

Active School Travel Education Toolkit



Education Toolkit:

Education plays a foundational role in fostering safe and sustainable travel habits in students. By raising awareness and building essential skills, education empowers both students and families to make safer and healthier travel choices.

This toolkit provides a range of resources to facilitate conversations and actions that encourage safe active school travel. We invite parents, guardians and educators to use these resources to support youth as they develop safe travel habits that are relevant both now as active travellers, and in the future as informed and responsible motorists.

Guided activities and in-class presentations are available through the City of Lethbridge's Education & Outreach team. Visit our [booking page](#) or reach out to education@lethbridge.ca for inquiries.

This toolkit includes:

- Campaigns & Activities
- Lesson Plan Resources
- Pedestrian Safety Resources
- Cycling Safety Resources
- Safety Games
- Sample Messaging



Campaigns & Activities

- **Drive to 5** - Encourage families who drive to park five minutes away from school and walk the rest of the journey
- **Bike Train** - Supervise a group of students to cycle together
- **Walking School Bus** - Organize groups of students to walk to school together under adult supervision
- **Walk and Wheel to School Day** - A one-day celebration event where all students who can are encouraged to walk or cycle all or partway to and from school
- **Bike Rodeo** - Give students the confidence and skills to enjoy cycling safely
- **Dress for the Weather Activity** - Help students get the right gear for the season
- **Greening Tree Activity Kit** - The Greening Tree is a fun, visual way to track how students get to school
- **Routes to School Mapping Activity** - Show students and families the best routes for walking and wheeling to school

Lesson Plans

- **Traffic Safety Lesson Plans** - The City of Edmonton is encouraging safe mobility around schools through lesson plans, activities and stories that engage students in learning to travel safely
- **Ontario Road Safety Resource** - The Ontario Road Safety Resource gives teachers the tools and teaching aids to educate children and youth about road safety



Pedestrian Safety Resources

- [Pedestrian Safety Brochure](#) - Canadian Automobile Association (CAA)
- [Crosswalk Safety](#) - Tony the Street-Wise Cat
- [Streetlight Crossing](#) - Tony the Street-Wise Cat

Cycling Safety Resources

- [Bike Safety Tips](#) - Tourism Lethbridge
- [Young Cyclist's Guide](#) - Ontario Ministry of Transportation
- [Cycle Safety Brochure](#) - Canadian Automobile Association (CAA)
- [Helmet 2v1 Rule Poster](#) - Parachute

Safety Games

- [Bicycle & Pedestrian Signals Game](#) - Test your knowledge on bicycle and pedestrian signals
- [Bike Ride Checklist](#) - Sort what you should take on your bike ride from things that should stay at home
- [Street Diagram](#) - As a pedestrian, learn about what can help to keep you safe as you're walking
- [Road Sign Matching](#) - Do you know your signs? Test your road sign knowledge
- [Active School Travel Trivia](#) - Test your knowledge on pedestrian and cyclist safety, emergency preparedness, active school travel and more!
- [Bicycle Labelling](#) - Label the important pieces of your bicycle



Sample Messaging

Use the messaging below to engage your school community in active school travel year-round through newsletters, PA announcements or social media!

- **International Walk to School Month (iWalk) | October**
 - Newsletter Blurb: October is iWalk Month, the international celebration of active school travel. Students who walk or bike to school tend to arrive more alert and ready to learn, and morning traffic around school zones decreases when more families choose to walk. If a full walk isn't possible, parking a few blocks away and walking the rest is a meaningful change. Encourage your child to walk, wheel, or scooter whenever conditions allow. Talk to them about the route, point out safe crossings, and consider joining them for the first few trips.
 - PA Announcement: Good morning! October is Walk to School Month. That means we want as many of you as possible to walk, bike, scooter, or roll to school. Walking is great exercise, it helps keep the air around our school clean, and you might notice cool things on your street that you miss when you're in a car. If you live too far away to walk the whole way, ask your grown-up to park a few blocks from school so you can walk the last part. Every step counts!
 - Social Media Caption: October is Walk to School Month! How does your family get to school? Walking and biking reduce traffic, cut emissions, and help kids arrive alert and ready to learn. Try it this month! If the full trip is too far, park a few blocks away and walk the rest. Every step counts. #iWalk #LethbridgeEnvironment #ActiveSchoolTravel #YQL



