

The Walking Wednesdays Club

CLASSROOM

DATE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NUMBER OF WALKERS

MINUTES WALKED

DISTANCE WALKED

Gus
the Walking School Bus has some fun tips to incorporate the Walking Wednesdays Club into your class!

English
Why not write a short story about your walk to school? Include the things you see along the way and how walking to school makes you feel.

Art
Create signs to use on your walk. Use your creativity to create a name for your Walking Wednesdays Club!

Social Studies
Map your route to school. Get a map of your school community and have students map out their route on Walking Wednesdays.

Math
Have students add up the number of walkers on Walking Wednesdays and the total kms students travelled.

MUSIC
Compose a theme song for your Walking Wednesdays Club! Your song could be used at assemblies or over the P.A. system.

Science
Explore lesson topics on the greenhouse effect, smog, climate change and air pollution! Make the connections between the cause and effect of carbon dioxide emissions from vehicles.

Phys. Ed.
Have your Walking Wednesdays Club incorporated into your Phys. Ed. class. Celebrate when the class reaches the 10km, 20 km or 50 km mark! Use your classes' km to take the Walk Across Canada Challenge!

THE CONVERSION FACTOR
A 20 minute walk is roughly equal to 1 km



green ACTION Centre

The Walking Wednesdays Club is a component of the Active and Safe Routes to School Program. For more information on the Active and Safe Routes to School Program in Manitoba, contact Green Action Centre at 204-952-5773 or ar@greenactioncentre.ca. For more great ideas to encourage walking at your school, visit: www.resourceconservation.mb.ca

TOTALS FOR THE MONTH
NUMBER OF WALKERS:
MINUTES WALKED:
DISTANCE WALKED:

