



Walk or Wheel (WOW) Challenge 2020

A Month of Virtual Walk, Bike, and Roll Fun!

We invite you to join other students, families, schools, and teachers across Dane County and take the Walk or Wheel Challenge this October!

What is the WOW Challenge? How is it different this year?

The WOW Challenge is an annual walking and biking competition between Dane County schools that happens every October. The WOW Challenge asks schools to organize and plan activities that encourage walking and biking to school and make it safer to do so. No matter where learning takes place this fall– in the classroom or virtually - it is important to get physical activity through walking and biking and encourage student and family health so children are feeling energized, supported, and ready for whatever is ahead.

Therefore, Healthy Kids Collaborative has modified the Walk Or Wheel (WOW) Challenge so students and schools can still celebrate walking and biking with one another, stay active, and win \$\$\$ and prizes.

There are TWO ways to participate in the WOW Challenge this fall:

- 1) Schools and classrooms can participate together in our School Competition**
- 2) Individual students and families can participate by playing Student & Family Bingo**

TEACHERS & SCHOOLS: [CLICK HERE TO REGISTER BY OCTOBER 15th](#)

[STUDENTS & FAMILIES CLICK HERE TO ENTER YOUR WOW BINGO RESULTS BY FRIDAY, NOVEMBER 6th](#)



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WOW Challenge 2020: School Competition - Win \$250!

- Participating schools earn points based on the virtual and/or socially distant in-person learning activities they organize to encourage students to walk or bike during October.
- This WOW Challenge guide provides a variety of activity ideas, resources, and tips schools can use throughout the month to encourage students and families to walk and bike and gain WOW Challenge points. Contact Healthy Kids Collaborative if you would like thought partnership as you plan for your school or classroom.
- Schools are encouraged to organize their own virtual programs or events not listed here to participate in the WOW Challenge or celebrate Walk to School Day (Wednesday, October 7th)
- *Send a picture of your students or school doing a WOW Challenge activities to earn 5 bonus points scorecard.*
- Schools e-mail their WOW Challenge scorecard and photos to abhalla@uwhealth.org by Friday, November 6th
- **The two schools with the highest point totals will each receive \$250**

WOW Challenge 2020 Student/Family BINGO - with Prizes!

- Students and families go on walks or bike rides listed on the WOW Challenge BINGO board, recording their progress after completing each walk or bike ride.
- *Students and families wishing to enter into the prize drawing will be asked to keep track of WOW BINGOs on their own at home and submit a short Google Form online by Friday, November 6th
- Completing five activity spaces in a row (up, down, diagonal) to make a BINGO! Each BINGO earns 1 entry into the WOW Challenge prize drawing. *A fully-completed BINGO board ("black out") earns 5 entries into the WOW Challenge prize drawing.*
- *Send a picture of yourself or your family doing one of the BINGO walks or rides listed to abhalla@uwhealth.org to get a bonus entry into the prize drawing.*
- **Prize drawing winners will earn their choice of health, physical activity, and family fun-themed prizes such as roller blades, Wisconsin State Park passes, and more!**

[ENTER STUDENTS & FAMILY BINGO RESULTS HERE BY FRIDAY, NOVEMBER 6th.](#)



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Walk or Wheel CHALLENGE



WOW BINGO

There are many different reasons and occasions to walk and ride a bike during October! Here are a few. Check off 1 from the list below after you complete each walk or ride this month.

 <p>Walk or bike in the morning (before lunch)</p>	<p>Walk or bike with a family member.</p> 	 <p>Walk or bike to a grocery store.</p>	<p>Walk or bike around your block.</p> 	 <p>Total 60 minutes of walking or biking in a day.</p>
<p>Walk or bike to celebrate good news.</p> 	 <p>Walk or bike when you feel thankful.</p>	<p>Walk or bike across a bridge.</p> 	 <p>Walk or bike on a trail in a park or woods.</p>	<p>Walk or bike down a new street or to a new place in your neighborhood</p> 
<p>Walk or bike to see public art – or collect leaves or other materials for a fall art project</p> 	 <p>Walk or bike in the rain.</p>	<p>Do a practice walk or bike to school on Wednesday, October 7th to celebrate Walk to School Day!</p>	 <p>Walk or bike along a river, lake, or other body of water.</p>	<p>Walk or bike for 60 minutes total two days in a row!</p> 
<p>While walking or biking count how many fire hydrants are on your route.</p> 	 <p>While walking or biking count how many birds can you spot.</p>	<p>Walk or bike to wind down and relax</p> 	 <p>Walk or bike at sunset.</p>	<p>Walk or bike around your block, twice.</p> 
 <p>Walk or bike after lunch.</p>	<p>Walk or bike in a fun costume or outfit.</p> 	<p>Look up City of Madison WalkTober program, complete 1 activity!</p> 	 <p>Walk or bike because you feel stuck</p>	<p>While walking or biking how many different colored doors can you count.</p> 



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Walk or Wheel
C H A L L E N G E



SCHOOLS: SUGGESTED ACTIVITIES + SCORECARD

Double Points for Submitting Photo of Activity

Activities Not Listed Receive Bonus Points

<p>“Walk or Wheel” (WOW) Wednesdays 25 points</p> <ul style="list-style-type: none"> • Encourage students & families to walk or wheel each Wednesday in October. • Start off with a virtual kick-off activity on 10/7 for Walk to School Day or another day that works for your class or school • Ask students & families to keep track of their walking & wheeling each Wednesday via SeeSaw, Google Classroom, or another platform. • Have them keep track of their mileage or time and compete with other classes in your school. Or offer them choices from the WOW Bingo scorecard or other themed lists. Whatever works for your students! 	<p>DIY Together Walk or Bike Activism 25 points</p> <ul style="list-style-type: none"> • Encourage students & families to think about the walk-ability, bike-ability, and transportation-friendliness of their neighborhood. • Ask students & families to talk a 30-60 minute walk or bike ride near their residence. At the end, reflect about the experience: the streets, sidewalks, and places along the route. • Have students write down 1 thing they like about the streets and walking/biking in their neighborhood. Have students write down 1 thing you don't like or would like to improve about the streets and walking/biking in their neighborhood. • Send your students' work to an elected official, traffic engineers, or us at Healthy Kids Collaborative.
<p>Classroom Arts “Festival” 20 points</p> <ul style="list-style-type: none"> • Encourage students to create a visual, written, or performance work that includes walking, biking, or rolling outside during fall. • A haiku assignment? An art project? A reflective writing piece? A skit? It's up to you! • Have students share their work with one another via an online “gallery walk” or informal arts “festival” 	<p>Safe Routes Story Time 10 points</p> <ul style="list-style-type: none"> • Offer a remote story time where librarian or teacher reads stories that highlight walking and biking, fun, safe multimodal transportation, learning a new transportation skill, and/or advocating for safe streets. <p><u>CLICK HERE FOR A LIST OF BOOK SUGGESTIONS ORGANIZED BY GRADE LEVEL</u></p>



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Celebrate Your WOW Challenge Success
Student/Family BINGO Prize Drawing Entry Form

Complete [this form via Google Forms](#) or by sending to abhalla@uwhealth.org by Friday, November 6th to be entered into prize drawing.

Name: _____

of walks/rides completed from BINGO Board : _____

School/Class/Grade: _____

of BINGOs completed: _____

What were your accomplishments and challenges during the WOW Challenge?

Tell us about the best walk or best bike ride you took during the WOW Challenge.

What did you learn about yourself or your neighborhood by taking the WOW Challenge?



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