



INTERNATIONAL WALK TO SCHOOL MONTH

OCTOBER 2024



Walk to school as many days as you can this October for International Walk to School (iWalk) Month!

Walking and Wheeling to school has many benefits including improving your physical and mental health and building self-esteem.

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! iWalk Month Challenge.
- ❗ Plan a group walk with other students and families in your neighbourhood.
- ❗ Do an activity to celebrate fall and being back at school like a scavenger hunt or a count to see how many different-coloured leaves you can spot on the way to school.
- ❗ Use the hashtags [#GetYourWalkOn](#), [#JourneyOutside](#), [#Walktober](#), [#iWheel](#) and [#iWalk](#) 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 the [School Active Transportation](#) web page.

3. Encourage your school to plan an iWalk Day event

- ❗ Ask your school principal or teachers about incorporating active school travel activities in class, for example encouraging students to share stories on different routes to walk and wheel to school in the fall.
- ❗ Ask your school principal to plan a walk to school day event using these [great resources](#).

