



Ongoing Walk and Roll June



Theme: Celebration!

As we approach summer break, we're thinking of all the great things we did this school year. That includes a lot of walking and rolling to school! June's theme is Celebration. Below are some activities you can do to celebrate both yourself and the act of walking and rolling throughout the year.

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

- Ask children to draw a picture of all the fun activities they did this year. This picture could include walking with friends and family or participating in a big event like International Walk and Roll to School Day or the Golden Sneaker Contest. Encourage including family, friends and community members in the picture.
- Discuss with your child what they learned from walking and rolling to school and what they are proud of themselves for doing this past year.

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

- On your walk, discuss what fun things your student participated in. Discuss how walking and rolling to school made them feel. Did they feel more connected to family and friends? Have students share their thoughts and feelings about getting their body moving.
- Have students reflect on one healthy habit they want to bring into the next school year. This could be continuing to walk and roll, or perhaps trying out biking or scootering.

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



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