

**Ideas for Middle School Teachers:
Help your students become “Walking Super Stars!”**

Teachers that incorporate a short lesson into their curriculum during the month of October to support WALKtober will receive reflective backpack keychains for all their students. Qualifying lessons must contain **two of the three following elements:** a short walk (or bike ride) of any length (either done as a class or during distance learning,) **or** a short lesson (video, story, or other) **and** a reflection activity in the form of an in-class discussion, a short writing assignment, or an art piece. Once the lesson is completed, please send an email to ebacon@uidaho.edu outlining the details of the lesson and the date of completion.

Lessons are encouraged to be brief and age appropriate. Please adapt the following ideas to best fit your students and your teaching style. These are only ideas. I encourage you to develop your own way to encourage safe walking. All elements of ‘reflection’ are meant to encourage students to express what they felt, saw, or experienced. This includes things seen in nature or how they felt mentally or emotionally while walking or learning about walking.

Transportation Tracking

Encourage students to begin thinking about transportation. Begin the day by recording how students traveled to school. Have a classroom poster with columns for each type of travel (walk, bike, scooter, bus, car, carpool) and invite students to record their mode of transportation with a tally or sticker. Assign a weekly student leader to tally each column. See how the modes change or stay the same from day to day and week to week and discuss changes and share stories. This activity could extend beyond the month of October.

Reading and English

Choose a story that features walking or biking to school and incorporate it into a classroom activity. Ask students to draw or write their reflections or experiences afterwards.

Social Studies

Utilize outside learning opportunities to practice safe walking and crossing. Include lessons on crosswalks, speed, sidewalks, driveways, and potential distractions. Ask students to write about the crosswalks and traffic calming area next to Moscow Middle School on D Street and why projects like this benefit communities and facilitate safety for all users.

Physical Education

Safe Routes to School integrates naturally into physical education. Encourage students to go for a walk and log their time walking as part of a distance learning lesson. Include a reflection activity that focuses on the health benefits of walking.

Science and Math

Walking and bicycling examples can be used for many elements of math and science learning. Some ideas: Have students record their walking or bicycling and sum their total mileage for the month of October. Make comparisons between their mileage and the distance across the state and country. Turn the exercise into a science activity by discussing calories burned and carbon emissions saved through human powered modes of transportation. Safe Routes to School Moscow has 5 radar speed reader devices that can be checked out for students to record speed around Moscow Middle School. Data can be gathered and discussed as a class.

Music Teachers

Encourage students to go for a walk with their instrument and have them log how far they walked and what challenges they potentially faced hauling their instrument.