**WALK**
- Walk the route from home to school. Live too far? Walk part way there.
- Adjust your helmet straps so that only 1-2 fingers fit between your chin and the straps.
- Look Left, Right, and Left again before entering the street.
- Keep focused on your surroundings. How many signs do you pass while walking or rolling to school?

**ROLL**
- Ride on the right side of the street. Try a bike trail: Iron Horse, Delta de Anza, Canal Trail, or other!
- Oak trees are native to Contra Costa. Can you spot one in your neighborhood?
- Listen for birds while taking a walk. Learn to whistle.
- List 5 reasons why walking & biking are better than driving.

**SCHOOL**
- Stash a snack, scout a route to the park & score a spot for a mini picnic.
- Carry a backpack with a frisbee, ball, or kite. Take a play break at a nearby park.
- Hopscotch! Chalk it. Hop it.
- Orange is a happy color! Count every orange thing on your route to school.
- Look for people walking dogs. Take a walk and count how many you see.

**At Home Activity**