

**Ideas for Elementary School Teachers:  
Help your students become “Walking Super Stars!”**

Teachers that incorporate a short lesson into their curriculum during the month of October to support WALKtober will receive reflective “Walking Super Star” backpack tags for all their students. Qualifying lessons must contain **two of the three following elements**: a short walk (or bike ride) of any length (either done as a class or during distance learning,) **or** a short lesson (video, story, or other) **and** a reflection activity in the form of an in-class discussion, a short writing assignment, or an art piece. Once the lesson is completed, please send an email to [ebacon@uidaho.edu](mailto:ebacon@uidaho.edu) outlining the details of the lesson and the date of completion.

Lessons are encouraged to be brief and age appropriate. Please adapt from the following ideas to best fit your students and your teaching style. These are only ideas. I encourage you to develop your own way to encourage safe walking. All elements of ‘reflection’ are meant to encourage students to express what they felt, saw, or experienced. This includes things seen in nature or how they felt mentally or emotionally while walking or learning about walking.

- 1.) Have students watch “Let’s Go Walking – How to cross a street.” A short 5-minute video about how to safely cross a street. <https://www.youtube.com/watch?v=jCpBH5zehI&t=61s>  
Encourage students to demonstrate this skill as a class outside the school or at home with the supervision of a parent/guardian and then write about or draw elements of crossing a street safely.
- 2.) Read a short story about walking, hiking, or going on an outdoor adventure.  
Discuss what the characters in the story saw or experienced outside and ask students some of the things they see, feel, or experience when they go walking or hiking outside. Have students reflect in class or remotely through verbal discussion, writing, or art.
- 3.) Take learning outside and show students elements of the built environment or safety features around the school. These can include crosswalks, signs, intersections, bike lanes, bike racks, and sidewalks. Show/ discuss how these are things help increase safety for walking and biking and why having them around the school is important.  
Have students reflect in class or remotely through verbal discussion, writing, or art.
- 4.) Invite myself or another person who supports walking and biking (I can provide a list upon request) to join your class on Zoom to read a story, show a video, or lead a discussion about safety for pedestrians and cyclists.  
Have students reflect in class or remotely through verbal discussion, writing, or art.
- 5.) Create a small walking log sheet (or have kids create their own) and encourage students to get outside and walk 5 to 10 times during the month of October on the days they are doing distance learning at home or on the way to/from school.  
Have students reflect in class or remotely through verbal discussion, writing, or art.