



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**INTERNATIONAL WALK TO SCHOOL WEEK**

**Week 1**

Plan a safe route to walk either all of the way or part of the way to school.

Walk to school day!  
If possible, walk either all of the way or part of the way to school today.

Ask a crossing guard or police officer for some walking safety tips.

**NATIONAL WALK TO SCHOOL WEEK**

**Week 2**

Find the fruit & veggie of the month at [www.harvestofthemonth.com](http://www.harvestofthemonth.com)

Bring a new fruit or veggie to lunch today.

Walk around the schoolyard after lunch three times.

**Week 3**

Make a list of all the physical activities you like to do. Add to that list throughout the month.

Play hopscotch, tag or catch at lunchtime today.

**Week 4**

Keep track of your physical activities this week. Aim to increase your activities each day!

Ask your family what their favorite physical activities are.

Do some stretches at your desk this morning.

**Week 5**

Play a new physically active game at lunch or after school.

If possible, walk to school again today!



**Let's Move!**

