

Pushed for time?



Ask your employer if you can have some flexibility around school drop off and pick up time

Commit to walk at least one way to or from school, or every other day

Find another family you could buddy up with, but in line with social distancing



Worried about safety?



Practice your route and talk about road safety so your child is more aware, confident, and safer around traffic

Be sensible and leave plenty of time so you can enjoy the walk and don't become rushed or stressed



Too far to walk or cycle?



Plan your journey ahead and find a suitable parking place about 10-minute walk from the school



Remember to pop a pair of trainers in the car if you normally wear formal shoes to work

Rubbish weather?



If you can find some waterproofs, wellies and warm gear, a bit of wind or rain doesn't bother most children



Pack a spare pair of "work shoes" in case they get wet



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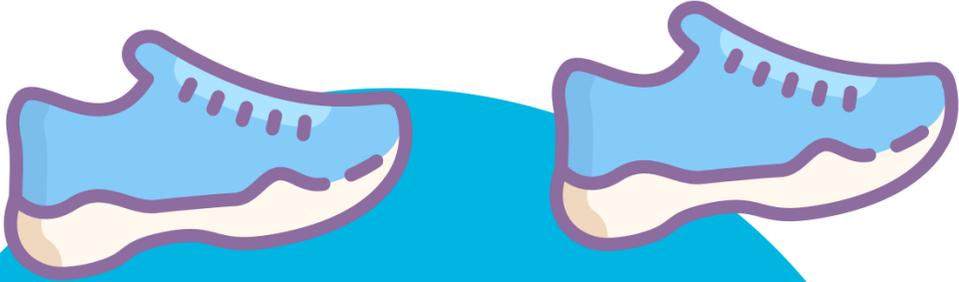
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Unwilling walkers?

Make it fun and play on the way



Create an adventure trail



Play I spy

We've come across 4 dogs so far

I've seen 6 blue cars

1 2 3

Count how many 'things' you can spot on the way

That's 3 cyclists



Town and Country sounds – listen out for different noises



Family Strava challenges – a free app that uses GPS on your phone to map your activity



Footy Fun or Disney singalong – learn and sing your favourite songs