

NAVIGATE YOUR NEIGHBORHOOD

WELLNESS WEDNESDAY

This week we encourage students to examine their neighborhood while walking or rolling. As you explore your neighborhood, find the items and write your answers in the boxes below. Be sure to think about how these characteristics keep you safe while on your route.

FIND A STOP SIGN.
HOW DOES THIS ITEM KEEP YOU SAFE?

FIND A MARKED CROSSWALK.
HOW DOES THIS ITEM KEEP YOU SAFE?

FIND A SPEED LIMIT SIGN.
WHAT IS THE NUMBER?
HOW DOES THIS ITEM KEEP YOU SAFE?

FIND A DEDICATED WALKING TRAIL.
HOW DOES THIS ITEM KEEP YOU SAFE?

FIND A PROTECTED BIKE LANE.
HOW DOES THIS ITEM KEEP YOU SAFE?

FIND A SCHOOL CROSSING SIGN.
HOW DOES THIS ITEM KEEP YOU SAFE?

**FIND A STREET WITH A TALL SHADE TREE
AND WIDE GRASSY AREA BETWEEN THE
SIDEWALK AND THE STREET.**
HOW DOES THIS ITEM KEEP YOU SAFE?

ACTIVITY REFLECTION

- Describe a street where you feel comfortable walking or biking.
- What features of this street make you feel comfortable and help you enjoy walking or biking there?
- How can we create more streets like this?

Activity inspired by South Saint Paul Public Schools' Safe Routes in Summer Campaign