



7. FUN AND GAMES

IDEAS TO LEARN MORE ABOUT WALKING TO SCHOOL AND YOUR HEALTH

Here are some ideas to help your students learn how walking and exercise can be good for their bodies and minds. These ideas can be adapted to the Manitoba Curriculum (see section 6).

Biology

Trace an outline of a student's body using Kraft paper and have the class identify parts of the body that walking helps to improve (e.g., healthy heart, strong bones, alert mind) by drawing them on the paper.

Alternatively, **students can draw different parts of the body** that walking helps to strengthen. They can then display their artwork during International Walk to School Month (see section 4.1.1).

General

Memory game with cards – have each student draw two copies of a picture about walking (e.g., a shoe, a sidewalk, a bicycle, a rollerblade, a pet) on thick paper cut like cards in a deck. Then, use the cards to play the memory game by turning them all over and having students take turns to get as many pairs as possible.

Safety

The Blazing Trails Through the Urban Jungle Mapping Booklet can be used to educate Grades 4 to 6 students about the transportation hazards on their way to school, and how to overcome them. Contact asrts@greenactioncentre.ca for copies of the booklet. See section 4.7 for more information on mapping.

Injury prevention

Visit the Elmer the Safety Elephant website (www.elmer.ca) for ideas on how to teach children traffic safety. Click on the *Parents and Teachers* icon for materials to teach traffic safety when walking to school. There are also games and activities for kids to do online or by downloading worksheets. Enjoy!

Safe Kids Canada (www.safekidscanada.ca) also has resources on pedestrian and cycling safety.

Music

Change the lyrics of a popular children's song by relating it to walking and being healthy. Students can sing this as they walk to school during IWALK Month or as part of their Walking School Bus or Walking Buddies. Check out <http://www.theteachersguide.com/ChildrensSongs.htm> for children's song ideas!

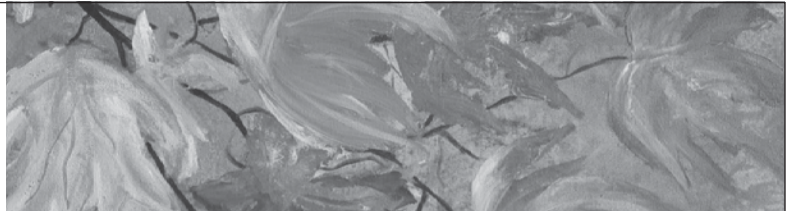
Here's one to try:

WALK WALK WALK YOUR FEET (SUNG TO THE TUNE OF "ROW, ROW, ROW YOUR BOAT")

Walk, walk, walk your feet
Gently down the street
Merrily, merrily, merrily, merrily
Walking's such a treat!

Have students read a poem for inspiration and then create their own poem. Here are some examples that follow walking through the seasons!

CAN YOU SPY THE SIGNS OF FALL?



By Miesje Taylor & Suzanne (Shoshana) Kort Litman

When I walk to school I spy the signs of Fall:

Flowers dried on stems so tall.

Red berries catch my eye.

Maple seeds like helicopters fly.

Blackberries wither on the vine.

Trees no longer green: that's Fall's sure sign.

Leaves turn orange to red to brown,

Blown by big winds to the ground.

When I walk on crispy leaves

They make a crunching sound.

I spy rose hips on branches bare.

Spider webs glisten in the air.

If I rode in a car instead, I would miss it all.

A blur through my window would be the signs of fall.

That's why I'm glad I walk and spy

Fall with my little open eye.

✓ When you walk to school in the Fall, can you spy__

_____ dried flowers

_____ berries

_____ seeds

_____ vines

_____ leaves on trees

_____ wind

_____ leaves on the ground

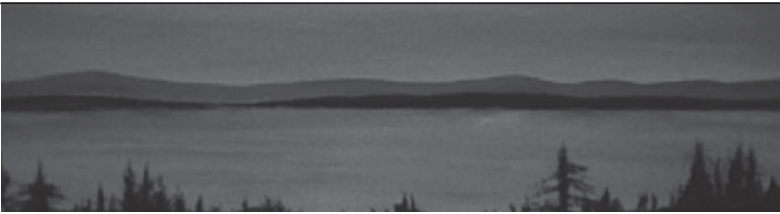
_____ rose hips

_____ bare branches

_____ spider webs

Art by Miesje Taylor email: miesje1@shaw.ca

CAN YOU SPY THE SIGNS OF WINTER?



By Miesje Taylor & Suzanne (Shoshana) Kort Litman

When I walk to school I spy the signs of Winter:

Frozen puddles I step on splinter.

Snowflakes catch my eye.

Wind in my face, feels as if I can fly!

Snow covers every bush and vine,

Each tree wears white: that's Winter's sure sign.

I make snow angels, snowballs, slide down hills.

Hold mittened hands to stop chilly spills.

I spy icicles like glass,

Snow men's roly polly mass,

Holly berries dressed in greens and reds.

