



JOIN THE GREEN SNEAKER WALK, ROLL & ACTIVITY FAMILY CHALLENGE!

CHALLENGE YOURSELF OR YOUR ENTIRE FAMILY TO WALK,
BICYCLE, SCOOTER, or SKATEBOARD IN YOUR HOME
NEIGHBORHOOD FOR 30 DAYS!

(please maintain social distance with others; option to exercise indoors if necessary)

BUILD KNOWLEDGE ABOUT BICYCLE AND/OR PEDESTRIAN
SAFETY, HEALTH, THE ENVIRONMENT,
AND OUR COMMUNITY.

COMPETE WITH OTHER FAMILIES & SCHOOLS FOR THE MOST
MILES, MINUTES OR STEPS!

ALL SUBMISSIONS WILL BE ACKNOWLEDGED & ENTERED INTO A
DRAWING FOR FUN PRIZES!



HOW TO PARTICIPATE:



- Visit the Green Sneaker Challenge web page at www.sonomasaferroutes.org to download Tracking Logs and/or Activity Bingo sheets (in English and Spanish)
- Track your daily walking and rolling on the Green Sneaker Challenge [Walk/Roll Tracking Logs](#) **AND/OR**
- Check off activities you accomplish on the Green Sneaker Challenge [Activity "Bingo" Sheet](#)
- Optional: "Like" the Sonoma County Safe Routes to School Facebook page for challenge updates and/or future events.
- Send Logs and/or Activity Sheets to the Safe Routes to School Program by emailing saferoutes@bikesonoma.org or mailing to attn: [Green Sneaker Family Challenge](#), [Sonoma County Bicycle Coalition](#), PO Box 3088, Santa Rosa, CA 95402-3088



This project is supported by the Metropolitan Transportation Commission's One Bay Area Grant Program and Measure M Transportation Tax.

BINGO ACTIVITY PAGE



Go to the sonomasaferroutes.org Green Sneaker Family Challenge web page for links to all videos and online resources mentioned below! Cross off as many boxes as you can in 30 days!



