



# MENTAL HEALTH ANNOUNCEMENTS

## Learning Benefits of Active Transportation

### Active Travel to School Trivia Game

(Example of One Week)

For announcements, start each day with:

Attention, \_\_\_\_\_! (ex. mascots)

It's iWalk to school month and it's time for a game of **Active Travel to School Trivia!** Every day this week we will start off the day with a trivia question about why walking or biking to school is good for you. Today we are starting off with our first trivia question.

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## MONDAY

### True or False?

**Walking or wheeling to school can increase your grades.**

- **If you said TRUE, you're correct!** I guess you must have walked or wheeled before school today! Way to go. It's a proven fact that being active before school, helps to get your brain ready for the school day. Consider walking to the bus stop if you aren't able to walk to school. Let's celebrate iWALK to school month by walking or wheeling every day.

Thanks for playing **active travel to school trivia** and stay tuned for more trivia tomorrow!

## TUESDAY

### Multiple Choice!

If you want to do well in school, you should:

- a) Walk to School
- b) Wheel to School
- c) Eat a Healthy Breakfast
- d) Listen, Study and Work Hard
- e) Get Enough Sleep
- f) All of the above

If you said **F- ALL OF THE ABOVE**, you're correct! Being active on your way to school along with healthy eating and healthy sleep, helps you learn better and will help you do well in school.

Thanks for playing **active travel to school trivia** and stay tuned for more trivia tomorrow!

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## WEDNESDAY

### True or False?

**Walking and wheeling to school helps your brain to wake up.**

- **TRUE!** Walking and wheeling to school will get your brain ready to learn. When you exercise, your heart starts to beat faster and pumps your blood around your body. This alerts your brain to wake up. After exercising, your brain is more prepared to write a test or learn something new. Start each day by getting enough sleep, eat a healthy breakfast and be on your way to better grades by getting active before each school day.

Thanks for playing **active travel to school trivia** and stay tuned for more trivia tomorrow!

## THURSDAY

### True or False?

**Walking reduces stress and increases creativity which will help you in school.**

- **TRUE!** Everyone has stress and exercise is a great way to get rid of it. When you are feeling stressed, it's harder to learn and think clearly. When your brain is calm and relaxed, problem solving will be easier and you will be more creative. Let's walk or wheel to school to clear our minds, feel happier and get ourselves ready to learn. Let your inner artist shine with all of your creativity!

Thanks for playing **active travel to school trivia!** Stay tuned for more trivia tomorrow!

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## FRIDAY

*Today is the last day for **active travel to school trivia!** Listen up! Here is your question for the day!*

### Multiple Choice!

**What is a walking school bus?**

- a) A school bus that looks just like Fred Flintstone's car
- b) A school bus that picks up people that are walking to school
- c) A school bus that moves as slow as the people walking on the sidewalk
- d) A group of students and at least one adult from the neighbourhood that all walk together to school in a group.

**If you said D – you're correct!** It's not a bus that's like Fred Flintstone's car! It's a fun way to get to school and you can join in with a group that is walking to school in your neighbourhood. There is usually one adult at the front "driving" the bus and one at the back as the "conductor". Talk to one of your parents or guardians about starting a walking school bus where you live. You'll be able to learn about the rules of the road and safer routes to school. You'll get to school with your group and you will be awake and ready to learn!

**Thanks for playing active travel to school trivia!**

**Have a happy iWALK to school month and let's all celebrate by being active!**

## FRIDAY

*Today is the last day for active travel to school trivia! Today may be a tricky one so listen closely! If you walked or wheeled to school today you will be alert and ready for this one! Here is your question for the day!*

### Multiple Choice!

**Think about how your parents got to school. What is different now? Do students today....**

- a) Walk to school LESS than their parents
- b) Walk to school MORE than their parents
- c) Walk to school about the SAME as their parents

**If you said A – you're correct!** Kids don't walk as much as their parents did. When your parents were your age, **58% of them walked** to school but **now only 28% of kids** are walking to school. Let's change the percentage so more of us are walking to school than our parents. Just think; we could make history by walking to school more than our parents! We just have to take the first step and we will be on our way!

**Thanks for playing active travel to school trivia!**

**Have a happy iWALK to school month and let's all celebrate by being active!**