



Wellness Walks

March 2021



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

Theme:

This month's Wellness Walks theme is **self-care**. As we continue to experience the impacts 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.

Activities:

- **Self-Care Share Out**- While on a walk, share some things that you learned about self-care from the video.
- **Take a Break** - Make a commitment to taking time away from screens for your well-being. Asynchronous learning time, lunch breaks, or time before and after school are great opportunities to spend some quality time with someone you trust by going on a walk.
- **Build Self-Awareness** - Notice how you are feeling before and after your walk. How did the walk affect your mood?

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



METROPOLITAN
TRANSPORTATION
COMMISSION

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.