving to the police

- petition for more enforcement
- request protected turns
- ask city planners and traffic engineers for traffic calming ideas
- ask schools about getting crossing guards at key locations
- organize a neighborhood speed watch program

4. Could you follow safety rules?

Cross at crosswalks or where you could see and be seen
Stop and look left, right, left before crossing
Walk on sidewalks or shoulders facing traffic
Cross with the light

- educate yourself and your child about safe walking
- organize parents in your neighborhood to walk children to school

- encourage schools to teach walking safely
- help schools start safe walking programs
- encourage corporate support for flex schedules so parents can walk children to school

5. Was your walk pleasant?

Needs grass, flowers, trees
Scary dogs
Scary people
Not well lit
Dirty, litter
Lots of traffic

- point out areas to avoid to your child; agree on safe routes
- ask neighbors to keep dogs leashed or fenced
- report scary dogs to the animal control department
- report scary people to the police
- report lighting needs to the police or appropriate public works department
- take a walk with a trash bag
- plant trees, flowers in your yard
- select alternative route with less traffic

- request increased police enforcement
- start a crime watch program in your neighborhood
- organize a community clean-up day
- sponsor a neighborhood beautification or tree-planting day
- begin an adopt-a-street program
- initiate support to provide routes with less traffic to schools in your community (reduced traffic during am and pm school commute times)

A Quick Health Check

Could not go as far or as fast as we wanted
Were tired, short of breath or had sore feet or muscles
Was the sun really hot?
Was it hot and hazy?

- start with short walks and work up to 30 minutes of walking most days
- invite a friend or child along
- walk along shaded routes where possible
- use sunscreen of SPF 15 or higher, wear a hat and sunglasses
- try not to walk during the hottest time of day

- get media to do a story about the health benefits of walking
- call parks and recreation department about community walks
- encourage corporate support for employee walking programs
- plant shade trees along routes
- have a sun safety seminar for kids
- have kids learn about unhealthy ozone days and the Air Quality Index (AQI)

Need some guidance? These resources might help...

Great Resources

WALKING INFORMATION

Pedestrian and Bicycle Information Center (PBIC)

UNC Highway Safety Research Center
Chapel Hill, NC
www.pedbikeinfo.org
www.walkinginfo.org

National Center for Safe Routes to School

Chapel Hill, NC
www.saferoutesinfo.org

For More Information about Who Can Help Address Community Problems

www.walkinginfo.org/problems/help.cfm

State Bicycle & Pedestrian Coordinators

<http://www.walkinginfo.org/assistance/contacts.cfm>

FEDERAL POLICY, GUIDANCE AND FUNDING SOURCES FOR WALKING FACILITIES

Federal Highway Administration

Bicycle and Pedestrian Program
Office of Natural and Human Environment
Washington, DC
www.fhwa.dot.gov/environment/bikeped/index.htm

PEDESTRIAN SAFETY

Federal Highway Administration

Pedestrian and Bicycle Safety Team
Office Of Safety
Washington, DC
http://safety.fhwa.dot.gov/ped_bike/

National Highway Traffic Safety Administration

Traffic Safety Programs
Washington, DC
www.nhtsa.gov/Pedestrians

SIDEWALK ACCESSIBILITY INFORMATION

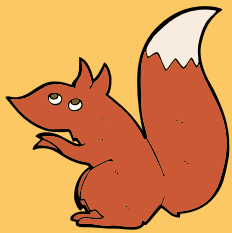
US Access Board

Washington, DC
Phone: (800) 872-2253;
(800) 993-2822 (TTY)
www.access-board.gov



Walktober Scavenger Hunt

How many items can
you find?



