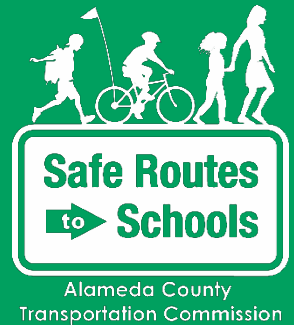




Middle School Resources

Learn more at alamedacountysr2s.org



Middle School Resource List for Teachers

This is a collection of lessons, activities, and literature specifically geared towards engaging and educating middle school students.

1. Game On Activity Library

- <https://www.actionforhealthykids.org/game-on-activity-library/?shtopicfilter%5B%5D=Safe+Routes+To+School>
- A flexible, free online framework to help schools and parents create healthier learning environments for kids and communities to thrive.

2. Put Your Best Foot Forward: 9 Steps to Start a School Walking Club

- <https://www.positivepromotions.com/positive-resource-center-start-a-school-walking-club/a/950-r/>
- Many children today don't get the exercise they should. According to Let's Move!, an initiative launched in 2010 by former First Lady Michelle Obama to help solve the problem of childhood obesity, only 6 out of 50 states require physical education in every grade, only 20 percent of school districts require daily recess, and only one in every three children gets exercise every day. Health experts recommend that children get at least 60 minutes of physical activity daily. A walking club is a great and fun opportunity to help children reach this goal. Forming a club is an easy and worthwhile venture. Use the tips and information in these pages to get your school's walking club moving!

3. Safe Routes to School and Student Leaders: Facilitator's Guide to Engaging Middle School Youth

- https://www.saferoutespartnership.org/sites/default/files/resource_files/srtsandstudentleaders_fin_al_93015.pdf
- **Safe Routes to School and Student Leaders: Facilitator's Guide to Engaging Middle School Youth** was developed by the Safe Routes to School National Partnership and UrbanThinkers in partnership with the Safe Routes to School Technical Assistance Resource Center. The contents reflect the views of the Safe Routes to School National Partnership and UrbanThinkers who are responsible for the facts and accuracy of the material presented herein. The contents do not necessarily reflect the official views or policies of the State of California or the Federal Highway Administration. **Safe Routes to School and Student Leaders: Facilitator's Guide to Engaging Middle School Youth does not constitute a standard, specification, or regulation.**



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