

TABLE OF CONTENTS

1. How to Use This Guide	5
2. Introduction	7
2.1 Active and Safe Routes to School.....	7
2.2 School Travel Planning.....	10
2.3 Community-Based Social Marketing.....	12
3. Making the Case	13
4. Implementation	17
4.1 Special Events	17
4.1.1 International Walk to School Month (IWALK).....	17
4.1.2 Clean Air Day	34
4.2 Walking Wednesdays Club	34
4.3 Walking School Bus.....	51
4.4 Walking Buddies.....	63
4.5 Walk-a-Block Zones	64
4.6 Neighbourhood Walkabouts and Walkability Surveys	65
4.7 Best Routes to School Maps and Mapping Activities.....	74
4.8 Idle-Free Zones	79
5. Evaluation	81
5.1 Parent Survey.....	82
5.2 Student Survey.....	85
6. Curriculum Integration	91
6.1 Kindergarten	92
6.2 Grade 1.....	95
6.3 Grade 2.....	99
6.4 Grade 3.....	102
6.5 Grade 4.....	105
6.6 Grade 5.....	107
6.7 Grade 6.....	109
6.8 Grade 7.....	112
6.9 Grade 8.....	114
7. Fun and Games	115