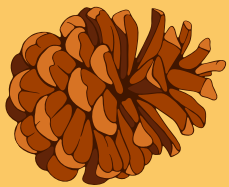
Red Squirrel



Elm Leaf



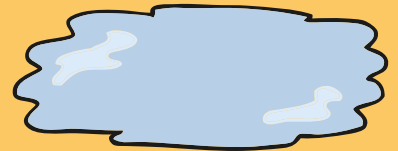
Acorn



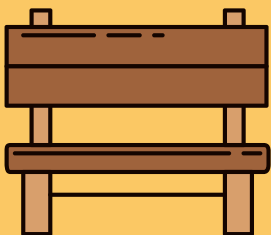
Pine Cone



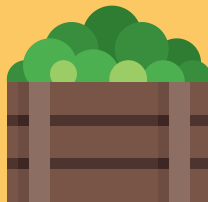
Canada
Goose



Puddle



Park Bench



Compost
Pile



Feather



Maple Tree



A Spider
Web



Person Biking








Walktober

CALENDAR CHALLENGE

Do these fun challenges as part of a daily walk. Mark the calendar every day you complete a new challenge!

WALKING IDEAS

1. Wave to a friend/neighbour
2. Skip rope or hula hoop
3. Go for a walk/roll with a family member or a furry friend
4. Grab some chalk and leave kind messages
5. Take out a library book
6. Collect leaves to make art or leaf rubbings
7. Sing or hum a song
8. Stop by a local landmark or store
9. Count the number of trees on your block
10. Power-walk or jog for a few blocks
11. Skip or hop for a block
12. Dance your walk
13. Read a nature poem before leaving home
14. Create a recycled bird feeder to leave on your walking route
15. Learn about the Air Quality Health Index and check it before your walk

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5 International Walk to School Day!	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Walk Across It

Acrostic Poetry

Part 1. Write an acrostic poem for “Walk to School” about your experiences with walking, biking or rolling (wheel chair, skateboard, scooter, etc.).

