



Wellness Walks

June 2021



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

Theme:

We want to commemorate the end of this year, which is why the theme for the month of June is Celebration! Celebrating allows us to mark the end of a uniquely challenging year and have some fun as we begin summer. Taking breaks and carving out some time for enjoyment is essential to your mental health. This month and through the summer, we encourage you to celebrate all of the accomplishments you have reached. We hope you'll do things that make you feel good, such as getting outside or connecting with friends!

Activities:

- **Sidewalk Art** - Create some interactive sidewalk art like [this](#) to make your walk more fun filled!
- **End of year reflection** - While you walk, think back on the past year and share some of the things you enjoyed the most or things you are proud of accomplishing.
- **Go on an outdoor adventure** - Explore trails and outdoor spaces that you haven't walked or rolled before in Alameda County. Check out the trails [here](#).

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.