

# Walk to School Week 2023

## Resources for Primary Schools

National Walk to School Week takes place this year from **2<sup>nd</sup> – 6<sup>th</sup> October 2023**. This week is all about celebrating walking as a positive mode for school journeys. We are asking schools across the country to come together and walk or Park & Stride to School if they can.

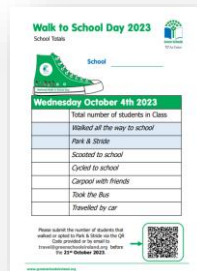
## National Walk on Wednesday

Walk on Wednesdays are days where everyone tries to walk or park and stride to school if they can. National Walk to School Day is **October 4<sup>th</sup> 2023** where schools across the country are invited to join in.

### WOW Day Resources



**NW2SW Poster**  
[English](#) [Irish](#)

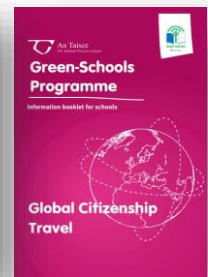
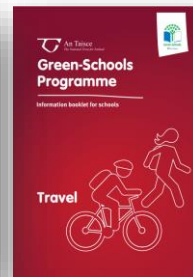


**NW2SW Surveys**  
[Week](#) [WOW day](#)



**WOW Launch Ideas**

Visit our [website](#) or refer to your travel handbooks for ideas and inspiration for your WOW day.



### Walking Bus Webinar

Join us for this helpful webinar on **September 26<sup>th</sup> at 5pm** and our Green-Schools Travel Officers will give you the advice you need to begin. Just in time for Walk to School Week! [here](#)

We would love to hear your stories and celebrate your work!

Tag [#walktoschool23](#), [@greenschoolsIre](#) or email [travel@greenschoolsireland.org](mailto:travel@greenschoolsireland.org)

## Activities and Lesson Plans



### Investigate & Create

Explore your local area with the '[Investigate and Create](#)' challenge. This challenge invites students to investigate what they hear, see and feel on the way to school and create a visual representation of how they experienced their locality. This is an ideal activity for all ages to celebrate National Walk to School Week.

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## Create your own slideshow

Download this [Walk to School Week Slideshow](#) to help raise awareness about the benefits of walking. This can be used on passive loop on display screens or even better at assembly. Students could also adapt it to make it their own



## Signposts for my locality

Explore your local area and calculate walking times to Park & Stride locations and places of interest. [Signposts for my locality](#) is a GREAT way to prepare for your WOW day or have fun exploring travel times in your area.



## Walking themed art activities

- [Design a shoe](#) (English & Irish) and use it to decorate your Green-Schools Noticeboard!!
- Get creative and hold a [bling your shoe](#) competition for walk to school week. Make sure to encourage the use of recycled materials and take care to use old shoes
- [What I see and hear on the way to school](#) (English & Irish)
- Learn to tie shoelaces in a creative way with Green-Schools [Tie My Shoes](#) (Junior Primary) or [Shoe Lace Master](#) (Senior Primary)



## Walking Activities – Stride and Power Walking

Learn about good posture, stride walking and power walking in a fun and interactive way. This [lesson plan](#) targets senior primary but could be adapted for all ages.



## Measuring with your feet!

Did you know that it is possible to estimate distances with your feet!! This simple lesson plan shows students how to [measure length in footsteps](#) and can be followed with a [how many steps](#) activity.



## Create a school gate leaflet for your school

Can you think of any safety or general tips for your school community? Work together to create a tailored walk to [school leaflet](#) for your school.



## Fun facts about walking

Learn some [fun facts](#) about walking and the human body, animal kingdom and more...maybe you could use these for a classroom quiz!



Scan to submit your  
WOW numbers