W

A

L

K

T

O

S

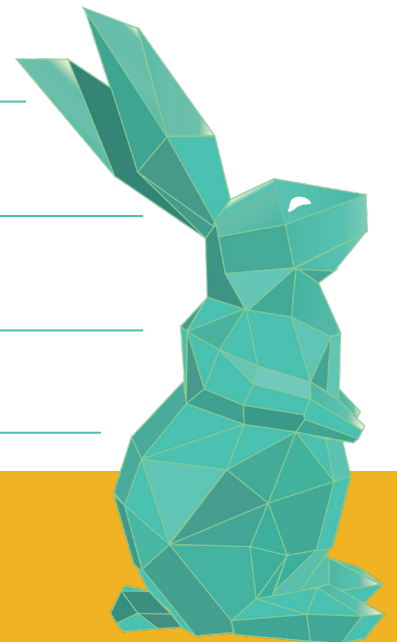
C

H

O

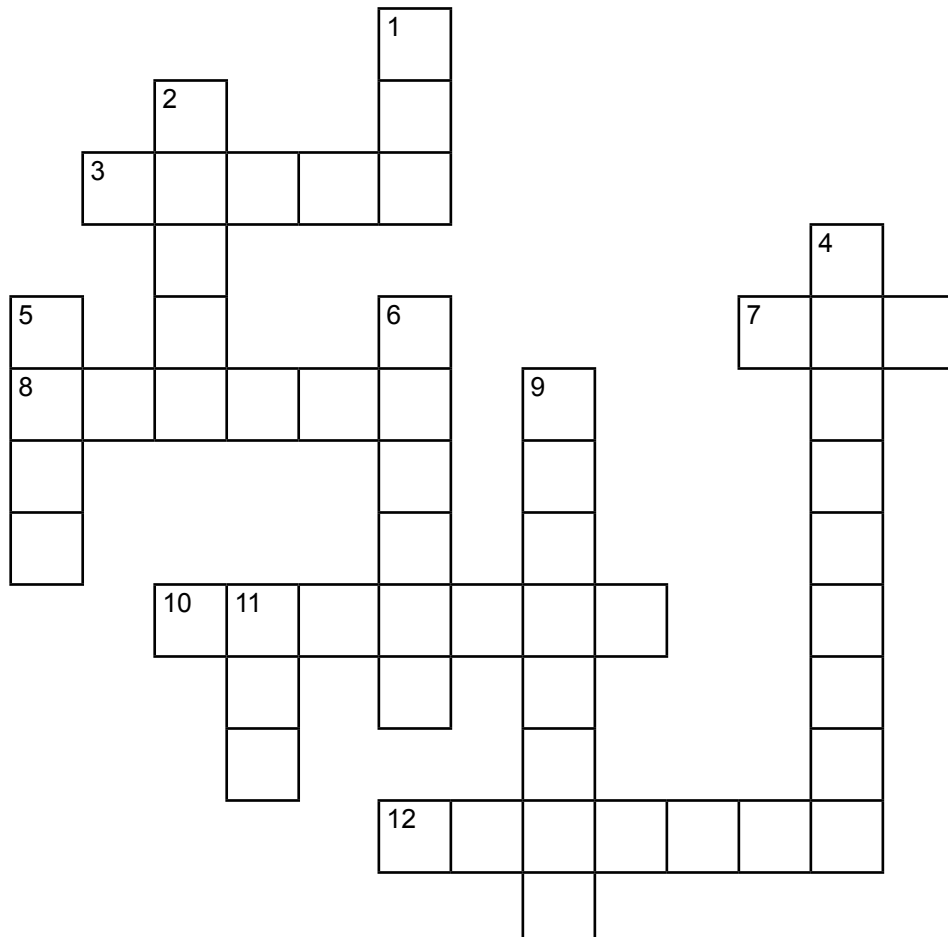
O

L





Crossword



Across

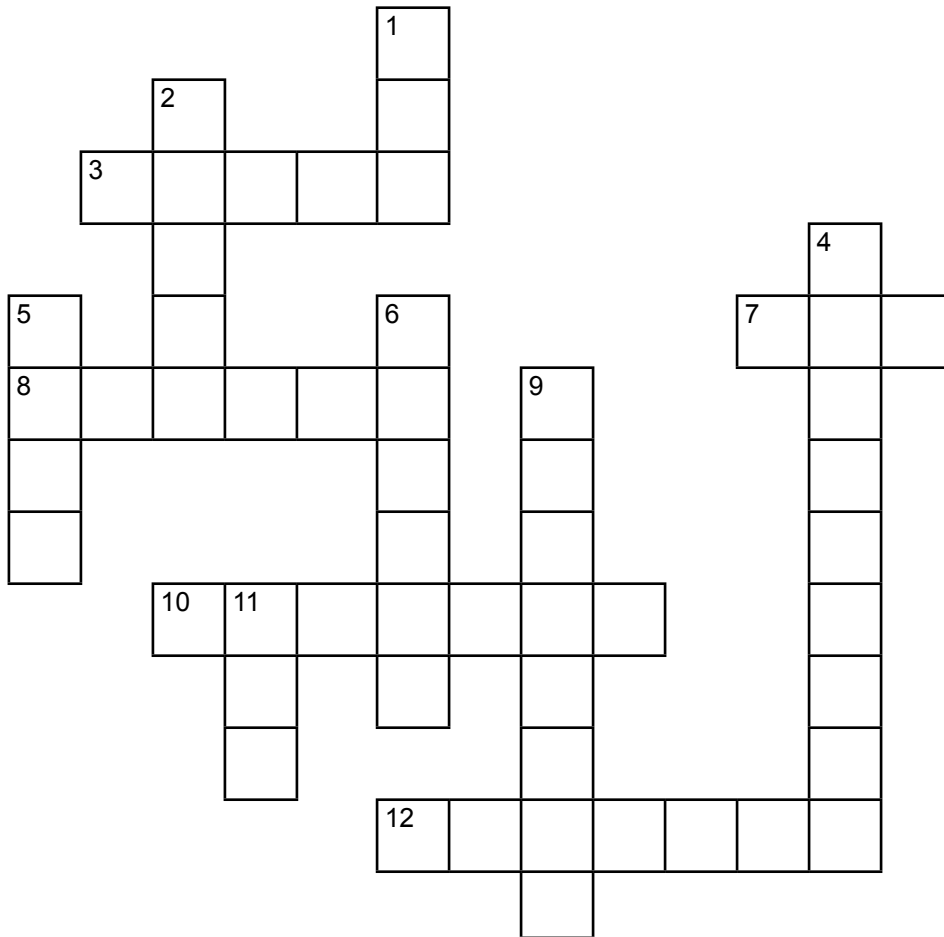
3. Obey traffic _____ and signals.
7. Bike to School Day takes place in the month of _____.
8. Instead of sitting at home, walking helps kids be _____.
10. Walking to school is a chance to spend time with your family and _____.
12. International Walk to School Day takes place in the month of _____.

