

## **Walk & Roll to School Idea Sheet**

***We hope this list of activities and proven strategies helps promote walking and biking at your school ... during Walk & Roll to School Day ... and anytime through the year!***

**Announcements:** Make a series of school announcements about safe walking or biking. Include reminders about the school campus, memorable facts about walking and biking or keep students up to date on how many children have walked or biked to school on a given day.

**Assemblies and All-School Events:** Hold an assembly or all-school event to celebrate walking, biking, and pedestrian safety. Invite speakers, ask local dignitaries, or invite local bike clubs or teams as guest presenters.

**Walk or Wheel to School Day:** Plan a Walk or Wheel to School Day to promote safe walking and biking! While the National Walk & Roll to School Day is October 8, 2025, your school can choose any date that fits. Share details with families through newsletters, flyers, or online.

**Classroom Education Class and Group Walk/Ride:** Teach students how to walk or bike safety basics during the school day within PE, Health or another class. *Or, invite the Dane County Safe Routes to School team to come to your school to lead it!* Work with other school staff and partners to organize a group walk or ride as a culminating event.

**Ask + Engage Students to Get Their Ideas:** Students are the best experts on what will work with other students in your school! Ask a small group of students what walking or biking activities would be fun or meaningful at your school, or find ways of including them in the planning and leadership of activities or events.

**Student Transportation Tracking + Participation Display:** Track student transportation modes for a week to encourage walking and biking to school or learn more about trends at your school. Create a spot in a common area of the school or the classroom where student participation can be tracked. Have students add a sticker or drawing (foot or wheel) with their name if/when they walk or bike to school.

**Incorporate Walking/Biking Themes in the Classroom:** Incorporate walking or biking it in your lessons. Have students look into walking and biking safety issues and opportunities around your school campus. Have students write an essay about their experience or create a map of their route. Have students create banners and posters to hang around the school.

**Walking School Bus (WSB):** A walking school bus is a group of children under adult supervision walking a set route to and from school, and stopping to pick up or drop off schoolmates along the way. WSBs encourage students to enjoy the benefits of walking together, ease traffic congestion around the school, increase the visibility of pedestrians, and allow students to practice safe walking behaviors. They also encourage parents and kids to meet others in their neighborhood. Organizing a WSB for even 1 day per week can be impactful!

**Bike Trains:** A bike train is like a walking school bus, except students ride their bikes to school. Bike trains require students to learn and know bike safety rules and wear a helmet. Hold a workshop on bike safety before the event to teach bike safety rules. There should be one adult for every 3—5 kids to ensure safety. It is important for the participating adults to model good behavior, wear bike helmets, and follow bike safety rules.

**Remote Bus Drop-Off:** For students that live too far away to walk or bike to school, an alternate drop-off location can be designated on your school's Walk to School Day so that these children still have the option of walking to school. A good drop-off location must be big enough to allow safe drop-offs and have safe sidewalks connecting to the school. Arrangements can also be made for the bus company to drop off the students a few blocks away.

**Social Media:** Encourage safe walking and biking or spread the word about your school activities by posting to your school's social media page. Sample post: [School name]'s families, students, and staff are getting more active! During [day/week of event] we are participating in the Dane County Walk or Wheel Challenge. Students and parents are encouraged to walk or bike to school or join in one of our activities at school.

**Connect with Community Partners:** Encourage community partners and neighborhood-based groups to join your school to support your walking or biking efforts and event. Reach out to organizations in your community!