



# Keep the Momentum Going

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## **Set Up a Frequent Walker or Roller Program**

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## **Schedule Weekly or Monthly Events**

Why not do walk and bike events more often? Weekly events go by names like Bike on Wednesday/Walk on Wednesday (BOW/WOW) or Footloose Friday. Themes add interest to monthly events.

## **Some Event Ideas:**

### **January**

*Polar Bear Walk*

### **February**

*Heart Healthy Hike*

### **March**

*Georgia Walk & Roll to School Day*

### **April**

*Earth Day Walk*

### **May**

*National Bike & Roll to School Day*

### **June**

*Safety Day Walk*

### **July**

*Try Out Your Route Day*

### **August**

*Back to School Walk*

### **September**

*Fall in Love with Biking Day*

### **October**

*Intl. Walk & Roll to School Day*

### **November**

*Thankful for Crossing Guards Walk*

### **December**

*Winter Walk or Holiday Walk*

## **Encourage Walking School Buses and Bike Trains**

Did quite a few students come from one area on your Walk/Bike to School Day? Encourage parents to organize Walking School Buses or Bike Trains.

## **Incorporate Ped/Bike Themes into the Curriculum**

Walk and Bike to School events don't have to stop at the school doors. Keep the fun and learning going by weaving active transportation themes into classroom lessons and club activities!

- Explore the health benefits of walking and biking in PE class.
- Design safety posters in art class.
- Study the environmental impact of car travel in science/STEM class.
- Perform a skit on pedestrian safety in drama club.

There's no limit to the creativity—make it your own and keep students moving, learning, and engaged!

**Got questions?**

Your Safe Routes Coordinator is here to help.  
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