



Active and Safe Routes to School

Route Planning

Did you know? Sometimes the most comfortable route to walk or wheel is not the most direct route. This month, we encourage you to take the time to get to know your local community. Explore local paths and calmer streets to reach your destination rather than the route that may be the fastest. Students have the best chance of retaining and applying active transportation skills if they have a chance to practice them with supervision and develop safe habits.

Try out the [Explore Your Street Survey](#) to become more familiar with streets in your neighbourhood.

A Minute Matters: Route Planning

When walking or wheeling to school with children, take a minute to explain how and why your route was selected. This can help them understand what is different about each walking or wheeling situation. As children get older, ask them to suggest what route to take and explain why. This helps reinforce decision making and navigation skills, and it only takes a minute!