

SCIENTISTS ON THE GO



How Walkable is Your Community?

1. Pick a place to walk like the route to school, your neighborhood, or just somewhere fun.
2. Use the walkability checklist to rate your walking route.
3. After your walk, identify improvements and give an overall rating.

Location of Walk _____

Is there room to walk?

- There's a sidewalk.
- The sidewalk is partially blocked.
- There's no sidewalk but the road isn't busy.
- There's no sidewalk and the road is busy.

Other observations: _____

My rating:



How are the drivers?

- Cars stopped for pedestrians to cross.
- Cars didn't stop for pedestrians.
- Drivers seemed to be distracted.
- Drivers went too fast.

Other observations: _____

My rating:



Can you safely cross the street?

- Crosswalks have lights and are well marked.
- It's easy for people with wheelchairs, walkers, and strollers to get across.
- Crosswalks are not well marked.
- There aren't any crosswalks.
- Roads are too wide to cross easily.

Other observations: _____

My rating:



Is your walk enjoyable?

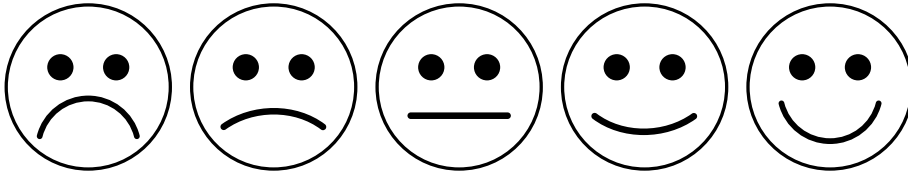
- Area is clean.
- There are interesting sites along the way.
- Cars made me feel unsafe.
- There's too much litter.

Other observations: _____

My rating:



Rate Your Overall Walking Route

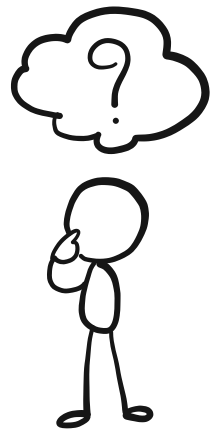


Draw something you saw on your walk that made it enjoyable.

Based on your observations, what are three improvements you'd recommend?

1. _____
2. _____
3. _____

What can you and your family or a friend do to help improve your walking route?



We'd love to see your finished activity!
Email a photo to Thurston ECO Network at thurstoneetac@gmail.com.



WALK N ROLL

Word Search!



Walk N Roll Smart!

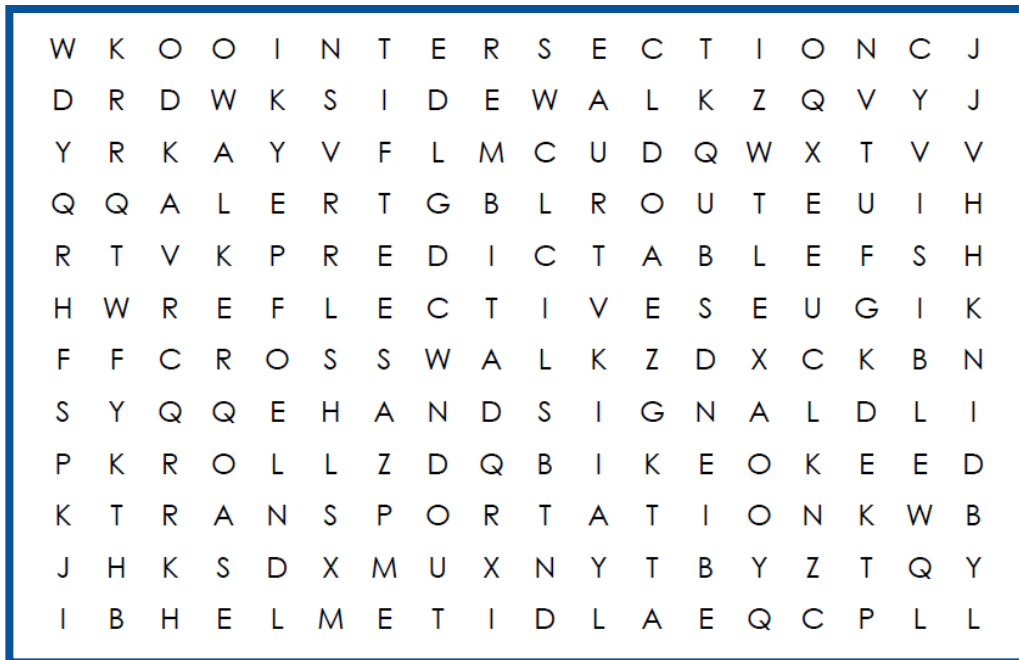


Safe Walking Tips

- Walk on the sidewalk.
- If there are no sidewalks, walk facing traffic.
- Cross at intersections and use the crosswalk.
- Before you cross check left, right, left for traffic.
- Make eye contact with drivers.
- Walk, don't run.
- Stay alert! Don't use a phone or wear headphones.
- Wear reflective gear and bright clothing.
- Plan a safe route and stick to it.

Safe Rolling Tips

- Wear a properly-fitted helmet.
- Ride in the same direction as traffic.
- Walk your bike in crosswalks.
- Look left, right, left for traffic.
- Use hand signals when turning and stopping.
- Make eye contact with drivers.
- Be predictable and follow the rules of the road.
- Use lights and wear reflective and bright clothing.
- Stay alert! Don't use a phone or wear headphones.



Find and circle the words.



Bike
Walk
Roll
Helmet
Crosswalk

Visible
Sidewalk
Alert
Reflective
Hand signal

Intersection
Transportation
Route
Predictable



WALK N ROLL

WALK BINGO!

Cross off each activity as you complete it. Try to get 5 in a row or complete all 25!

Walk somewhere new	Use a crosswalk	Look left, right, left, when crossing the	Wear bright clothes	Wave to other walkers
Walk on the sidewalk	Walk backwards for 5 feet	Put your screens away	Walk up a hill	Walk on a trail
Walk in a zig zag	Plan a safe walking route	Free Space	Practice walking to school	Watch this music video (Link below)
Walk down a hill	Stay 6 feet away from other walkers	Draw your favorite place to walk	Walk past a garden	Wear comfy shoes
Walk under a big tree	Skip for 10 feet	Take a water bottle on your walk	Walk in the rain	Make eye contact with drivers

WALK N ROLL

Scavenger Hunt

While you walk or roll, check-off the sounds and objects that you find.

Bird chirp



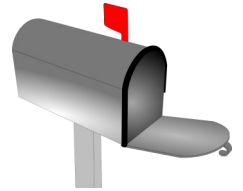
Lawn mower



Blue House



Mailbox



Dog bark



Insect



Stop Sign



Puddle



Wind blowing



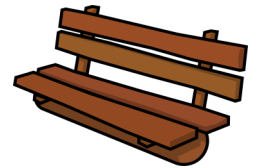
Music playing



Cat



Bench



Clover



The letter "S"



WALK N ROLL

A Youth Education Program of Intercity Transit

The Intercity Transit bus helps people get to the places they need to go!

Where is your bus going?

Write your destination here.

