



# SPRING INTO SPRING

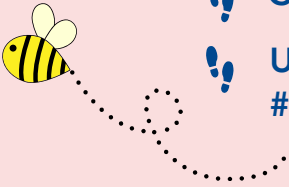
## APRIL & MAY 2025

**Walk to school as many days as you can this April and May!**

Shake off the winter blues and enjoy the many benefits that walking and wheeling can bring!

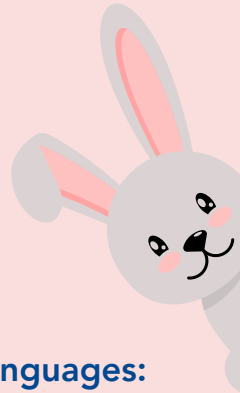
### 1. Check out these activity ideas

- ❗ Track your active trips with the free, kid-friendly [Hop! App](#) and compete in the Hop! Spring Walk Challenge.
- ❗ Ask your kids to choose a different theme for I-Spy each day and see what you can find on the way to school or around your neighbourhood.
- ❗ Celebrate spring by drawing your favourite outdoor Springtime activity.
- ❗ Use the hashtags #GetYourWalkOn, #JourneyOutside, and #SpringintoSpring, on social media to share your journey.



### 2. Learn about the benefits of active transportation

- ❗ Watch or share our fun, educational video illustrating the five main benefits of active transportation, available in [English](#) and [French](#)!
- ❗ Check out our educational posters – they are available in multiple languages: [English](#), [French](#), [Arabic](#), [Mandarin](#), [Spanish](#), [Cantonese](#), [Farsi](#), [Vietnamese](#), [Somali](#), and [Russian](#).
- ❗ Check out all the resources on our [School Active Transportation](#) web page.



### 3. Encourage your school to plan a Spring into Spring event

- ❗ Ask your school principal or teachers about incorporating active school travel activities in class, for example a field trip to a nearby park to see what's blooming.
- ❗ Ask your school principal to plan a walk to school day event using these [great resources](#).