Down

1. Walk to school instead of riding in a car or _____.
2. When crossing the street, look left, _____ and left again for traffic.
4. On your bike, make sure to keep both hands on the _____.
5. _____ or bike to school for International Walk to School Day!
6. When riding your bicycle, always wear a _____.
9. Teachers and _____ can walk during lunch.
11. Walk, don't _____ across the street.



Crossword



Word Bank:

walk
right
October
active
students
helmet
signs
run
handlebar
friends
bus
May

Across

3. Obey traffic _____ and signals.
7. Bike to School Day takes place in the month of _____.
8. Instead of sitting at home, walking helps kids be _____.
10. Walking to school is a chance to spend time with your family and _____.
12. International Walk to School Day takes place in the month of _____.

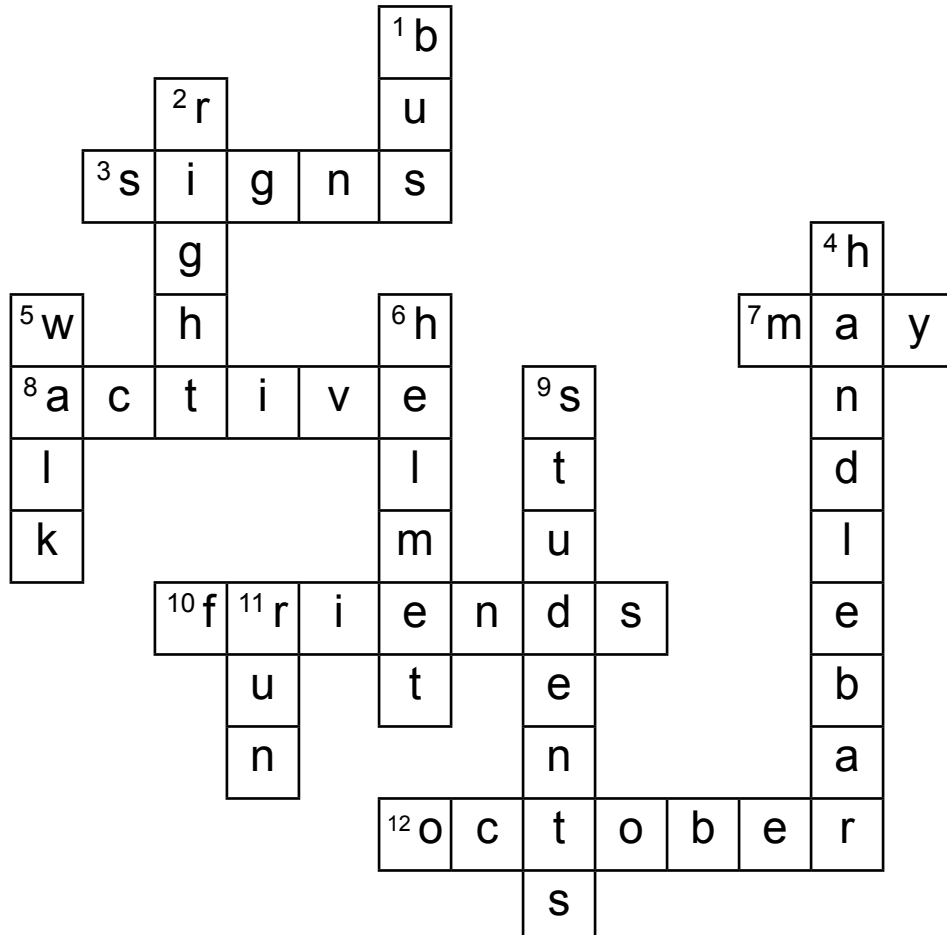
Down

1. Walk to school instead of riding in a car or _____.
2. When crossing the street, look left, _____ and left again for traffic.
4. On your bike, make sure to keep both hands on the _____.
5. _____ or bike to school for International Walk to School Day!
6. When riding your bicycle, always wear a _____.
9. Teachers and _____ can walk during lunch.
11. Walk, don't _____ across the street.



