

Why is walking or biking to school **good for the environment** and **good for me**?



What are 3 ways to be safe while **walking** to school?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



What are 3 ways to be safe while **biking**?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Ask a parent: What is the **safest route** for walking or biking from my home to school? Consider routes with sidewalks, the least amount of car traffic, and intersections with stop signs or traffic lights. (The best walking or biking route may not be the fastest way to drive a car!) \_\_\_\_\_

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\_\_\_\_\_

**Draw a map of your route on the back. Practice walking/biking this route with an adult!**

