

International Walk+Roll to School Day

This document is provided to help Safe Routes to School (SRTS) Coordinators and others in related efforts advertise your events for International Walk+Roll to School Day on October 12th, 2022. Please feel free to directly copy the social media posts and activities below, or adapt them to fit your community's needs.

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Activities

Below are some recommended activities you can do with your schools and commu
International Walk+Roll to School Day:

- Organize a school supplies drive to help students get the tools they need to succeed in school, or consider a shoe drive to provide students with comfortable shoes for walking and rolling all year long.
- Ask students to take pictures of what they see on their fall walk or roll to school. What looks different from what they see in other seasons? What do they find the most interesting?
- Have students bring in objects they found (e.g., a pinecone, a leaf) on their walk to school to share with their class. Ask them to return the object on their walk back home.
- Order incentives to give out to participants in International Walk+Roll to School Day. [You can order incentives here.](#)
- Set up walking school buses and bike trains for students to travel together. Share information with families so they can plan to either walk/bike or drive to the meetup location. If you have students who can only ride the bus, celebrate with them too at school!
- Share fall safety tips with your community! A few examples are:
 - Dress in layers to stay dry and help regulate your body's temperature.
 - Take your time, and enjoy a leisurely pace.
 - Stay hydrated by drinking water before and after your walk to school.
 - Be safe and be seen! Wear bright colors and reflectors. Days get shorter in the fall, so dress so you can be seen in the dark.

Social Media Templates

To Share September 12th-16th:



Download [Facebook](#), [Instagram](#), [Instagram Story](#), [Twitter](#).

Caption:

This year [insert community] is celebrating International Walk+Roll to School Day! On October 12, join your classmates and walk or roll to school!

[Caption (Spanish coming soon)]

To Share September 19th-23rd:



Download [Facebook](#), [Instagram](#), [Instagram Story](#), [Twitter](#).

Caption:

International Walk+Roll to School Day is October 12th! Planning on participating? Then check out these tips to make the most out of your walk or roll to school:

- Stay safe and be seen! The days get shorter in the fall, so make sure you wear bright clothing and reflectors that can be seen in the dark.
- Plan your route out in advance. While fall walking and rolling is fun, you don't want to get caught out in the cold or rain for too long!
- Wear layers! Fall in Oregon can be rainy - put on some warm boots, thick socks, coats, and a hat.
- Make it fun by bringing along a thermos of hot cocoa - or coffee for the adults!

We look forward to walking or rolling with you on the 14th!

[Caption (Spanish coming soon)]

To Share September 26th-September 30th:



Download [Facebook](#), [Instagram](#), [Instagram Story](#), [Twitter](#).

Caption:

International Walk+Roll to School Day is almost here! Join us on October 12th as we walk or roll to school. The fall is a great time to practice your walk or roll route to school, and check out the great fall colors!

[Caption (Spanish coming soon)]

To Share October 3rd-October 7th:



Download [Facebook](#), [Instagram](#), [Instagram Story](#), [Twitter](#).

Caption:

Winter Walk+Roll to School Day is next week! Are you planning on walking or rolling to school with us?
Check out event details here: (insert details)

[Caption (Spanish coming soon)]

To Share October 12th



Download [Facebook](#), [Instagram](#), [Instagram Story](#), [Twitter](#).

Caption:

International Walk+Roll to School Day is here! Join us as we walk and roll to school. Be sure to share photos of you walking to school with us.

Alternative Caption:

International Walk+Roll to School Day is here! Meet us at [location] to walk or roll to [school] together.

[Caption (Spanish coming soon)]

Poster & Graphics

Below are a sample poster and Strider & Viv graphics for you to use for outreach. You can also order [posters with your incentives](#).



Download [JPEG](#), [PDF](#).

Strider & Viv:

Strider & Viv are ready to help you promote your Walk+Roll events! Use these to create posters or social media posts of your own. Strider & Viv comics are also [available to order through the free incentives](#) to distribute to students and families.

[Strider “Oregonians Stand Out!”](#)

[Strider “Walk+Roll”](#)

[Strider Standing](#)

[Viv](#)

More International Walk+Roll Resources

Looking for more ideas? Check out the following toolkits and guides used in SRTS programs around the world.

- [International Walk+Roll to School Day ODOT SRTS Resources](#)
- [Walk, Bike & Roll Event Planning Resources](#)