WALKING TO SCHOOL WEEK COMPETITION!

YEARS 1–6

A COMPETITION FOR EACH YEAR GROUP!

5 SPECIAL CHALLENGES, 5 BETTER HABITS!

Each day, a different year group will take on a challenge. Create a **POSTER** with **HANDY TIPS** to help everyone build better habits when walking to school!

BE ACTIVE. BE SAFE. BE KIND.

WALK OUR WAY TO A BETTER FUTURE!

DAY 1
YEAR 3
MENTAL HEALTH

How walking can help improve mood, reduce stress and support wellbeing.

HANDY TIPS
- Take a walk and clear your mind.
- Walking can lift your mood.
- Fresh air helps you feel happy and calm.
- Take time to notice the good things around you.

DAY 2
YEAR 1
ROAD SAFETY

How to stay safe when walking to school.

HANDY TIPS
- Stop, look, listen and think.
- Use pedestrian crossings.
- Hold an adult's hand.
- Be bright, be seen!

DAY 3
YEAR 2
BEING ACTIVE

How regular walking keeps our bodies strong and helps us feel good.

HANDY TIPS
- Walk every day to stay active.
- It builds strong bones and muscles.
- You'll have more energy to learn and play!

DAY 4
YEAR 5
SUSTAINABILITY

How walking to school reduces traffic, improves air quality and helps our planet.

HANDY TIPS
- Less traffic means cleaner air.
- Walking helps reduce pollution.
- Small steps today, big change tomorrow!

DAY 5
YEAR 6
COMMUNITY & INCLUSIVITY

How walking helps us connect with friends, family and our community.

HANDY TIPS
- Walk and talk with friends and family.
- Say hello to the people you see.
- We're all part of a caring community!

YOUR TASK!

- Create a bright, eye-catching poster
- Include helpful tips
- Show why walking to school is important

PRIZES TO BE WON!

- 1 winning poster from each year group
- Winning entries will be displayed in school!

ALL ENTRIES IN BY 1ST JUNE