

Walk to School (WTS) Handout, Week 2

Behavior Change Strategies

1. Goal Setting

- “SMART” goals: SPECIFIC, MEASURABLE, REASONABLE, MAKE A DIFFERENCE
- Start by doing a practice walk at least once this week, then follow up with your goal of walking 2 trips over the next 5 school days.
- Follow up with texts from the team this week to support you and your child in meeting your goal.

2. Setting Reminders (Look at the checklist section on next page)

Reminders are more than just remembering to walk, you'll also have to remember:

- Your shoes, backpack, lunch, and anything you'll need for school
- Any raincoats, umbrellas, or winter coats if needed
- Personal items like keys

3. Social Support

Is there anyone, like a family member or a friend, who may want to walk to or from school with you? This could be a parent, a sibling, cousin, a friend in your class, neighbor, or someone else who may want to walk with you

4. Reinforcement

Reinforcement is a way to reward ourselves only if we meet our goal. It's a special way of thanking ourselves for doing something challenging so we only get rewards if we met the goal.

Consider giving a reward for your child if they met their goal walking to school. These could be things like a trip to the library, having a friend spend the night, reading an extra book before bed, or cooking your favorite meal.

*****Remember, we only get these special rewards if we met our goal. Unfortunately, if we do not meet our goal, then we cannot get these special rewards. We can always try again next week!*****

