



Making the Journey Fun!

Games you and your family can play on the way to school:

Follow the leader

Jump up! Jump down!
Turn all the way around!

Take turns to lead the way. Followers have to do what the leader is doing. Remember, only do things that are safe.



FIRST THING! Safety is #1.

Before playing these games, you must agree to these two rules!

1. All games will stop near busy roads, narrow paths, road crossings, or when anyone feels unsafe.
2. You will ALWAYS wait until a crossing signal shows "WALK" before crossing a road, and never cross on a red "DON'T WALK" symbol.

Don't say it!

Choose a common word, and try to talk without using it on your journey to school. "Yes" or "no" are probably the easiest.

Take turns with everyone to see who can improvise best.



Spelling Game

w-a-l-k
s-a-f-e

Each player challenges each other to spell words based on what they see during the walk, such as "bird," "plane," "automobile," "pavement," "sidewalk," or "crosswalk."



The Smiling Game

Spread some morning cheer - see how many people you can make smile by simply smiling at them.

Share the happiness!



What's that landmark?

Look for landmarks on your walk - unusual buildings, statues, or signs, and see if your children can remember them and learn their neighborhood.



Before you walk to school:

1. Make sure you are wearing suitable clothes for the weather.
2. Eat a healthy breakfast before leaving home. Hunger during morning classes can be distracting.
3. Leave with plenty of time. You don't want to be in a rush. Enjoy your walk!



I-Spy

Become detectives! Players choose something they can see, then say "I spy, with my little eyes, something with..." while everyone else must guess what the object is by the clue. The player can only say "yes" or "no" in reply.



Count it

Make your math teacher proud by practicing your counting skills on the way to school.

Pick something to count - it can be anything - cars, slabs of pavement, birds, or trees.



Silly walks

Take turns picking silly ways to walk from one landmark (such as a lamp post) to another.

Try being a lion, monkey, or horse. Scooting sideways is always fun too!



The WalkSafe Program is brought to you by the University of Miami KiDZ Neuroscience Center at the Miami Project to Cure Paralysis. Walk Safe. Walk More.