

# Learn it. Do it. Live it!

## WAYS TO PARTICIPATE



There are many different ways to show students, families and communities that walking or bicycling to school is a fun and feasible way to travel. In general, events are usually one of three different types, with many variations to each. The basics of these three event types are explained below. You can brainstorm dozens of ways to customize these concepts!

### ✓ WALK OR BICYCLE FROM HOME

**Great for:** Students and families who live close enough to walk or bicycle to school on a route that's appropriate for these modes.

**How it's done:** Encourage students and their families to walk or bicycle to school. They might join other families and form groups in their neighborhoods to travel to school together. This is the essence of Walk and Bike to School Days.

### ✓ WALK OR BIKE AT SCHOOL

**Great for:** Families who live too far to walk or bicycle, families with limited routes for walking and bicycling, bus riders, children with disabilities and times when few parents can participate.

**How it's done:** Walk at school during an assembly, recess or as part of a class activity. Sometimes student aftercare providers will get involved by walking or bicycling from school to the after-school facility. These events can foster a lifelong appreciation for walking and bicycling and develop important safety skills. They're also the easiest way to include every student.

### ✓ DESIGNATED STARTING POINTS

Park-and-walk sites are off-campus places, like parks, libraries, and churches, with enough space for kids and adults to congregate and for cars and busses to park or drop-off. They enable participation from kids who can't walk or bike from home and reduce traffic congestion near the school, creating a better walking and bicycling environment. Here's a way to do it:

**Great for:** Families who live too far to walk or bicycle, families with limited routes for walking and bicycling, bus riders and children with disabilities.

**How it's done:** Identify one or more locations where students and their families will gather to walk or bike to school together or where families can park and make their way to school when they're ready. Have a parade, park and walk or ride and stride...the sky's the limit!



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