



## Creating an encouragement plan for your school

Walking and bicycling encouragement programs are designed to increase the number of students who walk or bike to school. We recommend that a student council, in conjunction with school staff, create a plan to implement one more encouragement concepts. Pick from the list below or find your own creative ideas for your school! Remember, every school is different. Find what works best for your school!

### Incentives:

- ✓ Stickers, small prizes and high fives can be a great motivator for students to bike and walk to and from school. Bigger prizes can be raffled off (create an easy plan that fits the needs of your school). Prizes can range from an extra recess to a class party to a new bike!
- ✓ Create small punch-cards or backpack tags for students- each day they walk, bike, carpool they can earn a “punch” or a stamp.

### Announcements:

- ✓ Make announcements over the loud speaker encouraging students to bike or walk to school on a particular day (“Walking and Wheeling Wednesdays”).
- ✓ Make a video promoting the benefits of walking and biking to school or how to properly fit a helmet.

### Classroom contests:

- ✓ Challenge each grade to have a Walking & Wheeling contest. The grades with the most students that participate are eligible to win a prize (i.e. month, the semester, or the entire school year).

### Posters:

- ✓ Have students make posters or banners to promote walking and biking to school safely. Encourage safe behavior, helmet use and using crosswalks, and bicycle rules of the road. Hang somewhere visible for the whole school to see.

### Get creative:

- ✓ Use sidewalk chalk to write encouragement messages on sidewalks in front of the school.
- ✓ Have art classes paint the bike racks or decorate the school with bicycling/walking themed art.

### Plan rides and walks to school:

- ✓ Walking school bus/bike train: Encourage involved parents to plan walking/biking groups (similar to a carpool) from different neighborhoods. A fun and safe way to meet people and hang out!

### Keeping it rolling:

- ✓ Try “Walking & Wheeling Wednesdays” once a week, month or semester. Use student council or older student group to help plan your events, hand out incentives, help lock bikes and cheer fellow students on as they arrive at school.