

# Walk to School Week

## Ideas for Parents

- **Learn as you burn** – walking to school is not only a good exercise, it's a great opportunity to practice road safety skills with your child.
- **Find and seek** – download a Walk to School Find and Seek sheet from the Council's web site and with your child see how many you can tick off as you walk to school together. There is one for each day.
- **Walking songs** – each day you walk to school, sing a related song eg. These Boots are Made for Walking, I Would Walk 500 Hundred Miles etc
- **Park and Stride** – if you live too far away to walk or cycle to school, you can park some distance from the school and walk the last 10 minutes of your journey instead
- **Walking Buddies** – if you and your child are not used to walking to school, try to find a friend who does walk regularly and walk with them. They may know the safest route and best places to cross roads.