

Why Walk?

Walking discussion workshop

Question cards (Image & Text)



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Think about a time when you went for a walk with family or friends?

Where did you go? What did you like about it? Discuss with your group.



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Why is walking to school better than travelling in the car?

Blue sky thinking...imagine if everyone walked what difference would it make?



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How does walking help
the environment?

Can you list them?



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Think about the physical
infrastructure around your school
How would you describe it?

Is it easy to walk to school?
Can you think of any ways it could
be improved?



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What are the barriers to walking to school in your opinion?

Discuss how these could be overcome.



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Does anyone in your school champion walking as a mode of transport?

For example

Someone who actively chooses to walk when they could drive? or maybe they completed a walking challenge/walk for charity?



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Everyone knows that walking is good for you!

How many benefits can you list?



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How would you and the community benefit if more people walked instead of using the car?



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Do you have any ideas to encourage more people walking to school?

For example

Walk to school days, competitions....what would work in your school?



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Walking is a great way to reduce carbon emissions.

Can you think of any other ways to improve air quality outside your school?