Crossword

Answer Key



Across

3. Obey traffic _____ and signals.
7. Bike to School Day takes place in the month of _____.
8. Instead of sitting at home, walking helps kids be _____.
10. Walking to school is a chance to spend time with your family and _____.
12. International Walk to School Day takes place in the month of _____.

Down

1. Walk to school instead of riding in a car or _____.
2. When crossing the street, look left, _____ and left again for traffic.
4. On your bike, make sure to keep both hands on the _____.
5. _____ or bike to school for International Walk to School Day!
6. When riding your bicycle, always wear a _____.
9. Teachers and _____ can walk during lunch.
11. Walk, don't _____ across the street.



Word Find

W	F	G	R	B	F	R	I	E	N	D	S	E	A	L
O	S	B	D	S	S	C	D	T	P	N	S	C	N	M
F	E	I	D	E	S	I	T	E	S	E	C	S	X	O
P	Z	K	N	Q	S	I	T	Y	T	E	M	L	E	H
K	W	E	P	T	A	M	E	U	F	V	V	G	K	E
J	I	W	U	A	E	E	O	L	W	O	R	L	D	A
N	U	O	U	B	N	R	S	E	A	C	M	I	T	L
E	W	D	C	B	V	N	N	S	O	A	D	S	P	T
W	S	F	V	D	I	L	E	A	C	D	C	N	U	H
A	R	G	A	Q	R	B	F	A	T	H	C	F	G	V
L	N	T	F	Q	O	V	S	C	O	I	R	V	F	E
K	I	D	S	A	N	H	A	O	B	Y	O	D	A	P
S	E	B	E	P	M	S	L	B	E	C	S	N	A	E
J	O	R	D	R	E	I	A	I	R	F	S	P	A	O
Y	C	A	F	H	N	Y	L	N	E	B	W	S	C	L
S	W	S	K	A	T	E	H	Y	S	H	A	H	T	X
C	Y	G	I	E	S	K	D	E	A	S	L	E	I	K
G	A	V	F	K	F	R	O	S	B	I	K	S	V	R
E	M	A	P	C	S	I	D	E	W	A	L	K	E	J
Q	S	E	I	D	O	V	O	P	I	U	Y	F	S	G

WALK
KIDS
FAMILY
MAY

BIKE
HEALTH
WORLD
OUTSIDE

SAFETY
AIR
SKATE
SCHOOL

ENVIRONMENT
CROSSWALK
NATIONAL
HELMET

ACTIVE
FRIENDS
ROUTES
SIDEWALK

Find each of the words in the puzzle above. Words may be forwards, backwards, vertical, horizontal or diagonal.



Word Find

Answer Key

W F G R B F R I E N D S E A L
O S B D S S C D T P N S C N M
F E I D E S I T E S E C S X O
P Z K N Q S I T Y T E M L E H
K W E P T A M E U F V V G K E
J I W U A E E O L W O R L D A
N U O U B N R S E A C M I T L
E W D C B V N N S O A D S P T
W S F V D I L E A C D C N U H
A R G A Q R B F A T H C F G V
L N T F Q O V S C O I R V F E
K I D S A N H A O B Y O D A P
S E B E P M S L B E C S N A E
J O R D R E I A I R F S P A O
Y C A F H N Y L N E B W S C L
S W S K A T E H Y S H A H T X
C Y G I E S K D E A S L E I K
G A V F K F R O S B I K S V R
E M A P C S I D E W A L K E J
Q S E I D O V O P I U Y F S G

WALK
KIDS
FAMILY
MAY
OCTOBER

BIKE
HEALTH
WORLD
OUTSIDE

SAFETY
AIR
SKATE
SCHOOL

ENVIRONMENT
CROSSWALK
NATIONAL
HELMET
INTERNATIONAL

ACTIVE
FRIENDS
ROUTES
SIDEWALK

Find each of the words in the puzzle above. Words may be forwards, backwards, vertical, horizontal or diagonal.

