

- There are 3 patterns in the calendar. Can you identify them? 1. _____ 2. _____ 3. _____
- Which challenge date was your favourite? _____

January 14 ✓ Walk to and from School or the bus stop today ✓ Wish the crossing guard or a classmate on your walk to school a great day!	January 15 ✓ Walk to and from School or the bus stop today ✓ On your walk to school or the bus stop make a snow angel	January 16 ✓ Walk to and from School or the bus stop today ✓ Count how many snowmen you see on your walk to school	January 17 ✓ Walk to and from School or the bus stop today ✓ On your walk to school complete 10 star jumps and 10 jumping jacks	January 18 – PA Day! ✓ Walk to and from School or the bus stop today ✓ Check your local recreation centre for fun activities that you and your family can do together
January 21 ✓ Walk to and from School or the bus stop today ✓ Have a friendly conversation with someone you don't always speak to in your Class	January 22 ✓ Walk to and from School or the bus stop today ✓ Say something positive to your parent/guardian or a member of your family	January 23 ✓ Walk to and from School or the bus stop today ✓ On your walk to school tell yourself you will have a great day	January 24 ✓ Walk to and from School or the bus stop today ✓ Thank your crossing guard for helping you cross the road	January 25 ✓ Walk to and from School or the bus stop today ✓ Compliment your teacher and one of your classmates
January 28 ✓ Walk to and from School or the bus stop today ✓ Drink water when you are thirsty and to prevent dehydration when active	January 29 ✓ Walk to and from School or the bus stop today ✓ Write down two positive things about yourself before leaving to school	January 30 ✓ Walk to and from School or the bus stop today ✓ Make someone laugh today	January 31 ✓ Walk to and from School or the bus stop today ✓ Wear something fun today - favourite colour, polka dots, animal prints	 Winter Walk Day – February 6, 2019

For a chance to **win a prize**, please submit a photo of your calendar with the days of challenges you completed, along with your answers to questions 1 and 2 to activeschooltravel@ycdsb.ca by February 8, 2018.