



# Hop!



## For Teachers: Creating a Team on Hop!

### What is a team on Hop!?

As a teacher, you can create teams on Hop! to encourage your students to work together to travel as many kilometres as they can over the course of the school year.

Hop! totals your team's kilometres, trips, and kilograms of greenhouse gas averted.

### Why should I create a team on Hop!?

Working together as a team to achieve a goal can motivate students to walk more, which is beneficial to their physical and mental health.

Each team is automatically added to the team challenge of walking as far as it can to St. John's, Newfoundland over the course of the school year. You can teach your students about geography as your team accumulates kilometres and reaches different cities on the way to the east coast. Do you think your class can walk 3000 km to St. John's this school year?

You can also encourage a friendly competition at your school by challenging other classes to see which class can log more trips or kilometres. As a team leader, you can see your team's total, and you can ask other teachers what their team's totals are to see who is in the lead!

### How do I create a Team on Hop!?

To create a team, send an email to [transport@envirocentre.ca](mailto:transport@envirocentre.ca) saying you want to make a team on Hop!. EnviroCentre will send you a link to create a team. Once you enter your team's information on Hop! you can invite the students in your class to join your team by emailing their parents/guardians with a link.

## Celebrate your Steps to School with Hop!

 [www.123Hop.ca](http://www.123Hop.ca)

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