Walking Across Canada

Cross the country together

Total distance: 7428km!

Stay fit, and have fun

Challenge your community (students, teachers, individuals and families) to collect footsteps or kilometers on Clean Air Day or throughout the month to travel from one end of the country to the other!

Compete as a family, as a classroom, or in a group. The bigger the group, the better!

What you need

A chart to track distance (see example on next page)

A pedometer (optional)

How To Walk Across Canada

With a pedometer: Walk 1km with your pedometer (2.5 laps around a track, or calculate it on Google Maps). Multiply your step count by the total kms to cross Canada to find out the total amount of steps you will need.

Without a pedometer: Track your distance on each walk or bike ride and add it up throughout the day or month to find your total! If you need to guess, the average person can walk 5km or bike 20km in an hour.

While 7428km seems like a lot for one person, **it gets easier when you share the distance!** Divide the total distance by the number of people participating to determine how much walking or biking each person has to do.

FROM	TO	DISTANCE
IQUALUIT, NT	YELLOWKNIFE, NWT	2200km
YELLOWKNIFE, NWT	WHITEHORSE, YT	2704km
WHITEHORSE, YT	VICTORIA, BC	2763km
VICTORIA, BC	VANCOUVER, BC	66km
VANCOUVER, BC	EDMONTON, AB	1244km
EDMONTON, AB	REGINA, SK	764km
REGINA, SK	SASKATOON, SK	256km
SASKATOON, SK	WINNIPEG, MB	829km
WINNIPEG, MB	THUNDERBAY, ON	715km
THUNDER BAY, ON	TORONTO, ON	1384km
TORONTO, ON	MONTREAL, QC	539km
MONTREAL, QC	QUEBEC CITY, QC	270km
QUEBEC CITY, QC	FREDERICTON, NB	586km
FREDERICTON, NB	HALIFAX, NS	346km
HALIFAX, NS	CHARLOTTETOWN, PEI	232km
CHARLOTTETOWN, PEI	ST. JOHNS, NL	1294km

Walktober

Air Quality and Pollution

Understanding clean air

Air quality can be measured

There is a scale called the Air Quality Health Index (AQHI) that helps us understand if air is clean or dirty and how that affects our health. Watch these videos and then do an activity to learn about AQHI

What you need

- Computer
- Speakers
- Internet

What are you breathing today? Video

Watch this video to learn about the Air Quality Health Index from Health Canada.

What AQHI is, and how to understand it.

[Video >>](#)



The Science of Air Pollution

Environment Canada has put together some resources and posters about air pollution. Learn about the different gases, and impacts on the environment and human health
[Go to Environment Canada website >>](#)

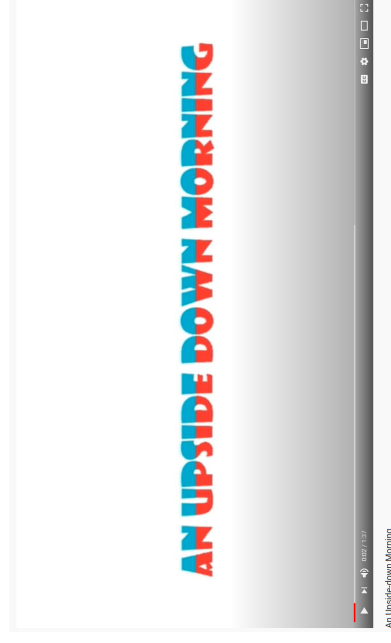
Air Quality and Weather Videos

These three videos from Environment Canada talk about how weather can affect air pollution.

