



Walk and Rollin' Pen Pals

March 2021



Safe Routes
to Schools

Alameda County
Transportation Commission

Alameda County Safe Routes to Schools
Learn more at alamedacountysr2s.org

Theme:

This month's Pen Pals theme is **self-care**. As we continue to experience the impact of COVID-19 on our everyday lives, it has become more important than ever to focus our attention on self-care. Self-care involves everyday tasks and activities that you can do to establish and maintain your physical, emotional and mental health. [Watch this video](#) to learn more about self-care and how to incorporate self-care into your daily routine.

Letter Writing Prompts:

- **Build healthy habits** by recognizing your needs and communicating them on paper. You can write or draw how you're feeling and what you need. When/if you'd like, share it with an adult, caregiver, or teacher.
- **Create a self-care list.** Think about a time that you'd like to set aside for self-care, plan a routine, and ask an adult to help you.
- **Write to a friend** about what you've learned about self-care. Share some of the items on your self-care list in your letter and ask them how they plan to practice self-care.

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



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