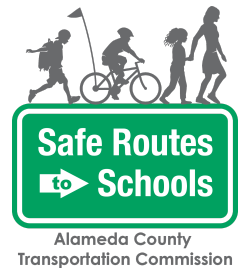




# Ongoing Walk and Roll January



**Theme:** New Year, New Leaf

The new year is a time to reflect and think about the changes you want to make in your life and the community you are a part of. Consider aligning your January Walk and Roll event with a **pledge to walk and roll whenever it makes sense**.

## Activities your child or students might want to do before your walk and roll event:

- How can students make a walking and rolling goal for 2022? Check out [this video](#) about creating goals for the New Year!
- Would your child like to put their goal on paper? [Click here](#) to access our walk and roll pledge cards! Download and invite students to fill them out and share with friends and loved ones!
- Get creative: Have your child draw a picture of themselves walking and rolling to school. Have them include all the cool things they might find on their walk to school (i.e. insects, flowers, trees).

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

- Consider walking and rolling once with another family. On your group walk, discuss three things you all might want to accomplish this year.

**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.