

Lesson Plan Template

Below is a sample lesson plan for teachers to use to teach their students about safe and active transportation and being idle-free in and outside the classroom.

Section of Template	Description
Activity Name	Idle-Free Encouragement Cards.
Grade	Grades 5-8.
Time	30-40 minutes (10-15 minutes in classroom + 20-25 minutes outdoors).
Summary	This activity teaches students about the effects of vehicle idling on air quality, health, and the environment. After a brief classroom lesson using the Idle-Free slideshow, students go outside with teacher supervision to hand out Idle-Free Encouragement Cards to drivers idling near the school. The cards serve as friendly reminders to turn off engines and reduce pollution.
Curriculum Connections	Science and Technology Grade 5: A1.4, B1.1, B1.2, C1.2, D1.2, E1.1, E1.2, E2.6 Grade 6: A1.4 E1.2 Grade 7: B1.1, B1.2, E1.2, E2.7, E2.8 Grade 8: A1.4
Learning Goals	• Define “idling” and understand its environmental and health impacts. • Recognize how small individual actions contribute to reducing pollution. • Practice respectful, positive communication with community members. • Participate safely in a school-based environmental action project.
Materials Needed	• Idle-Free PowerPoint presentation. • Idle-Free Encouragement cards (printed double sided and cut out, 2-4 for each student).

	Teacher/adult supervision outdoors. Card printing link:
Instructions for Activity	- Before class, print and cut cards and prepare PowerPoint presentation. - Review the safety guidelines and determine the “safe area” around the school. - Note: The PowerPoint will include knowledge checks and fun facts to bring about discussion and participation. PowerPoint link: https://acrobat.adobe.com/id/urn:aaid:sc:VA6C2:a7760182-d8da-46be-8862-0b65bf72f5c6
Setting the Stage	Begin with a discussion about air pollution and idling: Ask students: “Why do some people leave their engines running?” and “How could turning off a car engine make a difference?”
Introduction of Activity	- Explain that students will become “Idle-Free Ambassadors” for the day, spreading awareness through friendly, positive action that helps protect clean air around the school by handing out Idle-Free Encouragement Cards to parents and guardians outside the school. - Explain that they will be taking on the role of educating those in their communities about the harms of idling. - Discuss how positive messaging can be more effective than blame when inspiring change.
Core Activity	Students hand out Idle-Free Encouragement Cards to drivers idling outside the school. - Present the slideshow presentation, explaining its impacts on health and environment, safety expectations, and how to interact with drivers (10 minutes). - Practice sample dialogue with partners (5 minutes). - Around dismissal time (3:00-3:30 PM, students will go outside and form partners or small groups with each other.

	4. With a supervisor watching, students will observe idling cars and approach cars on the curb closest to the school. 5. Hand out cards to the idling drivers and non-idling drivers (20-25 minutes). 6. Discuss the next day about how many cards were handed out, and driver's reactions. Safety: • Stay on the sidewalk or clearly marked safe areas. • Work in pairs or small groups with a supervisor present. • Only approach fully stopped vehicles on the curb closest to the school. • Keep a friendly, positive attitude and step back immediately if a car moves. • Do NOT step onto the road or between cars. • Do NOT argue with drivers or touch vehicles. • DO NOT hand cards to moving cars or block traffic. • Do NOT cross the road.
Reflection and Discussion	The next day, facilitate a short reflection, • "How many cards did you hand out?" • "What surprised you about how people reacted?" • "What are other small actions that could help our school be more environmentally friendly?" • "How did it feel to make a difference in your community?"
Tips for Success	• Review safety rules carefully. • Encourage positivity and confidence. • Focus on appreciation, not blame.
Contact Information	For more information or any questions, contact us here: http://activesaferoutes.ca/contact-us/