

We're an Active School!



Walking or wheeling to school:

- boosts focus in class
- builds strength and endurance
- connects family to community and nature
- strengthens mental health

Ages 4-6

Practice!

Start now.

Be clear.

Repeat.

Coach them to:

- Always stop at end of sidewalks and before driveways
- Wait for an adult to cross

Model and explain to them:

- Stop, look, listen, and *think*
- The meaning of traffic signs
- Find a safe crossing point

