

Walking to school builds community.

October is International Walk to School month, or "IWALK," when communities around the world celebrate walking to school. If you want to see more families walking to your school, an IWALK celebration is a great way to start.

Visit feetfirst.org for information about the Feet First IWALK Challenge and fun ideas to inspire more walking in your school community throughout the year.



I started walking to school for my child, but now I love it, too. I feel great and have even lost weight!



As a teacher, I see the benefit of walking carried into the school day, making my students happier and more productive learners.



feet first
promoting walkable communities

This brochure is produced by Feet First. We work to ensure all communities across Washington are walkable. Contact us to find out more about our Safe Routes to School programs and how you can connect with others to make it safer and easier to walk to school.

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WALK TO SCHOOL RESOURCES:

feetfirst.org
saferouteswa.org
saferoutesinfo.org
walkbiketoschool.org
wsdot.wa.gov/LocalPrograms/SafeRoutes

Funding for this brochure is provided by:



Washington State
Department of Transportation



SDOT

Seattle Department of Transportation



safe routes
to school
discover your world



Families across Washington are discovering the benefits of walking to school.

Make a simple choice.
Walk to school with your child.

Walking to school makes a difference.

Studies show that children who walk to school arrive more alert, eager, and ready to learn.

Walking to school is good exercise for the whole family. Parents who walk with children improve their own health, too.

Walking is also healthy for your wallet. Making the trip to school on foot saves on gas and wear and tear on your car.

Walking makes it easier to meet your neighbors. By choosing to walk to school, you can make a difference for your child, yourself, and your community.



I would love my child to walk to school, but I have a busy life. How can I make walking work for me?

WALK ONE DAY A WEEK

Walking even once a week helps your child build healthy habits for a lifetime.

Get started: Schedule time for one morning or after-school walk a week. Ask your school for a school walk route map.

START A WALKING SCHOOL BUS

A “walking school bus” is a group of children and adults who walk to school together.

Get started: Invite your neighbors and take a practice walk to plan for time and safety issues. Use the resources listed on the back of this brochure for guidance.

WALK TO THE SCHOOL BUS

Even a short walk to the bus is a great way to start the day.

Get started: Test how long it takes to walk to the bus stop with your child so you can set your departure time.

PARK AND WALK

If you drive, parking away from school lets you take a short walk while avoiding the hassle of the school drop-off area.

Get started: Find a legal parking space a block or more away from school and walk with your child from there.



Where I come from walking is a way of life. I want my children to know that you don't always need a car to get from one place to another.

