Active Travel Family Challenge

You with your family members are to design a big, colourful map of your walk or ride to school.

It could start at your home or a part-way drop-off point. You might need to travel the route a few times first!

Criteria you could include:

- the total distance in kilometers.
- images of obstacles eg: scary dog,
- images of landmarks eg: a big old tree,
- actual route,
- road signage eg: zebra crossing or a stop sign,
- useful tips for certain locations,
- people you know on your route,
- an experience you had along the way,

As a family you might like to discuss:

- road safety,
- the easiest route to school,
- appropriate behaviour in public spaces,
- the things you see, smell, hear and feel on the way,
- people you may encounter along the way,
- how to respond to dangerous situations,
- safe places along the route,
- the importance of independent travel to school,
- how your parents travelled to school.

Display your map somewhere at home and work out how you'll fit the walk or ride into your family routine.

Remember that even a day or two a week makes a difference to your health, mood, the environment and school traffic.







