



Why walk?

Active children are more likely to be active adults. You're giving your child a lifetime of good health simply by encouraging them to walk more.

Dr. Ben Rossiter, Victoria Walks

Walking is dynamite for good health

Does your child meet the National Physical Activity Guidelines of having at least 60 minutes of exercise every day? Walking to school regularly is a simple way for your child to be physically strong and healthy. Students who walk to school enjoy better fitness, mental and emotional well-being.

Walking promotes learning and development

Research shows that even short walks have a positive effect on mood, reducing feelings of anger and anxiety. Walking puts children in contact with their natural environment, improving concentration and self-discipline.

Walking builds friendships and social connections

Social networks and friendships are important to children, particularly during adolescence. The journey to and from school is a great time for them to catch up, share stories, learn, discuss and reflect on events in their lives.

Walking cultivates independence, teaches responsibility and road sense

Walking to school gives children opportunities to practice independent decision making. This teaches responsibility and empowers them to make good decisions in future. Walking also helps children to develop their spatial awareness and road sense, making them 'street smart' and better able to negotiate traffic.



What you can do

[G]etting a lift to school every day limits horizons leading to isolated, vulnerable children... We are keen to encourage independent and streetwise children and believe that walking to school from an early age will foster this.

Backseat Children Report, Sustrans, UK 2008

With your children:

- Lead by example - walk more (to the shops, around where you live etc).
- Teach your children simple road rules from a young age.
- Walk to school with your children so that when they're ready, they can walk to school independently.

With your community:

- Find out how your child's school is supporting students to walk to school.
- Support measures that slow traffic.
- Help make your street better for walking.
- Got an issue, or an idea? Contact us.



**[www.victoriawalks.org.au/
walking_with_children](http://www.victoriawalks.org.au/walking_with_children)**



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