“An upside down morning” - Thermal Inversions
[Video >>](#)

“A view on smog” - Topography
[Video >>](#)

“Far-reaching smog” - Long-range pollution
[Video >>](#)



Walktober

Air Pollution Experiment

Find out what's in your air

When we look around we don't usually 'see' the air, so it can be easy to assume it is clean. In reality, air is made up of mostly invisible gases and particles, and it can be difficult to tell if the air is clean or polluted. Scientists can use complex sensors to determine what is in the air. In this experiment, we will make a basic sensor to detect particles in the air around us.

What you need

A piece of white or clear plastic (container lids or clamshell packaging from your recycling bin work great!)

Petroleum jelly

Blank white paper or surface

Tape (optional)



Instructions

1. Coat the top of the white or clear plastic with petroleum jelly
2. Identify a location where you want to test the air and find a place to put the plastic. If you want to test the air outside, you may have to tape your plastic to a heavier object so it doesn't blow away!
3. Leave your experiment out for at least 24 hours
4. At the end of your experimental time, collect the experiment and bring it inside. If you used a clear piece of plastic, place it on a white sheet of paper or a light coloured surface
5. Examine the top of the plastic for any particles collected. Try to identify what you see!

[Source: education.com](http://education.com)



BONUS

If you have access to a microscope and slides at your school, you can see your collected particles in even more detail!

[Find out more here](#)

Walktober

Clean Air Game

from Green Teachers

Clean Air Game



- Green Space.
- Instructions on each space you land on.
- Record scores on a tally sheet.
- The team or player with the lowest score (cleanest air) wins.



Learn about air quality and climate change

Can YOU keep our air clean and take action on climate change?

What you need

- Paper
- Game board
- Four (4) Player pieces
- Fifteen (15) point peices, per player
- One (1) dice

How to Play

1. Get the game board from greenteachers.com (or make your own!)

[Download Game Board PDF](#)



2. Read the instructions
Simple instructions here

Get the full detailed instructions:
greenteacher.com/the-clean-air-game/

3. Start playing!

Game Instructions

2-6 players

If more than 6, divide into teams.

Each player gets a playing piece. Try small toys, lego people, or lego peices.

Start:

Begin on one of the two Green Spaces and move clockwise around the board. Each player begins their turn by rolling the dice. Move the spaces you rolled, and read aloud the description on that space. Add or remove pollutants from your atmosphere as directed.

Scoring:

Players keep track of their own scores. If in teams, only the total team score is what matters. The team or player with the lowest score (cleanest air) wins the game.

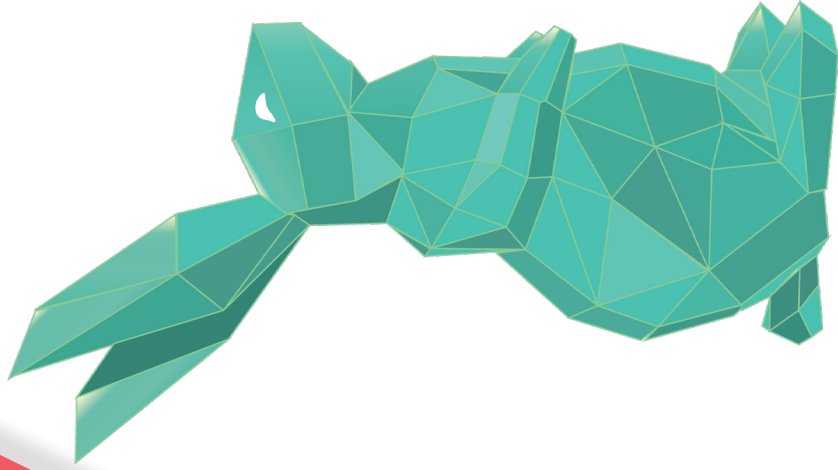
Keep score on paper, or use point peices (peices of cheerios, dried fruit, chips, nuts, etc). These peices represent pollution.

Each player starts the game with 15 peices, a handful is placed in the center of the game. To remove pollutants, players eat the ce-real peices in their air. To add pollutants, they take peices from the center of the board and add them to their own pile.

Walktober

Walktober Pledge

I pledge to...



What's something you want to commit to doing for Walktober?