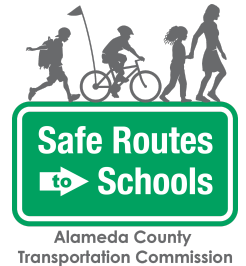




Ongoing Walk and Roll March



Theme: March Into Spring

With spring around the corner, we welcome new plant life and more sunshine. This month's theme is **March Into Spring!** Below are activities to keep us moving in the month of March.

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

- If your school is participating in the [Golden Sneaker Contest](#), be sure to promote your March Into Spring event as you promote participation in the contest! Encourage students to download, print, and decorate the sneakers in [this coloring template](#).
- Work alongside school staff to hang up students' sneakers on a bulletin board. This will help spread the word about walking and biking to school and generate more participants for the Golden Sneaker contest and future events.
- Contact your site coordinator for more ideas!

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

- Have students talk about the differences between winter and spring season. Ask them to think about what spring sights and sounds they notice as they walk to school.
- Ask students to share what outdoor active activities they would like to participate in during the upcoming warmer months of spring. Ideas might include jump roping, skating, and walking to the park... but the possibilities are endless!

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](#)) and is funded with Alameda County's local sales tax Measure B, regional, state, and federal funds.