



Alameda County Safe Routes to Schools



Walk and Rollin' Pen Pals

Theme:

January's theme is **Making a Change**. When the New Year begins, people often think about how they can **make a change** to improve something in their lives. We can make a change by practicing and forming positive habits—even small changes can have big impacts! For example, spending time walking outside regularly can have positive impacts on our mental and physical health. We can also make changes by doing something positive for the environment. As part of the New Year, make a pledge to make a change in your daily life.

Letter Writing Prompts:

- Look [here](#) for small changes you can make to help the environment. Write a letter to a friend about two things you would like to change this year and why you think these are important.
- Think about things you would like improved in your neighborhood and fill out [this page](#). Let us know what changes you would like to make by emailing the page to info@alamedacountysr2s.org.
- Create a goal list or write your [own pledge](#) and put it somewhere where you can see it regularly as a daily reminder to reflect on your goals.

How To:

Here is a helpful [video](#) to show you how to write a letter.

Delivery:

You can deliver letters by walking/rolling to the post office/a mailbox. You can use [this link](#) to find post offices or mailboxes near you or you can deliver the letter by hand. You can also send letters to classmates—just work with your teacher to exchange them!



METROPOLITAN
TRANSPORTATION
COMMISSION

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