



Car Free Days

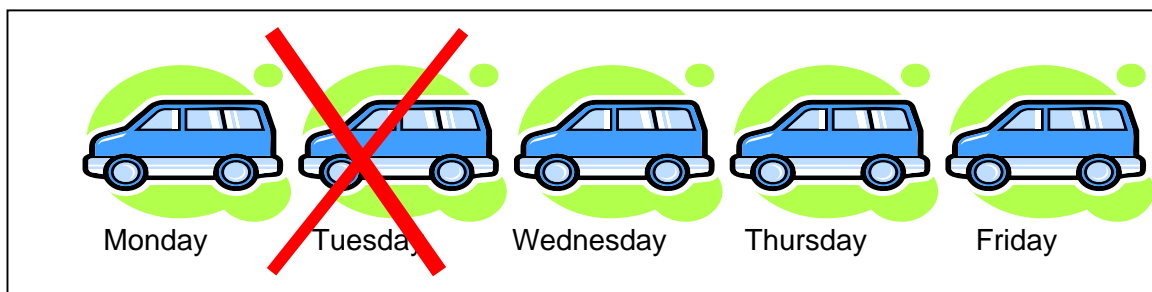
One day without the car is better than none

Have families who usually drive nominate one day a week as a 'car free day'

Aim: To encourage those who drive to school to commit to changing their behaviour for just one day a week

Method:

1. In class, children draw 5 cars along a strip of paper. They should write each day of the week under one car as below.
2. On a piece of card, each student creates an 'X' just a little bit bigger than one of their cars. They cut it out and colour it red.
3. Students should take their strip of paper with the 5 cars home and stick it in a prominent place such as the fridge. Blue Tack should be stuck onto the back of the red 'X'. At the start of each week, families can decide which day they will not take their car to school and stick the red 'x' over that day so that it looks like this:



4. A class lesson could accompany the drawing activity about car pollution. Information needs to be sent home to parents explaining the activity.

Variations and tips:

- This activity could be done over the whole school, or just as an individual classroom activity where appropriate
- Children who already walk on most days can pick a day for their family to try and be 'car free' for other activities outside of travelling to school, such as a trip to the shops
- Instead of choosing a 'car free day' and drawing cars, children can choose a 'walk to school day' and draw pictures of people walking. Instead of a red 'x' they can make a green circle. The circle can be placed around the day of the week they will walk. The lesson and information for this activity can be based around health and fitness instead of air pollution