



# Step up for Walktober

Stepping up for: our planet, our wellbeing and our community

## Your Steps Count! Pupils: How to use your Challenge Card

Throughout October, we are challenging you to **Step Up for our planet, our wellbeing and our community!**

We are asking you to:

1. Make an active travel pledge,
2. Complete as many positive travel actions as you can and
3. Make a note of this on your Challenge Card!

All completed Pupil Challenge Cards will be entered into a prize draw to win one of our fantastic pupil prizes!

### What is a pledge and what could I aim to do?

A pledge is saying that you are going to try hard to do/achieve something.

### A pledge idea could be:

- Park 5-10 minutes away from school and walk, wheel, or scoot the last stretch, 2 times a week.
- Cycle or scoot to school once a week.
- Get dropped at a friend's house closer to school and walk from there instead of being driven all the way to school.
- Write to a school neighbour and thank them for their patience with your school run and explain what you/your school does to support active travel.
- To travel actively even if it rains!

### Top tip:

Have a good think about something doable/achievable!

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## An idea for your school journey could be:

- Walking/wheeling, cycling or scooting to school.
- Using a Park and Stride.
- Taking a bus or train instead of the car.
- Giving a friend a lift so they don't have to drive.

## An idea for during your school day could be:

- A lap of the school playground at break/lunch time.
- Talking with friends about the importance of active travel.
- Write to a school neighbour and thank them for their patience with our school run and explain what you/your school does to support active travel.
- Writing a letter to parents/carers to ask them to travel actively and why this is important.


## An idea for outside of school could be:

- Having a walk/wheel with the family at the weekend/during half term.
- Walk/wheel to the local shop(s) instead of driving.
- Taking the bus on a day trip instead of the car.
- Write a travel diary on how I felt before and after my active journey.
- Tell a friend about a great local walk!
- Do a maintenance check on your bike and take it out for a ride!



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## What is a positive travel action and what can I add to my Challenge Card?

Positive travel actions are anything that helps there to be less cars on the road!

A positive active travel action such as walking to school, using a Park and Stride and Stride, cycling to a local shop, taking a bus instead of the car on a day trip, can make a big difference!

You can add actions that you do on your school journey, during the school day and outside of school!

See our ideas below and see our example completed Challenge Card for ideas!

### Top tips:

- When you do something active, add a comment about what you have done to the Challenge Card.
- When filling in your Challenge Card - **If you prefer, draw a picture.**
- You can also come up with your own key code or travel emojis for your Challenge Card:

**W** = walk to school

**S** = scoot to school

**C** = cycle to school

**B** = bus to school

**P&S** = use Park and Stride

**T** = train to school



bike to school



bus to school



walk to school



train to school

- You can come up with your own ideas and be as creative as you like!
- See the example Challenge Card if you are stuck for ideas.
- You do not have to do something every day if you are unable to.
- You might also like to add a word to describe how you feel from the word bank (you can add your own too)!
- Get your adult to help you if you need to.

### Entering the Competition:

At the end of the month, submit your Challenge Card into our prize draw by **Friday 11th November 2022.**

For details on how to enter our prize draw and information on prizes see [myjourneyhampshire.com/walktober](https://myjourneyhampshire.com/walktober).

If you need assistance returning your Challenge Card, please ask your school administrator.

**Good luck and have fun travelling actively for Walktober!**



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