

# What is Active Travel?

Active travel means moving your body to get where you need to go! It is walking, riding your bike, or scooting instead of using the car.



How can I get to the shops?

Circle the active ways to travel:



☐ Walking



☐ Riding a bike



☐ Riding a scooter



☐ Going in a car



☐ Taking the bus

Draw a picture of you travelling to the shops using walking, riding or scootering.

Finish the sentence:

When I walk or ride to the shops, my body feels \_\_\_\_\_.

# Why is Active Travel Great?

When you choose to be active, two wonderful things happen:

1. You feel strong and happy!

Moving your body is good for your health, warming up your muscles and making your heart beat stronger. It also helps you feel cheerful and ready to learn when you arrive.



2. You help the planet! Cars put yucky pollution into the air, but when you walk or ride, you keep the air clean for everyone, which is important for the Earth!

Tick the good things:



☐ My body gets strong



☐ The air stays clean



☐ There is more noise



☐ I get to see my neighbourhood



☐ Cars make more smoke

Draw one thing you notice when you walk or ride instead of going in the car?