A TALE OF Ghedi

THE WALKING DETECTIVE

kchealthykids™
Leader’s Guide

- Benefits of walking and biking
- Barriers to walking and biking
- Pedestrian safety tips
- Planning and leading a walking investigation
- Additional resources
Kids’ Workbook

- Benefits of walking and biking
- Vocabulary words
- Pedestrian safety tips
- Clue checklist
- Case report
Clues Checklist: Circle a score for each clue. 1 = pretty bad  2 = okay  3 = great

Surroundings:

1 2 3 There are trees for shade along the sidewalk.

1 2 3 The air smells fresh and clean.

1 2 3 There are benches along the sidewalk to sit and rest.

1 2 3 There are open spaces and parks for me to play.

1 2 3 There are bike racks to park my bicycle.

1 2 3 There are a variety of buildings on the street.

_____ points
CASE REPORT

Do your part to advocate for a walkable community!

Collect your evidence and create a case report. Use it to show your lawmakers which things make it easy to walk and bike, and which things make it hard.

Vocabulary

advocate: to ask for support for a cause

Date ____________________________
Dear ____________________________

Thank you for helping to create a walkable and bikeable community.

Walking and biking benefit the entire community, especially kids like me.

I did a walking investigation in ________ _______ to see if my neighborhood is a safe and easy place to walk and bike.

Here are some things that help me walk and bike safely:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Here are some things that need improvement:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Together we can make our community a friendly place to walk and bike for everyone.

Sincerely,

Name and Age ____________________________
School ____________________________
Sources

• Centers for Disease Control and Prevention
• National Center for Chronic Disease Prevention and Health Promotion
• National Center for Safe Routes to School
• National Physical Activity Plan Alliance
• Safe Routes to School National Partnership
• U.S. Department of Health and Human Services
• U.S. Department of Transportation