

# Travel Action Day Guide

Green-Schools Travel



## Overview

Your school must hold a whole school **Day of Action** at some point during the two years spent working on the Travel theme. The Action Day is a day where the whole school community is involved in promoting and celebrating sustainable transport. This Day of Action is an opportunity to contribute to Step 6 *Informing & Involving* and to develop the growing awareness of sustainable travel within and beyond the school. Most of all it should be fun!



A Travel Action Day could form part of a schools' **Green Week**, maintaining other themes - Monday: Litter & Waste  
Tuesday: Energy  
Wednesday: WOW/COW/SOW Day  
Thursday: Water Day  
Friday: Travel Day



## Travel Action Day Ideas

There are a wide range of activities to hold on an Action Day, some during your Day of Action, while others will need to be arranged and organised ahead of time. You should consider the promotion of sustainable journeys to school. Have you launched your initiatives yet? Can you make a special effort on your Action Day to promote and monitor e.g. a WOW or COW day? This might also be a good opportunity to hit some of those Step 5 *Curriculum Link* requirements or to announce your *Green Code*, Step 7. You could tie your Action Day in with National Events such as Clean Air Week, National SOW Day, National Walk to School Week or National Cycle to School Day and plan your activities accordingly.

In the following pages you will find a sample Action Day Schedule Checklist and suggestions for curriculum links/project ideas by class with relevant resources and worksheets linked. We have also provided you with an Action Day Travel Survey template per class and a collation sheet. As always, our guides are adaptable to the requirements of your school.



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## Sample Action Day Schedule Checklist

### In advance

- Inform parents about your Action Day via text, email, newsletter, website etc.
- Make banners to carry on the journey to school.
- Share lesson plans/resources/worksheets with teachers to carry out in the class on the day.
- Invite guest speakers e.g Green-School's Travel Officer, Road Safety Officer, Gardai, Lollipop person or a parent.
- Ask your Travel Officer to carry out travel themed workshops with some classes on the day.
- Hold a Travel competition leading up to your Action Day e.g. Green Code or poster competition.
- Display posters or make a promotional video to share throughout the school to promote your Action Day.
- Plan to have a car-free carpark on the day (staff Park 'n' Stride) – use the extra space to hold outdoor activities.

### On the Morning

- Focus on one particular mode of transport or all sustainable modes to encourage everyone to travel to school sustainably.
- Have a 'Green Day' where everyone makes a special effort to travel in a green way to school. Students and staff could also wear green coloured clothing on the day.
- Have banners ready to carry on the journey to school.
- Have a healthy snack on arrival at the school to start a conversation about 'fuel' and how fuel provides energy to move: fuel for cars and for fuel for the body.
- Hold a Green assembly e.g. committee introduce the plan for the day.
- Monitor travel to school (Action Day Travel Surveys have been included for you in this pack). Create a Human Bar Chart, Scores on the Doors or a Green tree to communicate results.

### Throughout the Day

- Curriculum links- activities and projects related to travel to be carried out in class.
- Classes could present their projects related to travel etc. to each other.
- Use the intercom to give travel facts/tips.
- Hold an Environmental Green-Schools themed table quiz over the intercom/Zoom/assembly.
- 'Stop everything and dance'- play music randomly over the intercom during the day. When it's played everyone stops their work and stands up and dances or marches to the music.
- Remember to take photos to put on your website and social media.
- Include students who can't travel sustainably to school by having a walk around the school.

### Follow Up

- From your monitoring, award the best sustainable travel class with prizes such as golden time, no homework pass etc.
- Upload photos and information from the day to the school website/newsletter/social media.
- Get the committee or a class to write an article for the local paper about the day.

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## Suggested Curricular Links & Activities by Class



