

# STARS AT HOME ACTIVITIES: PRIMARY SCHOOLS

Please remember whatever active travel activities you decide to do, follow the current government COVID guidelines:

**Stay at home, protect the NHS, save lives!**

## JANUARY

### Winter walkies

Activity: Take a soft toy from home with you on your winter walks. Be mindful of what you see along the way and how the season changes over time. Can you spot daffodils or snowdrops starting to grow at this time of year? How does the air feel on your skin? Can you see it as you breathe? Use your senses to enjoy your surroundings and make the walk more interesting. Be present, taking in the beauty of the here and now, even if it is raining. When you get home, write or draw about what your toy saw or keep a video journal.

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### Walking from Home

Defining the beginning or end of the school day is important for mental as well as physical health. It sets you up for the day or makes you feel the work part of the day is over. Did you know that an active travel school journey can help children to concentrate for up to four hours? So why not head out for a #fakeschoolrun. There's lots of resources to support you here: [Walk to School | Primary schools | Living Streets](#). Use social media to get others to join in: #WalkingFromHome #Fakecommute #Fakeschoolrun Tag us on Twitter too @ealingSTARS

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## FEBRUARY

### Valentine's Day 'love your heart' active travel day

Date: 14<sup>th</sup> February 2021

Activity: Could you organise events or an assembly to promote the health benefits of active travel? Or simply go for a family walk, run, bike ride to love your hearts together.

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## MARCH

### March in March

Activity: A month to promote walking despite inclement weather.

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Activity: Could you hold a Step Counting Week

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**World Book Day:** <https://www.worldbookday.com/>

Date: 4<sup>th</sup> March 2021

Activity: Dress up as your favourite character from a book about Active Travel: <https://www.worldbookday.com/>

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**British Science week:** <https://www.britishscienceweek.org/>

Date: 9<sup>th</sup>-13<sup>th</sup> March 2021

Activity: Could you do a lesson on gears and ratios in relation to a bicycle?

<https://www.lessonplanet.com/teachers/mountain-biking-riding-uphill>

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**World Recycling Day 2021:** <https://www.globalrecyclingday.com/>

Date: 18<sup>th</sup> March 2021

Activity: Bling your Bike, Sparkle your Scooter- Can you bling your bike/ scooter using only recycled materials?

<https://stars.tfl.gov.uk/PrimarySchool>

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**WWF Earth Hour:** <https://www.worldwildlife.org/pages/earth-hour>

Date: 28<sup>th</sup> March 2021

Activity: Could you arrange a lesson or activities around the environmental benefits of active travel, such as air quality?

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## MORE AT HOME RESOURCES TO PROMOTE STARS

### JOURNEY PLANNING

- [Learn the new ways to prepare for your journey](#)

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## PHYSICAL EDUCATION

- [Complete the Active Reward Card Online workout](#)
- [Get active at home- Disney inspired indoor games and activities](#)

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- [Physical education online lessons](#)

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## ENGLISH

- Active Travel poetry - write a poem about your most memorable journey via walking, cycling or scooting. Can you make it rhyme?

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## ROAD SAFETY

- Talk about safety on your daily walk- how many different road signs can you spot? How and where should you cross the road? Where are the safest places to cross? How do you use a zebra crossing? What should you do at an intersection when you are scooting?

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- [Learn the road safety song](#)

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- [Road safety online game](#)

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- [Be bright, be seen game](#)

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- [Colour me bright worksheet](#)



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- Brighten your bag

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#### ART & DESIGN

- [Build a London bus](#)
  - [Design a roundel](#)
  - [Colour in London](#)
  - [Design a moquette](#) (the patterns we see on the seats in trains and buses in London)
  - Design a poster to show other children how to cross the road safely
  - Design a new type of bicycle, trainer, helmet, hi vis jacket
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- [STARS School Travel Arts Competition](#)

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#### WALKING GAMES

- [Walking Bear:](#)
  - Teddy Bears Picnic
  - Scavenger Hunt
  - Where are your favourite places to walk to?
  - Make Your Own Bear
  - Word Search

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- [Scavenger Hunt on your daily walk with help from Royal Parks](#)
- [Scavenger Hunts at/from home](#)
- [Scavenger Hunts on Twinkl – Free during lockdown](#)

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- Daily walk 'I spy' - write down all the animals that you see while walking, can you draw your favourite one?

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## CYCLING

Try cycle training from home with these excellent videos produced by TfL and the Bikeability Trust.

- [Cycle Training](#) with TfL
- [Cycle Training](#) with the Bikeability Trust

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## ENVIRONMENT

- Traffic counts - count the number of people walking, cycling or scooting past your house for 10 minutes each day. Does your street have more active travellers than your classmates? Combine it with maths and turn the information/data into a graph.

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- [Anti Idling](#) – Get in touch with [Idling Action London](#) to see what online workshops they can arrange online for your students.

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## FOOD EDUCATION

- [Design a Healthy and Active Breakfast](#)

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## LESSON PLAN AND RESOURCES FOR PARENTS

- [Living Streets Resource pack](#)

From scavenger hunts to feelings sticks, to photography and phone calls: there's a great selection for you to get involved.

- [Sustrans Outside In](#) 4 weeks of active travel lessons, games and challenges

Games, videos and weekly challenges to help you enjoy some cycling, walking and scooting fun during lockdown. Time to get the whole family involved.

