



Wednesday 14 June 2023

Quick guide to taking part

Organised by



Sponsored by

esure

Brake's Kids Walk is a short, supervised walk, involving thousands of children walking at the same time to promote the health and planet-saving benefits of walking.

For more details about how to plan your walk, go to

www.brake.org.uk/kidswalk

Plan your walk

Plan a route that is around 500 metres long, starting and ending at the school gates. Make sure the route follows quiet streets with safe footpaths and crossing places. You'll need to carry out a risk assessment and enlist the help of plenty of adult volunteers. Your local police or fire service may be able to help.

Tell people about it

Start talking to children and parents and local media about what you'll be doing. Put up the posters in your action pack. Spread the word on social media.

Ask parents and carers and local shops and businesses to show up and support you during your walk.

Shout out for safe and healthy journeys for all children

Present the **Kids' manifesto for safe and healthy journeys** to your local authority and MP and ask them to create safe spaces for your children to walk or ride. Raise awareness of local road danger too.

Talk about road safety in class

Your action pack is full of fun, engaging resources to teach important road safety messages, including assemblies, lesson plans, posters, activity and colouring sheets. Help children understand why slow traffic and clean air matter for safe and healthy journeys, and how they can ask grown-ups to keep them safe near roads.

Raise money for Brake

Fundraise for Brake and support our vital work caring for road victims and campaigning for safe roads. You could organise a Wear Your Stripes Day, or hold a sponsored event. You'll find more information on how to fundraise and sponsorship forms in your action pack.

Get walking

Make your final preparations and remind everyone who is helping out what they will be doing and when.

We hope you'll have loads of fun taking part in Brake's Kids Walk, but please remember that safety must always come first.

Tell us what you did

Share your photos and stories on social media using **#brakeskidswalk** or email kidswalk@brake.org.uk.

Find out more at www.brake.org.uk/kidswalk

