

WINTER WALK MONTH

FEBRUARY 2026

Make February your month for walking to school! This winter, encourage your kids to build their physical literacy (movement skills) with some fun and engaging ideas!

1. Try these exciting activity ideas to get you started with Winter Walk Month

- Join the Hop! Winter Walk Challenge on the kid-friendly [Hop! App](#) – log your active journeys and win prizes!
- Looking for fun ways to stay active as a family? Check out [these short videos](#) that are full of creative ideas to get moving together!
- Take a winter family hike and play 'Follow the Leader'. One child leads while everyone follows their footprints, adding fun moves like jumps or dances for everyone to copy!
- Share your walking adventures on social media using the hashtags #WinterWalk2School, #JourneyOutside, and #WWD.

2. Learn about the benefits of active transportation and get some great tips for walking to school

- Discover how being active can help your child grow mentally, emotionally, and intellectually.
- Plan a safe walking route activity and help kids learn about using the streets and sidewalks in their neighborhood. Turn it into a treasure hunt where kids look for buildings and landmarks along the way!

3. Get your school walking!

- Talk to your school principal about organizing a winter walk-to-school day using these [handy resources](#).

