



Walk and Rollin' Pen Pals

April 2021



**Safe Routes
to
Schools**

Alameda County
Transportation Commission

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

Theme:

In celebration of [Earth Month](#), this month's Wellness Walks theme is Nature Appreciation. We encourage you to experience nature (whether it be outside or from your window) and to appreciate and celebrate its beauty. Being in and around nature not only feels good, but it is also good for our health. To show your appreciation for nature, take time to reflect on how you impact the Earth and participate in one of our activities below.

Letter Writing Prompts:

- Read and take [this pledge](#) to be more earth friendly.
- Reflect on how you plan to [take care of the Earth](#), and then write a letter to a friend and ask them how they plan to appreciate the Earth too.
- Write a letter to the Earth showing your appreciation. (What do you love about the Earth? How does the Earth help you?)
- Use recycled art materials to create a portrait of the Earth (you can use string, legos, popsicle sticks, etc). Take a photo of your creation, and share it with someone you care about or with us at info@alamedacountysr2s.org.

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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TRANSPORTATION
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