



Wellness Walks

NOVEMBER

Learn more at alamedacountysr2s.org



Theme: November's focus is **INCLUSION!** Inclusion is important because our communities work best when everyone feels welcomed and valued. This month, we celebrate champions like Ruby Bridges, who opened up the door for racial inclusion in schools in November of 1960. Many other people have pushed for inclusion beyond race, like making accommodations for people with disabilities. We encourage students to practice these inclusive mindsets on their Wellness Walks and in their everyday lives.

Activities:

- Watch this video ([K-2](#); [3-5](#)) to learn about Ruby Bridges. Discuss how the video made you feel and what you learned while on your walk. Click [here](#) for more.
- Do you notice ways that streets and signs have been made more inclusive for all while on your walk? Talk about these with your family.
- During your walk, talk about other broad movements that support inclusion. Can't think of any? Ask your caregiver or look one up then discuss!
- While on your walk or roll, talk about three ways you can make others feel included.

Make sure to use [these helpful tips](#) on your walk!



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