



Golden Ticket Punch Cards

A Frequent Biker/Walker Program



Introduction:

The Golden Ticket encouragement program is a way for students to track the times they walk or bike to school instead of driving. Schools can decide if they want to include carpooling. Cards can be laminated and attached to the students' backpacks, or the teacher can store the cards at school. When students complete six trips, the cards can be entered into a raffle. And posted to a bulletin board with a creative display (one idea is to use the punch cards as blocks in a bar graph).

Audience:

All students can participate, even if they live too far from school to walk or bike all of the way. Alternate options:

- Record non-school trips where they have chosen to walk instead of driving.
- Walk or roll part of the way to school from a remote drop off location as a group or on their own.
- Join a walking club at school.

Time Frame:

Each school can determine the length of time they want to run the contest. It could be over the course of a month or until the end of the school year, or for an entire school year

Goals of the Program:

The objective of the activity is to help students become more accustomed to walking and biking, while raising awareness about the benefits of using active transportation. This change of behavior benefits students' health, increases connection to the community and also helps the environment.

Materials:

- Punch cards, book rings
- Hole punchers
- Prizes - Awards can be experiences such as extra recess, principal for the day, free pass, special activity, etc.

Instructional Procedures:

1. Obtain permission from your principal & identify a program champion
2. Recruit volunteers to punch cards at the entry and bike rack, i.e., a parent who regularly bikes to school); or kids can get a punch in the office or their homeroom
3. Launch program with announcement in school communications
4. Highlight an inclusion option (i.e., form a club during recess for kids to participate)
5. Select staff person or parent to manage program (distribute punch cards)
6. If students bike or walk to school, they can seek out a parent or staff who can give them a punch on their card
7. Completed cards can be entered into a drawing for prizes