



For Middle School Students



The Alameda County Safe Routes to Schools Program is a program of the Alameda County Transportation Commission (alamedactc.org) and is funded with Alameda County's local sales tax Measure B, regional, state and federal funds.

alamedacountysr2s.org

info@alamedacountysr2s.org

OVERVIEW

Students will learn the benefits of active and shared transportation through Go Green lessons. Students will share their ideas through poetry, stories and essays about transportation, the environment, and how they can change their travel mode.

Students will gain information and motivation to begin mode changes in their homes, school and communities by encouraging them to consider walking, bicycling, sharing rides with others and work with their families to take one big trip to run all their errands instead of making lots of small trips.

Necessary Supplies: Device with Internet Access; Paper and Pen/Pencil

Lesson 1: Active Transportation

Everyone wants to live in a healthy and vibrant community that encourages children and adults to be physically active. People are healthier when they live in communities where they feel comfortable interacting with neighbors, where they can walk or bicycle to local destinations.

A. What is Active Transportation?

- **What is active transportation?**
 1. (Walking, bicycling, and other modes of transport that use human energy and effort such as: scooters and skateboards.)
- **Walking-** watch the video; [Stepping it Up: Kids Say Walking to School is Healthy, Fun, and Good for the Environment](#) (4:15mins)

Activity 1:

- i. Write words associated with walking (i.e. stop sign, sidewalk, crossing guard etc.) on a piece of paper.
- ii. Choose one of the words and write the word vertically along the left-hand side of another piece of paper leaving a few spaces between each letter.

- iii. Write a poem, story, or essay of 50 words or more using each letter of the word to start.

II. Activity 2: Does your community promote active transportation?

- i. *Does your community promote a safe and attractive environment for bicyclists and pedestrians?*
- ii. On another sheet of paper write down what you think about the question of does your community provide active transportation , and how, and what you would change it.

Lesson 2: Shared Transportation and Mode Change

Everyone wants to live in a healthy and vibrant community that encourages children and adults to be physically active. People are healthier when they live in communities where they feel comfortable interacting with neighbors, where they can walk or cycle to local destinations.

B. What is Shared Transportation?

- *What is shared transportation?*
 1. (Carpools, public transportation, taxicabs, Uber and Lyft)

Activity 1:

- i. On a blank sheet of paper write down the "many ways to get around." (Answers should include walking, biking, skateboard, roller blades, cars, carpools, buses, planes, boats, trains, etc.)
- ii. *How many of your trips are by car? How many by bike? Do you walk? Take the bus? Carpool?*

Activity 2: Does your community promote shared transportation?

- i. *Does your community promote a safe and attractive environment for carpools, public transportation, etc?*
- ii. On another sheet of paper write down the pros and cons of carpooling or public transportation, and how you would change it.

C. Mode Change

- Show the video: Jason Hall Slow Roll Commercial <https://www.youtube.com/watch?v=Y831ZjMZSis>

Activity 1:

- i. How do you travel to school and around your neighborhood?
- ii. Think about the students that are your friends, do they live near you?
- iii. Talk to your parents about walking or bicycling to your destinations. By doing these simple steps you are making mode change

D. How can you start a mode change in your community?

Activity 1:

- i. Think of ways you can change your mode of traveling through a poem, story, or essay of 50 words or more.

Lesson 3: Mode Change Part 2

In this lesson, students will learn the action steps to take to involve their homes and communities to continue mode change. Students will brainstorm their ideas about how they can get active on the trip to school or elsewhere through travel planning.

Students will also learn how to encourage their families to consider walking or bicycling, and work with their families to take one big trip to run all their errands instead of making lots of small trips.

A. Doing It On Your Own - Getting There Safely

- Watch the video; Pedestrian Safer Journey http://www.pedbikeinfo.org/pedsaferjourney/mi_en.html

- Watch the video; **Stepping It Up: How to Get Active on the Trip to School Through School Travel Planning** <https://www.youtube.com/watch?v=7XUyslpUCb4>

Activity1: Planning Your Trip to School

- You will learn how to use the trip planner websites 511.org, Google Maps, and or MapQuest.
 - i. Locate your address
 - ii. On a piece of paper, guess and write down how far away from your school you think you live in miles, and how long it would take to get there.
 - iii. If you have a smartphone, computer or tablet type in your address, and use one of the trip planning websites (511.org, Google Maps, and or MapQuest) to see how far you live away from your school.

Walk, bike, or skateboard where you want to go. Just make sure to stay safe. Encourage your family to make one big trip to run all their errands at once, instead of making lots of small trips.