

Name

Class

Last day of walk to school

Complete these questions:

Sport

1. How many times a week do you play sport?

2. How does playing sport make you feel (happy, tired, excited etc.)?

3. Why do you like playing sport (friendships, being in the water, playing in a team etc.)?

Driving to school

1. How many times a week do you get driven to school?

2. How does being driven make you feel (happy, tired, excited etc.)?

3. What do you talk or think about on the way? (what happened today, what's outside etc.)

Walk, ride and scoot to and from school

1. How many times a week do you walk, ride or scoot to and from school?

2. How does walking, riding or scooting make you feel (happy, tired, excited etc.)?

3. Why do you like walking, riding or scooting to school (friendships, being active, share stories etc.)

4. What do you talk or think about on the way? (what happened today, what's outside etc.)

What did you learn?

1. Looking back over the last month, do you think walking, riding or scooting to and from school has helped you?

2. If you walked to school, did you learn anything new from your friends and family?

3. When you get to school in the morning, do you feel any different after walking instead of driving?

4. How do you feel you have helped your class with their walk to school tally?

5. Will you try to walk, ride or scoot to school more often?

6. Now compare your answers to your ones in the time capsule. Has anything changed?
