

Plan your morning routine

Time: 45 minutes

Activity Overview

Working with your adults, you will plan a routine so that you can walk, cycle or scoot to school and arrive on time!

What you'll need:

- Pen, pencil
- Three sheets of paper
- A timer/ stopwatch



Did You Know...



Getting 10-11 hours of sleep has so many benefits! It makes our memory better, makes our heart healthier and makes us happier too!



Walking, cycling or scooting to school can increase your concentration level by up to four hours.



15 minutes of exercise (including a walk, scoot or cycle to school) can make you feel brighter and happier.



Have you ever wanted to cycle, scoot or walk to school?

Well, now's the perfect time! You can be a hero and stop the school gate from being crowded with cars, keep the air clean, and keep the roads safe! As well as this, you can stay healthy and happy yourself!

All you have to do is plan your routine so that you'll have plenty of time to cycle, walk or scoot to school.

It's super important to work with your parents or guardians to create your routine.

Here's what you could say to your parents:

When I go back to school I'd really like to walk/cycle/scoot there.

Walking/cycling/scooting will help me to stay healthy, happy and will help me and all my classmates give everybody space around the school gates to stay safe and social distance.

To help with this, I'm going to write a routine for a week which I promise to stick to. This routine will make sure that travelling by bike, foot or wheel I will arrive at school on time, as well as getting enough sleep to have the energy for the day.

I would love it if you could walk, cycle, scoot or wheel with me to school, and we could work together on making this routine so that we can enjoy the benefits of walking/cycling/scooting everyday.



Prepare your routine!



Before you start your routine, think about:

How long does it take to travel from your house to school by:

a) Walking

b) Cycling

c) Scooting

Maybe you could try it first with your parents or guardians if you aren't sure?

Here's an example of what someone's routine might look like:



Plan your week

On the next page we are going to plan a full week. Try and decide if you want to walk, cycle, scoot or wheel each day and fill the table.

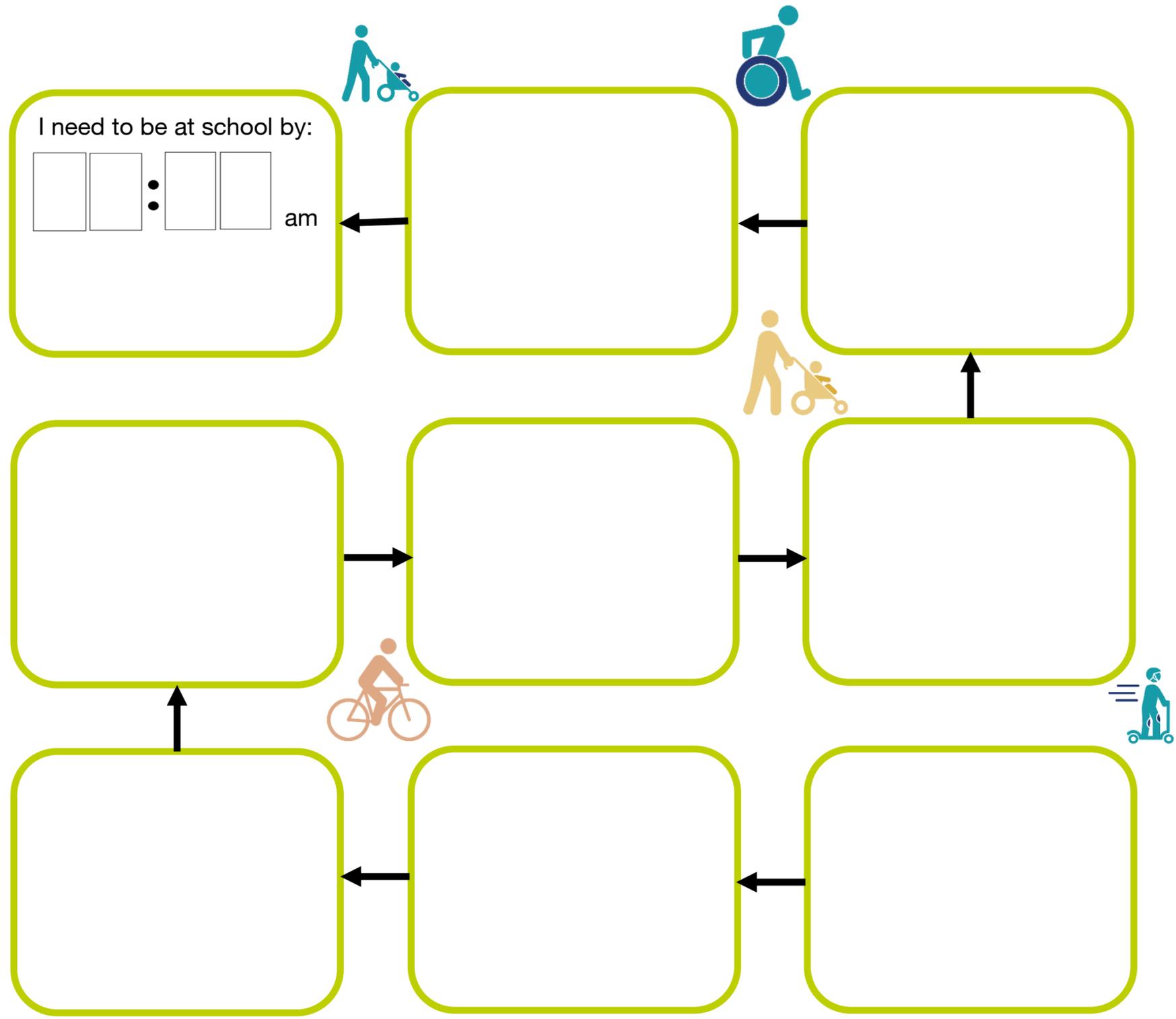
Day	Monday	Tuesday	Wednesday	Thursday	Friday
How I'll travel					

Write out your routine!



Before you do this, think and then speak to the adults in your house about how you want to travel, as well the way that you can travel. Remember that walking, cycling & scooting keeps us healthy and happy!

Using the example, and how long you think it will take to cycle, scoot or walk to school, try to write a routine.



Routine checked and shared with parents/ guardians

Signed

.....(me)

..... (Parent/ Guardian)

You might need to do another one or two of these, so you have a routine for cycling, scooting and walking!



We'd love to hear from you!
 If you practice your route to school or complete this plan, please send us photos:
 @haringeycouncil on twitter

