

# WINTER WALK MONTH

## FEBRUARY 1st - 29th

Walk to school as many days as you can this February!  
Build lifelong habits and engage in the many benefits of active transportation!

### 1. Check out these activity ideas

- Track your active trips and earn treasures with the free, kid-friendly HOP! App and compete in the Hop! Winter Walk Challenge.
- Do a scavenger hunt in your neighbourhood by completing this I Spy Bingo Game or this I Feel Game.
- Use the hashtags #GetYourWalkOn, #JourneyOutside, and #WinterWalkDay2024, on social media to share your journey.

### 2. Learn about the benefits of active transportation

- Watch or share our fun, educational video illustrating the five main benefits of active transportation, available in English and French!
- Check out our educational posters available in English, French, Arabic, Mandarin, Spanish, Cantonese, Farsi, Vietnamese, Somali, and Russian.
- Check out the resources on our School Active Transportation web page.

### 3. Encourage your school to plan a winter walk day event

- Ask your school principal to plan a walk to school day event using these great resources.

