

## ACTIVITY 3 Grades 3-4

# WALKING/BIKING JOURNAL

### OBJECTIVES:

- Students will record their observations, thoughts, and feelings in an organized manner.
- Students will recall their experiences throughout the week and begin noticing the physical and mental changes the exercise has on them.

### NEBRASKA STATE STANDARDS:

**Reading/Writing 4.2.4** – Students will demonstrate the use of multiple forms to write for different audiences or purposes..

**TIME/DURATION:** 1–2 weeks

### MATERIALS:

- Notebook for each student

### INSTRUCTIONS:

1. Provide each student with a notebook.
2. Instruct students to record their observations while walking and biking to school (or anywhere, for students who do not walk or bike to school).
3. Observations can include fun experiences with friends, wildlife sightings, safety hazards, safety rules in action, or even just how they feel during and after walking or riding.
4. Encourage students to record their observations chronologically.
5. At the end of the journaling period, allow each student to read an excerpt from his or her journal.

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