

ACTIVE TRAVEL

Tips to make the school run easier

If you'd like your child to walk, cycle or scoot to school but can't see a way around a problem that's getting in the way, use these tips to keep it stress-free!



Heading straight to work after?

Park and walk the last 10 minutes to avoid congestion and get to work on time.



Unwilling walkers?

Make every journey an adventure with games such as I Spy.



Nervous?

Map it out and try it out. Find out where the best crossing places are and find the quieter routes.



Raining cats and dogs?

Get the wellies out! Nothing like a good splash in the puddles to start the day in the right way!



Pushed for time?

Find buddies with other families and take it in turns to walk, cycle or scoot with them to school.



Too much too quick?

If you can't walk, cycle or scoot everyday to and from school, commit to a couple of days a week until your family get the active travel habit!



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