

SPRING INTO SPRING

APRIL & MAY 2024

Walk to school as many days as you can this April and May!

Get to know your community and engage in the many benefits of active transportation as you walk or wheel to school!

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! Spring into Spring Challenge.
- ❗ Plan a group bicycle ride together with students and parents/guardians in your neighbourhood.
- ❗ Do an activity to celebrate spring by completing this Word Search and looking for the items in real life on the way to school.
- ❗ Use the hashtags #GetYourWalkOn, #JourneyOutside, and #SpringintoSpring, 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 – they are available in multiple languages: English, French, Arabic, Mandarin, Spanish, Cantonese, Farsi, Vietnamese, Somali, and Russian.
- ❗ Check out all the resources on our School Active Transportation web page.

3. Encourage your school to plan a Spring into Spring event

- ❗ Ask your school principal or teachers about incorporating active school travel activities in class, for example making art to celebrate walking and wheeling in the spring.
- ❗ Ask your school principal to plan a walk to school day event using these great resources.