- **Safe Walk Week | June**

- Newsletter Blurb: Safe Walk Week is approaching! With warmer weather and longer daylight hours, this is an ideal time for your child to walk or bike to school. Please review the basics with your child before they head out: cross at marked crosswalks, look both ways, stay off your phone while walking, and choose routes with sidewalks. Safe walking habits built now carry into summer, when children spend more time moving through the neighbourhood independently.
- PA Announcement: Good morning! This week is Safe Walk Week. Walking to school is fun and good for you, but we need to do it safely. Remember to always cross the street at a crosswalk. Look left, look right, and look left again before you step off the curb. Stay on the sidewalk, and if there's no sidewalk, walk facing the traffic so you can see cars coming. Walking keeps you healthy and keeps our air clean. Have a safe walk today!
- Social Media Caption: It's Safe Walk Week! 🚶 Walking and biking to school is great for your health and the environment, but safety comes first. Use crosswalks. Look both ways. Stay off your phone while crossing. Make eye contact with drivers. Good habits now carry into summer. ☀️ #SafeWalkWeek #LethbridgeEnvironment #PedestrianSafety #ActiveSchoolTravel #YQL



- **Bike to School Week | June**

- Newsletter Blurb: Bike to School Week is coming up! This is a great week to dust off the bikes, check helmet fit, and ride to school as a family or with friends. If your child hasn't biked to school before, consider riding the route together over the weekend to practice. Go over hand signals, intersection behaviour, and where to lock up at school. Biking to school on even two or three days this week makes a measurable difference in school-zone traffic and gives your child physical activity before the day begins. If the full distance isn't realistic, try biking partway and walking the rest.
- PA Announcement: Good morning! This week is Bike to School Week. If you have a bike and a helmet, this is your week to ride! Biking is great exercise, it's fun, and it means one fewer car driving to school. Remember to always wear your helmet, ride on the right side of the path, and stop at every crosswalk. If you're not sure about the best way to ride to school, ask a grown-up to ride with you first. Happy biking!
- Social Media Caption: It's Bike to School Week! 🚲 Dust off the bike, check your helmet, and ride to school this week. Cycling is exercise, transportation, and fun all at once. Check your tires, use hand signals, and ride predictably. Who's pedalling to school this week?
#BikeToSchoolWeek #LethbridgeEnvironment #ActiveSchoolTravel #CycleToSchool #YQL



- **Clean Air Day | June**

- Newsletter Blurb: Clean Air Day is nearly here! This is a good opportunity to talk with your children about where air pollution comes from and how daily choices affect air quality. Vehicle idling in school zones is one of the most direct and visible sources of pollution that students encounter. If you drive your child to school, turning off your engine while you wait reduces emissions in the exact spot where children are breathing. At home, consider leaving the car parked for short errands and walking instead.
- PA Announcement: Good morning! Today is Clean Air Day. The air we breathe matters for our health. Cars and trucks put pollution into the air, especially when they sit running without moving. You can help by walking or biking to school when you can. Clean air helps us breathe easier, play harder, and stay healthy. Let's all help keep our air clean today!
- Social Media Caption: Clean air starts on the way to school! 🚶🚲 Walking, biking and taking the bus are great ways to reduce traffic and help keep the air around our schools cleaner. If you're driving, remember to turn off your engine while you wait. Small choices can make a big difference for the whole school community. 🌬️ #CleanAirDay #Noldling #ActiveSchoolTravel #YQL



- **Return to School Messaging**

- Newsletter Blurb: Welcome to the new school year! As we all settle back into the school year, consider making active travel part of the daily routine. Walking, biking or rolling to school is a great way for students to get active, enjoy some fresh air and start the day on the right foot. For students who live close enough to school, active travel can be an easy way to build movement into the school day while reducing traffic around the school.
- PA Announcement: Welcome back! A new school year is a great time to try new things, including how you get to school. If you live close enough, try walking, biking or rolling to school. It's a great way to get moving, enjoy some fresh air and start your day with energy. Remember to watch for cars, use crosswalks and follow the rules of the road!
- Social Media Caption: New school year, new ways to get moving! 🎒🚲 Walking, biking or rolling to school is a great way for students to get active, build independence and start the day on the right foot. If your child lives close enough, consider making active travel part of their school routine this fall! #BackToSchool #ActiveSchoolTravel #LethbridgeEnvironment #YQL



- **Safe Winter Walking**

- Newsletter Blurb: As winter sets in, walking to school can remain a healthy and worthwhile choice for students who live close enough. Winter walking comes with a few extra considerations, including boots with good traction, bright or reflective clothing and taking extra care around icy curb cuts and crosswalks. Staying alert and putting phones away while walking can also help students stay aware of their surroundings. With a few simple precautions, active travel can continue through the colder months while keeping safety a priority.
- PA Announcement: Good morning! Winter is coming! If you walk to school, there are a few things to keep in mind as the weather gets colder. Wear boots with good grip, dress in bright colours so drivers can see you and slow down near icy sidewalks and crosswalks. Stay alert, look up and watch for slippery spots along the way. A little extra care can help make your walk to school a great start to the day.
- Social Media Caption: Winter is coming! ❄️ Keep active school travel going by walking or biking to school when it's safe to do so. Wear bright colours, choose boots with good traction and slow down around icy sidewalks and crosswalks. Small safety habits help everyone get where they're going all winter long! #WinterSafety #ActiveSchoolTravel #SafeRoutesToSchool #YQL

