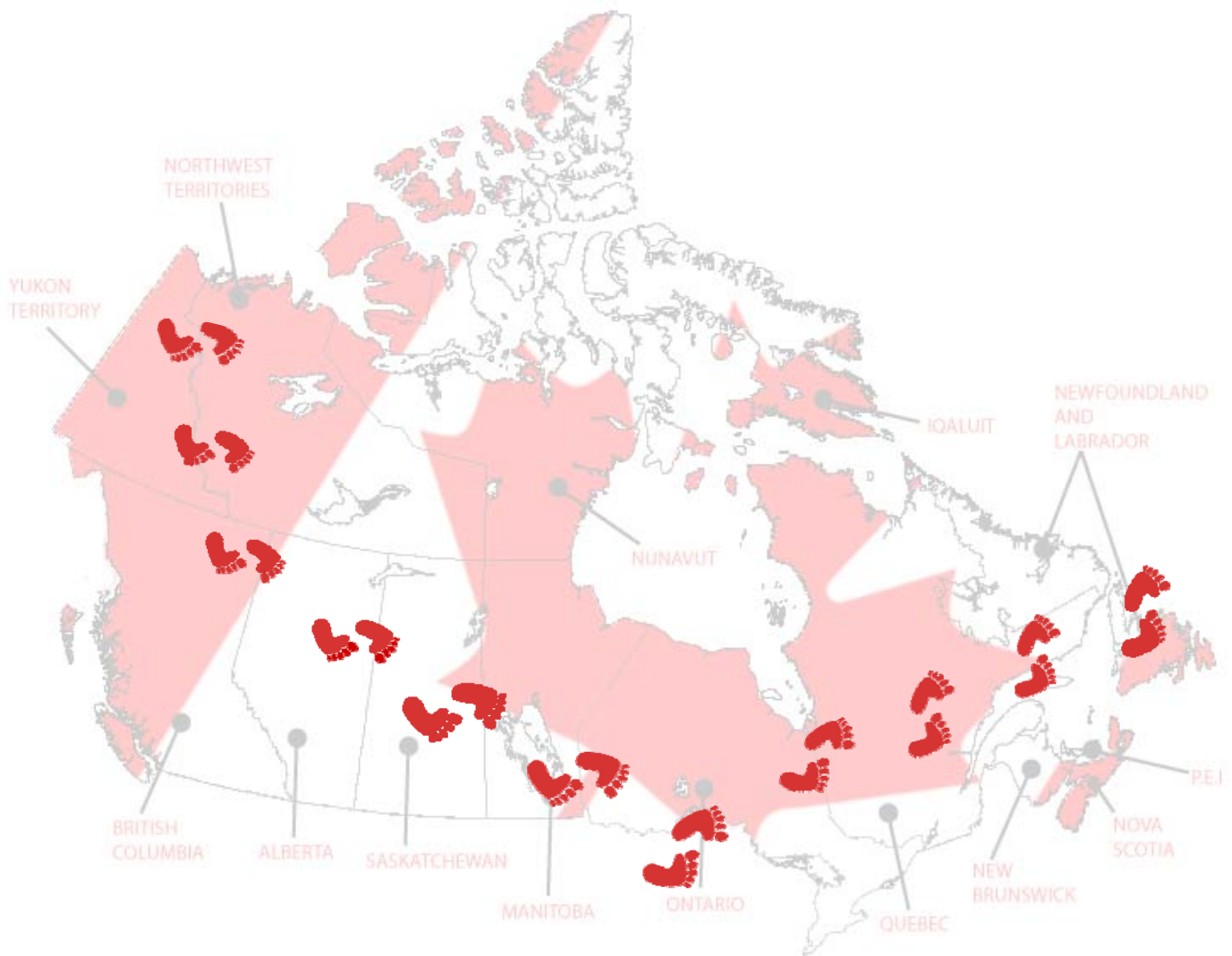


# WALK ACROSS CANADA CHALLENGE

## Tools for Teachers






Incentive Ideas  
Student Travel Log  
Activity Record  
Certificate



# WALK ACROSS CANADA CHALLENGE

## Incentive Ideas

Teachers, you may use the certificate and incentive ideas to encourage your students (and the school community) to accumulate steps or kilometres. The concept is to get your students out of their seats and on their feet more often, and on a regular basis. Here are a few options that you may want to use in your class. Now step to it!

-  Provide a walking certificate for each student/class.
-  Have a pizza party.
-  Have a **FUN** day.
-  Go on a class outing.
-  Recognize the “**Walker of the Week/Day**” with a privilege.



# WALK ACROSS CANADA CHALLENGE

Activity Record

Name: \_\_\_\_\_

Day							
# of steps							
Distance in kms							
Day							
# of steps							
Distance in kms							



# WALK ACROSS CANADA CHALLENGE

Activity Record

Name: \_\_\_\_\_

Day							
# of steps							
Distance in kms							
Day							
# of steps							
Distance in kms							







# WALK ACROSS CANADA CHALLENGE

## Congratulations We Did It!

NORTHWEST  
TERRITORIES

YUKON  
TERRITORY

NEWFOUNDLAND  
AND  
LABRADOR

IQALUIT

Grade:

Teacher's name

Grade level

Class

worked together to walk

kilometers

from

to

Signed:

BRITISH

Date: COLUMBIA ALBERTA

SASKATCHEWAN

MANITOBA

ONTARIO



HEALTH  
Action  
en santé  
WINDSOR-ESSEX



WINDSOR-ESSEX COUNTY  
HEALTH UNIT  
Unité sanitaire  
de Windsor-comté d'Essex  
WINDSOR-ESSEX-LEAMINGTON  
www.wessexhealthunit.org