

January

Theme: Exploration

The new year is a great time to explore the sights in your community and beyond! Take a look at your route to school, and think about how you can explore your neighborhood differently. Try taking a different route or using a new mode of transportation this month, or explore a place you've never visited before!

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

- Seeking adventure? Travel to a [local park](#), [state park](#), or a [trail](#) near you to see what new things you can find!
- Get creative: Have your child draw a picture of themselves walking and rolling in a new place. Have them include all the cool things they might find on their adventure (i.e., insects, flowers, trees).

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

- Make a healthy trail mix recipe to explore with!



Trail Mix

A healthy snack perfect for your outdoor adventures!



Ingredients

Any combination of...

- Nuts (peanuts, cashews, almonds, pistachios, etc.)
- Dried fruit (raisins, dried cranberries, cherries, etc.)
- Granola
- Other ingredients you like - Be creative!

Directions

1. Combine ingredients in a large bowl.
2. Transfer to a snack bag to share and enjoy!

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.