



Walktober activity card

Full name

Age

School

Over the month of October complete SIX Walktober activities (you can do more if you want)! You could do them alone, with a parent/guardian, with a friend or as part of a school event.

You can choose from the suggestions list below; simply write the corresponding activity number you have completed in one of the squares. Or if you have some active travel ideas of your own, write in the square explaining what activity you have completed.

If you want to do more than six Walktober activities, please use the continuation page overleaf.

Tell us which activity you enjoyed the most and why:

Submit your completed Activity Card by Friday 8th November 2024.

Visit myjourneyhampshire.com/walktober and ask your parent or carer to use the pupil competition entry form link or drop a printed copy to your school's collection point if they have one available.

myjourneyhampshire.com/walktober



Continuation page

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If you have completed any of the squares on this page and are submitting your completed Activity Card by myjourneyhampshire.com/walktober remember to upload this page too.

myjourneyhampshire.com/walktober



Suggested Walktober activities:

Considering the journey:

1. Walk, wheel, scoot or cycle to and from school.
2. If you have to take the car, ask your adult to Park and Stride or Park and Drop. (Park the car sensibly 5-10 minutes from school then walk/wheel or Scoot from the Boot the rest of the journey).
3. Swap a car journey – instead of taking the car, try a more active/sustainable way of travelling – walking/wheeling/scooting/cycling/public transport. This could be done on the school journey, for an after-school club or going out at the weekend.
4. If you have to take the car, organise to car share with a friend.
5. Travel a mile or more using active travel this week.

Draw/produce:

6. Make a list or take photos of the best things on your active school travel journey such as a favourite tree, the sound of a bird, chatting to friends etc.
7. Write a letter/email to any places where you may be able to create a Park and Stride/Drop – such as a local pub, shop, church or village hall.
8. Produce a map showing where parents/carers are allowed to park/drop off. Share this with your teachers.
9. Make and display a poster showing the environmental and health benefits of active travel.
10. Make a poster showing why switching engines off is better for the environment and our health.

Write:

11. Write an article for your school newsletter or school website celebrating your active or sustainable journeys and outline the benefits of travelling this way.
12. Write a letter to local residents or an article for your community newsletter, explaining how the school is working to encourage active travel and why. Share with your teachers.
13. Write to your local Councillor asking for improvements to the school journey such as a cycle path or widening a footpath.
14. If you have a more unusual active journey such as travelling by cargo bike or ferry, write a report and ask an adult at your school or an adult at home to send it to us at schooltravelplans@hants.gov.uk

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Learn:

15. Learn the Green Cross Code (and practice it).
16. Learn how to ride a balance bike / bike /scooter.
17. Learn how to read a map and plan a route.

Speak:

18. Ask your adult/driver to turn off the car engine when stationary (anti-idling) and explain why.
19. Contact the local newspapers and tell them about Walktober and your efforts.
20. Spread the word – tell others how you got active this Walktober and made a difference for our wellbeing, our community and our planet.

Events/activities you can help organise or do during school:

21. Help your school organise a Walktober event such as an active travel breakfast, a scooter parade, a Golden Mile, a car free day etc.
22. Go on an organised walking/wheeling trip within your school day (if you have used public transport, you can also tick off number 29 below).
23. Make a list or take photos of the best things you see/hear on your walking trip above.
24. Practice your scooting and bike skills at breaktime (if allowed at school).
25. Ask your school to create a 'Golden Mile' course/track at school and mark out a route for pupils to complete a daily distance.
26. Complete a daily loop of the school playground.
27. Organise ways your school could fundraise for more scooter and cycle storage. Share your ideas with your teachers.

After school/weekend/half-term activities:

28. Practice your scooting and bike skills after school or at the weekend.
29. Take a trip on public transport such as a bus, a train or a ferry and learn how to read a timetable.
30. Take a walk, wheel, scoot or cycle with family or friends (perhaps at the weekend or during half-term) exploring your local area.
31. Make a list or take photos of the best things you see/hear on your trip above.
32. Share your active travel adventure with a friend – tell them where you have been/ what you did/why it was an active journey and what you enjoyed most. It may inspire someone else to be active!

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