Practice crossing a crosswalk safely: look left, right, left again and all around, wait until all drivers stop & see you before crossing, then walk across while staying aware.	Watch the two videos "Pedestrian Safer Journey" and "Bicycle Safer Journey" (choose the version for your age group) and if possible, take the quiz afterward. Find video at http://www.pedbikeinfo.org/pedsaferjourney/ and http://www.pedbikeinfo.org/bicyclesaferjourney/	Walk/Bike Scavenger hunt #1: Circle the things listed below that you saw: stuffed bear in a window, a dog on a leash, a stop sign, a speed limit sign, a red mailbox, a yellow flower, a green house.	Review the Responsible Walking & Bicycling "Roll Model" pledge (find on Green Sneaker Challenge page) with an adult and agree to follow these rules when walking/bicycling together.	Watch a video (or ask an adult) to learn, practice & memorize your left, right, and stop hand signals and demonstrate them to someone else. <i>A video can be found on the Green Sneaker Challenge webpage.</i>
Walk/Bike Scavenger hunt #2: Circle the things you saw: A bird on a wire, other people walking, a little free library, a newspaper, a black cat, a brown leaf	Draw a map of your route to school or another favorite place within an easy walking or bicycling distance of your home. Include special things you enjoy seeing on your route.	Decorate your bike, helmet and/or sneakers! <u>Optional:</u> Take a picture of it and email to us at saferroutes@bikesonoma.org and we may share on Facebook (FB)!	Do an ABC (Air, Brake, Chain/Cables) check on a bike and find out why it is important to do that each time you ride. <u>Optional:</u> teach someone else about it!	Write a bike or walking related haiku poem <i>Line 1: 5 syllables</i> <i>Line 2: 7 syllables</i> <i>Line 3: 5 syllables</i> <u>Optional:</u> email to us at saferroutes@bikesonoma.org and we may share on FB!
Go on a "sensory walk or ride." Afterward, draw or write about something you saw with your eyes, something you heard, something you touched, and something you smelled.	Make a list of 5-10 benefits of walking or bicycling to school or in your neighborhood instead of driving in a car. Choose one or more benefit and draw a picture to go with it. <u>Optional:</u> email your picture to us and we may share it on FB!	Walk/Bike Scavenger hunt #3: Circle the things you saw: A pot-hole, a white house, a store, a flag, a white picket fence, a blue car	Use the "NHTSA Walkability Checklist" to rate how walkable your neighborhood is (locate via google). <u>Optional:</u> Write a letter with your observations and email it to us! <i>Checklist can be found on the Green Sneaker Challenge webpage.</i>	Read (or have an adult read) you a book you are interested in that has "bike or bicycle" in the title. Use the free online resource overdrive.com , click on "childrens" and search for "bike" for a list.
Watch a video on how to properly fit a bicycle helmet and demonstrate how to do it to someone else. <i>A video can be found on the Green Sneaker Challenge webpage.</i>	Write a short story or journal entry about an experience of walking, hiking, or bicycle riding (true OR fictional) <u>Optional:</u> email to us and we may share it on FB!	Listen to the Big Tadoo Puppet Crew's album "A Breath of Fresh Air," The Walk & Roll Solution" on Soundcloud (link on Green Sneaker Challenge web page)	Walk/Bike Scavenger hunt #4: Find items that are all the following colors: Red, Yellow, Blue, Green, Black, Brown, Gray, and Orange (<i>circle colors you saw</i>)	Make up a short song or rap about walking, biking, skateboarding, skating, or scootering, and perform it for someone else. <u>Optional:</u> Record it and send us the recording!
Walk/Bike Scavenger hunt #5: Listen for the following sounds: dog barking, bird chirping, car engine, bug buzzing, airplane, laughter, the word hello. (circle what you heard)	Watch a video on how to fix-a-flat on a bicycle (or ask an adult) <u>Optional:</u> Try it yourself if you have the resources and some help! <i>Advanced: teach someone else to do it!</i> <i>A video can be found on the Green Sneaker Challenge webpage.</i>	Watch a video on navigating intersections on a bicycle. Discuss safe bicycling through intersections with an adult. If possible, practice with an adult on a quiet street. <i>A video can be found on the Green Sneaker Challenge webpage.</i>	Watch a video on bicycle "power pedal" position. Practice on your own bicycle, if possible, and demonstrate to someone else. <i>A video can be found on the Green Sneaker Challenge webpage.</i>	Watch a video on how to properly lock your bicycle and demonstrate how to do it to someone else. <i>A video can be found on the Green Sneaker Challenge webpage.</i>
Write an acrostic poem with one of the following words or phrases: BICYCLE, WALKING, PEDESTRIAN, SAFE ROUTES TO SCHOOL, TRANSPORTATION, OR GO GREEN	Use an online map like google to map your safest walking or bicycling route to school from home or a meet-up spot (OR talk to your parent/guardian and discuss the route you would take)	Draw a picture and write a slogan to go with it that illustrates why walking, bicycling, scootering or skateboarding is good for your HEALTH.	Calculate how many pounds of air pollution you generate if you drove to/from school every day for 180 school days per year. Use the calculation 1 mile = 0.97 pounds of air pollution.	Walk/Bike Scavenger hunt #6: Circle the things you saw: A tree stump, a flat rock, a mushroom, a bench, flower pot, a squirrel.



TRACKING/ACTIVITY PAGES



MAIL IN COVER SHEET

Send completed INDIV, FAMILY & /or BINGO Activity Sheets to the Safe Routes to School Program by emailing scanned copy or picture of sheet to

saferoutes@bikesonoma.org or mailing to attn: **Green Sneaker Family Challenge**,
Sonoma County Bicycle Coalition, PO Box 3088, Santa Rosa, CA 95402-3088

SONOMA COUNTY

NAME OF STUDENT _____

GRADE _____ SCHOOL _____

Please provide additional contact information for future acknowledgement of participation in challenge:

PARENT NAME _____

PARENT EMAIL _____

PARENT PHONE _____

STREET ADDRESS _____

CITY _____ ZIP _____



METROPOLITAN
TRANSPORTATION
COMMISSION