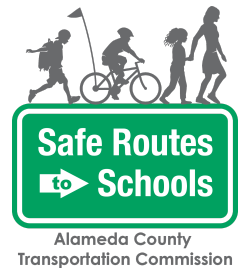




# Ongoing Walk and Roll December



**Theme:** Warmly Walking Together!

Winter tends to be a season where we spend more time with the friends and family we are closest to. Warmly Walking Together is about walking and rolling with these loved ones. The more people we walk with, the safer the journey, especially when the days are shorter! It's also fun to take a moment to look together at all the seasonal changes happening around your community! All the talking and laughing helps make it easier for you to stay warm on your walk.

## Activities you might want to do before your walk and roll event:

- Before you go on your walk, watch this [video](#) about using your senses while walking and think about how you can draw on your senses during your walk.
- You can also use your senses to help you stay safe! Learn how by reviewing the Alameda County Safe Routes to Schools [Use Your Head Before Your Feet](#) worksheet!

## Activities you might want to do during your walk and roll event:

- Think about your senses: taste, touch, smell, hear, and sight. Describe your senses during your walk and then share it with your walking partner
- [Try Our Sound Hunt Worksheet](#) - a fun activity that uses your ears to hunt for sounds in your neighborhood!

**Make sure to use [these helpful tips](#) on your walk!**



The Alameda County Safe Routes to Schools Program is a program of the Alameda County Transportation Commission ([alamedactc.org](http://alamedactc.org)) and is funded with Alameda County's local sales tax Measure B, regional, state, and federal funds.