



FAMILY WALK & ROLL CHALLENGE

Walk/Bike Scavenger

Hunt #1! Search for

- dog on a leash
- stop sign
- red mailbox
- yellow flower
- green house



Draw a picture with a slogan that illustrates why walking, biking, scootering or skateboarding is good for your **HEALTH**.



Practice Safe Crossing!

- ◆ Find a crosswalk
- ◆ STOP. LOOK. LISTEN.
- ◆ Look left, right, left again.
- ◆ Make eye contact with drivers & wait until all cars have stopped.
- ◆ Stay alert while X-ing!

Walk/Bike Scavenger

Hunt #2: Search for

- bird on a wire
- other people walking
- Brown leaf
- newspaper
- black cat
- speed limit sign



Draw a map of your route to school or other favorite place near your home. Include special things you enjoy seeing on your route.

Decorate your bike, helmet and/or sneakers!



Optional: Send a photo to info@StreetSmartsDiablo.org so we can share it!

Do an ABC Quick Check on your bike:

- Air
 - Brake
 - Chain
 - Quick Release
- Check this [video!](#)



Write a bike/walk haiku!

Line 1: 5 syllables
Line 2: 7 syllables
Line 3: 5 syllables

Optional: Send it to info@StreetSmartsDiablo.org so we can share it!



Take a **Sensory Walk!**

Notice what you see, hear, touch, and smell along the way. Afterward, draw or write about your experience.



List 5-10 benefits of walking or biking to school (or in your neighborhood) over driving in a car.



Walk/Bike Scavenger

Hunt #3: Search for

- Pothole
- white house
- Store
- Flag
- white picket fence
- blue car



Learn and practice hand signals. Then teach them to someone else!

Calculate how many pounds of air pollution you generate if you drive to/from school every day for 180 school days per year.

Use the calculation
1 mile = 0.97 pounds of air pollution.



Learn how to properly fit a bicycle helmet and then teach someone else.

Write a short story about an experience of walking, hiking, or bike riding.



Draw a picture and write a slogan to go with it that illustrates why walking/rolling is good for the **ENVIRONMENT**.



Walk/Bike Scavenger

Hunt #4, Search for

- Red
- Orange
- Yellow
- Blue
- Purple
- Black
- Brown
- Gray



Make up a short song or rap about walking, biking, skating, or riding a scooter.

Perform it!



Walk/Bike Scavenger

Hunt #5: Listen for

- dog barking
- bird chirping
- car engine
- bug buzzing
- airplane
- laughter
- the word hello



Watch a video on

how to safely navigate

intersections on a bike and discuss what you saw with an adult. If possible, practice with an adult on a quiet street.

Watch a video on how to fix a flat bicycle tire.



In an empty parking lot or quiet street, practice riding a bike in a straight line while checking over your left shoulder.



Walk/Bike Scavenger

Hunt #6, Search for

- tree stump
- squirrel
- flat rock
- rose
- bench
- flower pot

