



Alameda County Safe Routes to Schools



Walk and Rollin' Pen Pals

Overview:

Who doesn't love receiving a letter? While we're social distancing, it's important to stay connected with each other, and writing letters to family, friends, classmates, neighbors, and teachers is a great way to do this. Sharing what you are doing with others doesn't just make them feel special; it makes you feel good, too!

Monthly Letter Theme:

Each month we will be providing a letter writing prompt that aligns with our Wellness Walks. October's theme is POSITIVITY! Sending and delivering letters has positive effects on the people around you.

Letter Writing Prompts:

- Spread positivity – write a letter to compliment someone else.
- What is your favorite way to travel (walking, biking, skateboarding...) and why does it make you think about the positive things in your life?
- What is the best part about going out on a walk? How does it make you feel?

How To:

Here is a helpful video to show you how to write a letter:

<https://www.youtube.com/watch?v=y2d-0dlimgY>

There is also a letter writing template on the next page.

Delivery:

There are so many ways to deliver letters. You can deliver letters by walking or rolling to the post office or a mailbox. You can use this link to find post offices or mailboxes near you

<https://mailboxlocate.com>

It can also be as simple as leaving a letter on your sibling's bed or nightstand or at a neighbor's front door. You can also send letters to classmates—just work with your teacher to exchange them!



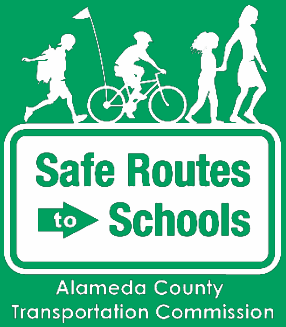
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The Alameda County Safe Routes to Schools Program is a program of the Alameda County Transportation Commission (alamedactc.org) and is funded with Alameda County's local sales tax Measure B, regional, state and federal funds.



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Parts of a Friendly Letter



Parts of a Friendly Letter



Greeting
Dear Christie

Address
Date

September 1, 2020



How are you and how was your summer? Over the summer, I went on the best vacation! We went camping in the backyard. It was very easy to get there, we just walked outside. We have been doing a lot of walking and biking lately to stay active. How about you? What do you see when you walk around your neighborhood? When I walk around my neighborhood I see lots of trees and other people walking with masks on. Outside I hear birds chirping and dogs barking when I walk by their yards. Sometimes I even smell the roses that grow in the park. I hope you write back soon!



Your Friend,
Jennifer



Jennifer



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