



WOW Challenge 2021

What is the WOW Challenge?: “WOW” stands for “Walk or Wheel”. The challenge is a free and engaging annual program designed to encourage students in grades 4K-8 to use active modes of transportation to get to and from school, extracurriculars, parks, stores, and more!

When is the WOW Challenge?: The month of October (but why not WOW year round?)!

Why WOW?: There are loads of *benefits to using active transportation!* Here’s a list of some favorites:

✓ Increases physical activity	✓ Promotes youths’ confidence and independence
✓ Reinforces safe, life-long pedestrian and bicycling skills	✓ Reduces motor vehicle congestion
✓ Connects people to their neighborhood and communities	✓ A fun way to socialize, travel, and be outside

How do I participate?:

- Walk or wheel (*bike, scooter, wheelchair, skateboard, rollerblade, unicycle*) to your destination!
- Check out this activity packet for fun ideas
- Share your WOW experiences on social media with the hashtag: **#WOWChallengeDaneCo**
- Attend WOW events being hosted by your school

International Walk to School Day

Wednesday, Oct. 6, 2021 (or any day!)

For questions, comments, ideas, or requests for support please contact:

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Hablo español

WOW Challenge Social Media

Share your walking and wheeling stories! Inspire others to use active transportation by posting your experiences on social media (*ask a parent to post to their account if needed*). Be sure to mention:

#WOWChallengeDaneCo

Here are some ideas for posts:

Take a picture of something you would not have noticed, had you been riding in a car.

Create art using something you find* while walking or wheeling.

**Do not take private property, and do not disturb living things.*

Take a picture or video of your favorite view on your WOW route.

Take a selfie with your wheels (*bike, scooter, skateboard, etc...*) Don't want to be in the photo? Put a thumbs up or your feet in the picture instead!



WOW Challenge Activity

In the space provided, draw or paint a picture of something you experienced while walking or wheeling to school, a park, or around your neighborhood. Write about your experience below:

A large, empty rectangular box with a thin black border, intended for a drawing or painting.



WOW Challenge Activity

Read a book *(or ask an adult or older kid to read to you)* that's about walking or wheeling. Need ideas or help finding a book? Talk to your school or community librarian!

What is the title of the book?

Who is the author?

What is something you enjoyed about the story?





WOW Challenge Activity

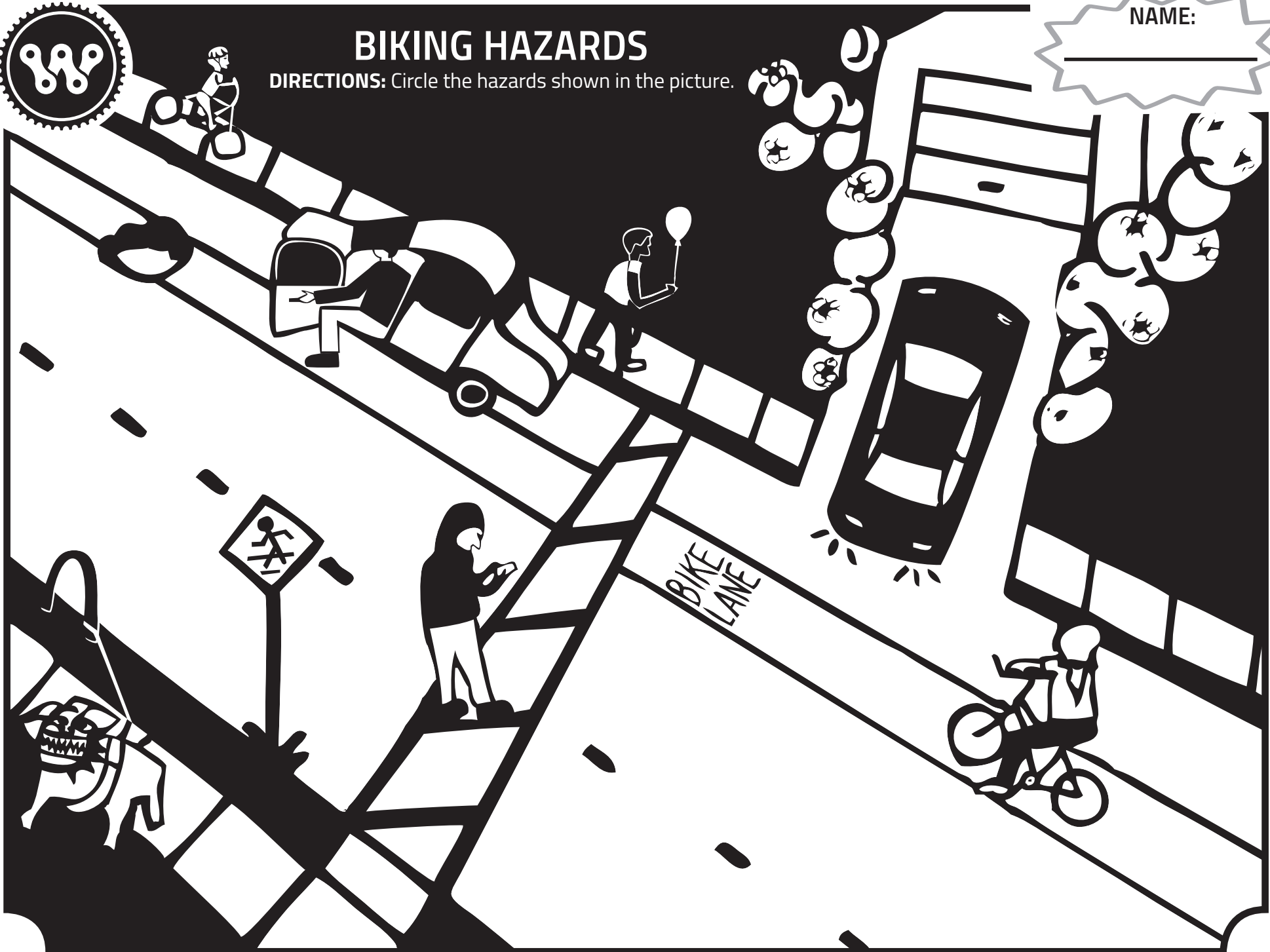
Use the space below to design your dream bicycle, skateboard, skates, or scooter! Write a short explanation of what makes your invention special!



BIKING HAZARDS

DIRECTIONS: Circle the hazards shown in the picture.

NAME: _____





WOW Challenge Tracker
Keep track of the days you walk or wheel, and where you went

October 2021						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	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						



Resources for Schools and Families

National Center for Safe Routes to School

<http://www.saferoutesinfo.org/>

Walk to School Day 2021

<http://www.walkbiketoschool.org/learn-more/about-the-events/about-walk-to-school-day/>

CDC Healthy Schools

<https://www.cdc.gov/healthyschools/wsc/index.htm>

Action For Healthy Kids

<https://www.actionforhealthykids.org/>