

Walk to School Parent/Child Worksheet

Reasons to Walk to School

Parents: There are a lot of different reasons that you might want your child to walk to school, and some may be more important to you than others. Sometimes we feel more motivated and more satisfied when the things we do align with what is important to us or to our kids. Try the activity below and remember that there are no right or wrong answers – these are unique to you!

Kids: There are a lot of different reasons that you might walk to school, and some may be more important to you than others. Sometimes we feel more motivated and more satisfied when the things we do align with what is important to us. Try the activity below and remember that there are no right or wrong answers – these are unique to you!

Check off the reasons you/your child would walk to school, then rate each on the scale:

1: not at all important, 5: somewhat important, 10: extremely important

___ Time with Family	<u>1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10</u>
___ Time with Friends	<u>1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10</u>
___ Getting to School	<u>1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10</u>
___ Fun	<u>1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10</u>
___ Responsibility	<u>1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10</u>
___ Being Outside	<u>1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10</u>
___ Health & Exercise	<u>1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10</u>
___ Adventure	<u>1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10</u>
___ Independence	<u>1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10</u>
___ Meeting my Goal	<u>1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10</u>
___ Relaxation	<u>1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10</u>
___ Safety	<u>1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10</u>
___ Confidence	<u>1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10</u>
___ Convenience	<u>1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10</u>
___ Environment	<u>1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10</u>

Important Reasons for Walking to School

Family: Walking to school can provide extra time each day to spend with your family. For example, if you are able to walk with a parent or a sibling, you could enjoy hearing about each other's day on your way home from school.

Friends: Walking to school can provide extra time each day to spend with your friends. Sometimes when you are in school all day you don't get to have as much fun as you would like to. Walking with your friends before and after school can give you more time to talk and laugh with your friends.

Getting to School: Walking to school is a great way to make sure you get to school on time, and are energized and ready to focus on your school work.

Fun: Walking to school gives you a lot of opportunities to play games, tell funny stories, or share jokes with friends. For example, you can play "I Spy" with your friends or family while you walk, or think of your own new game!

Responsibility: Walking to school is a great way to show your parents and teachers that you are responsible. You will also feel good about yourself for taking responsibility for keeping up with your walking trips and for doing something that is better for the environment than driving or taking the bus.

Being Outside: Walking to school is a great way to spend extra time outside. It is great to get some fresh air and sunshine before and after school and enjoy the outdoors. It is also a great way to get to know your neighborhood and community.

Health/Exercise: Walking to school provides extra time before and after school for physical activity, which is so important for your health. Getting more physical activity by walking to school will likely help you feel more energized and will help your body be healthy.

Adventure: Walking to school can be a new adventure each day if you are creative. Every day can bring a new experience if you are open to it!

Independence: Walking to school can help you feel independent and responsible, since you are committing to taking on this new healthy habit and you can get to school without your parent driving you.

Achievement: Walking to school consistently and achieving your goals week to week will help you feel accomplished. You will likely feel proud of yourself for achieving your goals.

Relaxation: Walking to school can be a nice time to relax before working hard at school, as well as after a long school day before you get home, rather than sitting in a car or being on a loud school bus.

Safety: Walking to school can be a great way to learn about crossing streets safely and how to be safe in your neighborhood. These are important skills that will help you in the future. This will also reduce the traffic around school, which could make it safer for students and staff.

Confidence: Walking to school can be an excellent opportunity to boost your confidence through being active, meeting your goals, and being responsible. You will likely feel good about committing to your new healthy habit.

Convenience: Walking to school can be very convenient for both parents and kids. You don't have to use gas money to drive, wait in traffic, or wait for the bus.

Environment: Walking to school is better for the environment because it is more sustainable and does not contribute to air pollution from cars and buses.