

Safe Routes to School

Bike & Walk to School Day FUNdamental Activities for Kids



Bike & Walk to School Day unites communities towards the common goal of establishing and maintaining safe, active, and healthy lifestyles for children and safer, healthier communities for everyone.

The aim of Bike & Walk to School Day is to raise awareness about the many health, safety, and environmental benefits of regularly bicycling and walking to school. Successful local events help persuade students and parents to create a school commute that is safe, healthy, and fun.



BikeTexas
Advancing Access, Safety, and Education

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512-476-RIDE (7433)

Make it creative

Have students make signs, banners, and posters to put up around school, in local businesses, community centers, libraries, faith centers, etc. They can also carry signs on Bike & Walk to School Day (if they are walking). Art teachers, classroom teachers, or after school program teachers are great resources for helping with this activity.

Make it festive

Give bike trains and walking school buses a parade appearance by decorating bikes and helmets and carrying signs and balloons. Though be careful nothing can get tangled in the moving parts of a bike or affect the fit of a helmet.

Have a Contest! Make it a Game!

Decoration Contest

Have posters or decorated bikes and helmets judged. Winners can be rewarded with prizes solicited from local business and/or a picture of the winning bike and/or the winning poster could be published in the local paper. Invite a local official, such as the mayor or superintendent, or a TV/Radio personality to serve as a celebrity judge.

Helmet Giveaway

Solicit local bicycle clubs, bike shops, or organizations like Optimist, Rotary, Safe Kids Coalition, etc, to donate and fit helmets.

First Class

The class with the most students participating wins a pizza party or extra recess.

Random Raffle

Students who bike or walk can be raffle tickets and winners drawn at random. Solicit local businesses for prizes.

Treasure Hunt

Look for neighborhood “treasures.” Do you pass a park? A library? A fire station? a creek? Look for specific things or make a list of all the reasons your school’s neighborhood is great.

Study the Streets

Visit BikeTexas.org to download the NHTSA Bikeability Checklist or NHTSA Walkability Checklist. Take a walk with children to complete the surveys to determine how bikeable and walkable your community is.

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The SafeCyclist Curriculum is a comprehensive 15-lesson guide to incorporating bicycle skills and safety into Physical Education classes as well as other classroom subjects.



The Curriculum is available for all teachers and community members who participate in the free SafeCyclist Certification Trainings. For current training schedule visit BikeTexas.org/SafeCyclist



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Make the classroom connection

There are lots of ways to take advantage of and build up to a Bike & Walk to School Day within the classroom. Here are several ways you can work with interested teachers to help make the classroom connection.

Teach Traffic Safety

Teacher Master Pages from the SafeCyclist Curriculum teach important bicycle safety topics in English and Spanish. Download these helpful resources at BikeTexas.org/EducationalResources

- Share the Road Guidelines Handout
- Share the Road Guidelines Activity Cards
- Vehicle Safety Inspection Checklist
- Helmet Sizing & Adjustment
- How to Fix a Flat
- Protecting The Brain
- Bicycle Parts
- Bicycle Parts Jumbled Words Puzzle
- Texas Bicycle Laws & IMBA Rules of the Trail Handout
- Texas Bicycle Laws Activity Cards

Travel Diary

Have students keep track of how they get around town; look for other opportunities to bike or walk to get where they need to go.

Essay & Discussion

Write or talk about the health benefits of biking and walking and the importance of practicing traffic safety.

Ask the Expert

Invite health, safety, and fitness professionals to make presentations on the benefits of activity and the importance of traffic safety.

Map Making

Have students draw detailed maps of their route to school before and after Bike & Walk to School Day. Or, have them trace existing maps and add points of interest that they remember.