Wollen hats warm frosty heads.

If I didn't walk like this,

Winter's signs I'd surely miss.

That's why I'm glad I walk and spy

Winter with my little open eye.

✓ When you walk to school
in Winter, can you spy__

_____ frozen puddles

_____ snowflakes

_____ snow angels

_____ snowballs

_____ hills

_____ mittens

_____ icicles

_____ snow men

_____ holly berries

_____ hats

Art by Miesje Taylor email: miesje1@shaw.ca

CAN YOU SPY THE SIGNS OF SPRING?



By Miesje Taylor & Suzanne (Shoshana) Kort Litman

When we walk to school we spy the signs of Spring:

Chickadees play and sing.

Nothing's frozen, now there's dew.

Everything smells fresh and new.

Young shoots burst from earth and vine,

Each tree wears green: that's Spring's sure sign.

Bluebells dance, daffodil bends.

We talk a lot when we walk to school with friends.

We spy pussy willows, soft to touch.

It's early Spring we love so much,

Crocuses purple, bright yellow, white.

Dainty snowdrops dance in sight.

If we rode in cars instead we'd miss everything.

A blur through our windows would be the signs of Spring.

So three cheers for everyone who walks and spies

Spring with bright and open eyes!

✓ When you walk to school in Spring, can you spy__

_____ birds

_____ young shoots

_____ earth (soil)

_____ green leaves

_____ bluebells

_____ daffodils

_____ friends

_____ pussy willows


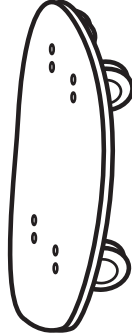
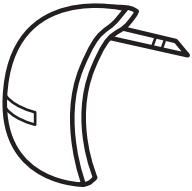
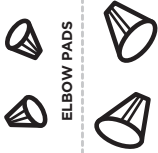




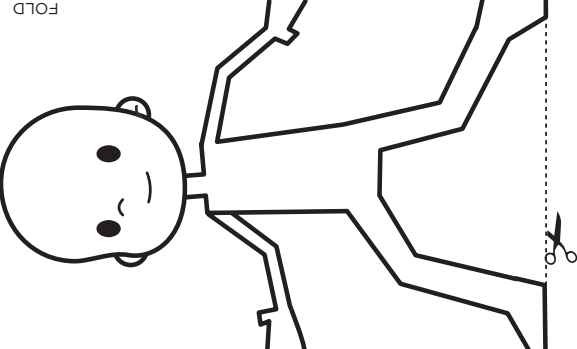


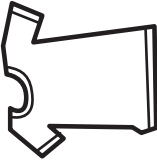
_____ crocuses

_____ snowdrops

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You can also do some paper art – paper dolls are a fun way to decorate a classroom or hallways to celebrate active transportation!

	 WATER BOTTLE	 SKATEBOARD
FOLD	 HELMET	 ELBOW PADS KNEE PADS
FOLD	 WRIST GUARDS	 SUNGLASSES
FOLD	 SNEAKERS	 SKIRT
 A simple line drawing of a person's body with arms and legs, intended to be cut out and attached to the clothing pieces. A pair of scissors icon is at the bottom right corner of the body.	 T-SHIRT [GIRL]	 SHORTS
 T-SHIRT [BOY]		



Adapt a classic childhood fortune teller to predict the future!

Created by Way to Go Seattle as part of their fun activities for kids and families.

Fortune Teller

Follow these steps to learn your future:

- Pick a color - spell out that word
- Pick a mode of transportation - spell out that word
- Pick another mode of transportation - lift the flap
- Reveal your personality type. Does it fit?
(see back for assembly instructions)

For tools and incentive programs to drive less visit:
www.seattle.gov/waytogo

Cut a Couple Car Trips and win great prizes

Commuter Cash Cut solo commuting and earn cash

One Less Car Challenge Sell a car and earn hundreds in incentives

Seattle Climate Action

GREEN

Streetcar

LINK

PINK

Sounder

Car Pool

Car Share

Bus

Millionaire

Car Pool

ORANGE

Bike

Lance Armstrong

Car Share

Walk

The next

BLUE

Master of the Universe

You have lots of time to read instead of driving. You become so incredibly smart that everyone does whatever you tell them.

www.seattle.gov/waytogo

Rock star

As you glide along the rails, a music promoter overhears you singing to yourself. Suddenly you have a TV show, a concert tour and a stage name - Haska Nebraska.

www.seattle.gov/waytogo

Millionaire

Your family gets around fine with one car, so you sell your second car. You save \$7,000 a year and invest it. In 25 years you have a million bucks!

www.seattle.gov/waytogo

The next Lance Armstrong

After years of biking and walking, you're in such great shape that you decide to enter the Tour de France bike race. And win!

www.seattle.gov/waytogo

Millionaire

Your family gets around fine with one car, so you sell your second car. You save \$7,000 a year and invest it. In 25 years you have a million bucks!

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