

# LIVING & MOVING GREEN - SUPPORT PACKAGE



## Winter Walk Day

[Winter Walk Day](#) is celebrated the first Wednesday of every February. In Nova Scotia, this event is hosted by the [Ecology Action Centre](#). Their goal is to get people outside to be physically active in the winter while looking after the Earth. You could walk *to* school or *at* school; the important thing is to get outside to enjoy winter and get your daily physical activity while keeping our environment healthy.

We can work on reducing our ecological footprint by using active transportation in any season. Keeping active during the school day can be a challenge if participants aren't properly dressed, so be sure to plan ahead so everyone is prepared for any weather. Get outside, keep active, and connect with nature all year long!

## Action Plan

**Step 1- Register** your walk with the [Ecology Action Centre](#) for a chance to win. You may also receive poster and announcement templates, winter walking safety tips, and NS curriculum links, so don't miss out!

**Step 2- Promote.** Use the free [Winter Walk Slideshow](#) from the [Green Schools NS Resources page](#), or host a virtual visit with your local Green Schools Engagement Officer to get you started. Use ready-made [posters](#) or use homemade posters to promote your Winter Walk Day. It's a good idea to highlight the reasons to walk in the winter. Share details of your event in your school newsletter or Facebook page in hopes to recruit or inspire others to get involved. Make some announcements leading up to the day to get the staff and students energized for your big event. You could encourage everyone to wear a funky hat or the brightest outdoor gear during the walk!

**Step 3- Walk *TO* School.** Review your winter walk safety tips. Encourage everyone to walk to school that day. You could set up a Walking School Bus! Check out our selected resources and videos below. The Ecology Action Centre delivers programs, including [School Travel Planning](#) to promote safe, active, and sustainable transportation.



**Step 4- Walk *AT* School.** If there are distance or safety concerns that stop you from walking *TO* school you can still walk *AT* school. Make a plan to get outside during the day and walk around your school yard, block or in the woods. Physical Education classes could be held outside to support the initiative.

**Step 5- Plan your next walk.** If you enjoyed your winter walk, why not try it again? You could even make it a recurring event. Celebrate your successes!

**Step 6- Share.** Encourage students to draw or write about their winter walk experience. Take lots of pictures of everyone enjoying their walk; share them with us and we'll celebrate with you!



## Resources

[Green Schools NS - Carbon Footprint Pledge](#)

[Green Schools NS - Nature Scavenger Hunt](#)

[Sustainable Transportation Support Package](#)

[New Glasgow Academy Winter Walk](#)

[Pictou Landing First Nation School Winter Walk](#)

[Ecology Action Centre's Active Transportation Programs](#)

[Active and Safe Routes To School!](#)

[Nova Scotia Crosswalk Safety](#)

[Winter Walk Day](#)

[Canadian Wildlife Federation - Cold Weather Ideas](#)

[IWALK](#)

### **Videos**

[Green School New Glasgow Academy Winter Walk Day Cheer!](#)

[Ecology Action Centre Active Transportation Programs](#)

[Westmount Elementary Winter Walking Bus](#)

[SimpleShow Carbon Footprint Video](#)