Class	Project	Details
Junior Infants +	Sights & Sounds	Draw pictures of what you saw or heard travelling on your journey to school. <a href="#">Sights &amp; Sounds</a>
Junior Infants +	Funky Feet/ WOW colouring sheet	Trace your foot or colour in print outs of footprints and these WOW worksheets to celebrate walking to school. <a href="#">Funky Footprints</a> <a href="#">WOW Colouring Sheet</a>
Senior Infants +	Safety on the Journey to School	Draw a picture or make a display showing the people/ items that help us feel safe on the journey to school, i.e. lollipop person, traffic lights, hi-vis vests, zebra-crossing, footpaths, helmets etc. <a href="#">Safety on the Journey to School</a> <a href="#">Design your own Helmet</a>
Senior Infants +	What I Heard Travelling to School	Draw or take a photo of what you heard coming to school. Re-create the sounds in the classroom. Identify which sounds are pleasant/unpleasant. For older classes you could use the Green School's Resource 'Adventure with Sounds': <a href="#">Part 1 Listen to your world</a> <a href="#">Part 2 Create your own Soundmap</a>
1 <sup>st</sup> Class +	Field trip/ Scavenger Hunt	Go on a historic walk in your local area. Or take a nature walk/scavenger hunt. <a href="#">Nature Scavenger Hunt Video &amp; Worksheet</a>
1 <sup>st</sup> class +	Travel Mode Pictures	Colour in pictures of your favourite sustainable ways to travel (bicycles, scooters, rollerblades, etc) <a href="#">My Lovely Bicycle Colouring Sheet</a> <a href="#">Walking Colouring Sheet</a>
2 <sup>nd</sup> class +	Being Active	How can we be active on the school journey? Investigate the impacts of physical activity on lungs/pulse/alertness. Have fun navigating this maze on your chosen form of transport <a href="#">Travel Maze</a>
2 <sup>nd</sup> class +	Design a Mode of Transport	Design a mode of transport for the future, be it a car, flying machine, teleporter, what ever your imagination can come up with. <a href="#">Environmental Inventors</a>
3 <sup>rd</sup> Class +	Weather Watchers: Weather Forecasting	Monitor the weather forecast leading up to your Action Day and let the whole school know via the intercom. Encourage pupils to dress appropriately-remember there is no such thing as bad weather, just bad clothing! <a href="#">Exploring the Seasons</a>

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## Suggested Curricular Links & Activities by Class



Class	Project	Details
3 <sup>rd</sup> Class +	Healthy Eating	A car uses petrol/diesel for fuel, what do humans need to run properly? Have a conversation about energy from food and the different food groups. Perhaps have a healthy snack e.g. fruit, available to the students on the Day of Action. Check out the Green-School's Resource <a href="#">Getting Healthy, Going Green</a>
4 <sup>th</sup> Class +	Travel Monitors	Monitor how students travelled to school, see survey sheets included.
4 <sup>th</sup> Class +	Travel Themed Field Trip	Travel by train, bus or Luas. Go for a group walk or cycle.
5 <sup>th</sup> Class +	Cycling Activities	Organise Bike Training for the day - Ask your Travel Officer about Cycle skills training. Investigate protective materials such as helmets and hi-vis. Have a Bike Maintenance Workshop. Explore the history of the bike. <a href="#">Draw a Bike</a> or make bike models <a href="#">Watch this M-Check Video &amp; Take the Quiz</a> <a href="#">Draw your Cycling Experience</a>
5 <sup>th</sup> Class +	Bling your shoes	Bling and decorate old shoes from high heels to converse shoes and even wellies with fabric scraps, old buttons etc.
6 <sup>th</sup> Class	Sustainable Cities	Create your own Sustainable City in a box using recycled materials ( <i>photo on pg1</i> ) or follow the Green-School's Resource <a href="#">Sustainable City in a Box</a>
General	Watch Travel Related Videos	<a href="#">Travel Activity Videos</a>
General	Travel Quizzes	<a href="#">Travel related quizzes</a>

There are many Travel related projects that could be investigated on your Action Day, from science projects on climate change and transport, to the history of transport through the ages, or even interviewing parents and grandparents on how they travelled to school when they were young. Use this document and our website as inspiration and a guide, but also feel free to adapt where necessary and create what works best for your school.

Please talk to your Travel Officer for more available resources, workshops or presentations should you require further guidance.

# Action Day Travel Survey

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Teacher \_\_\_\_\_

Class: \_\_\_\_\_

Date: \_\_\_\_\_

	Total number of students in Class
	<i>Walked all the way to school</i>
	<i>Cycled to school</i>
	<i>Scooted to school</i>
	<i>Opted to Park &amp; Stride</i>
	<i>Opted to Carpool with friends</i>
	<i>Took the Bus</i>
	<i>Travelled by car (with/without siblings)</i>

\_\_\_\_\_ Travelled in a 'green' way today

## Thank you from the Green-Committee



# Action Day Survey

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**School:** \_\_\_\_\_

**Date:** \_\_\_\_\_

Record the success of your WOW day by doing a travel survey with each class

	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	Total
Walk							
Park & Stride							
Cycle							
Bus							
Carpool							
Scoot							
Green Travel Total							
Car							
<b>Total in Class</b>							
<b>Green-Travel %</b> Green Travel Total x 100/ Total in Class = Green- Travel %							

Which class had the highest % of students travelling green? \_\_\_\_\_

What % of the whole school travelled green \_\_\_\_\_