

So, What *Exactly* Is a Walking School Bus?



It's like a carpool—without the car—with the added benefits of exercise and visits with friends and neighbors. Add healthy fruit and veggie snacks under the welcome sign at school and you have the perfect recipe for a lesson on healthy habits.



A walking school bus is a group of children walking to school with one or more adults. If that sounds simple, it is, and that's part of the beauty of the walking school bus. It can be as informal as two families taking turns walking their children to school to as structured as a route with meeting points, a timetable and a regularly rotated schedule of trained volunteers. The flexibility of the walking school bus

makes it appealing to communities of all sizes with varying needs.

Starting simple

When beginning a walking school bus, remember that the program can always grow. It often makes sense to start with a small bus and see how it works. Pick a single neighborhood that has a group of parents and children who are interested.

1. **Invite families who live nearby to walk.**
2. **Pick a route and take a test walk.**
3. **Decide how often the group will walk together.**
4. **Have fun!**

