

Healthy Living Walking Bus



When collecting children from the local schools do you encourage a walking bus to maximise the health benefits?

Task

Get children involved, ask them to come up with a name for the 'Bus' also designing badges or sashes.

Think of three transport related songs to sing or chant as you transport the children.

Now think of some observation or road safety related games that you could play as you go along.

Write the ideas onto small cards and laminate them to remind you as you walk.

Practice the songs and marching with the children.