

# Why Walk?

Walking discussion workshop slides



Hands up survey

# How many students Walk or Park and Stride to school on a regular basis?

\*Park and Stride is where you are driven some of the way and walk the rest.



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

- Where did you go?
- What did you like about it?



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

Think about your school gate/local area.

Imagine if everyone walked what difference would it make?

**Why Walk?**



# 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?

**Why Walk?**



# How does walking help the environment?

Can you list them?  
Are these benefits relevant to you?

# Everyone knows that walking is good for you!

How many benefits can you  
list?

Why Walk?

# 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?



**Why Walk?**





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

Think about the social aspects of walking

# Walking is a great way to reduce carbon emissions.

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

**Why Walk?**

# Do you have any ideas to encourage walking to school?

## For example

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

Why Walk?





# Thank You

