



Paraia Taku Ara

Map My Journey

Lesson 1: What is your safest route to school?

Walking or wheeling, eg, biking or scooting, to kura (school) can be a great way to keep healthy and improve your hauora (health). It is important to keep safe along the way.

Complete this mapping activity, in class with your teacher, or at home with a whānau member or caregiver.

Find **your** safest route from kāinga (home) to kura.



**You will need a map of your neighbourhood.
Use it to show your route to kura.**

1. On your map, find these places and mark them with a symbol:

- Where you live or where you stayed last night.
- Your kura.
- Other places that are important to you, eg. parks, library, shops, marae, whānau and friends' places.

2. Draw your route to kura on your map:

- Use this design - - - - to draw the route you took **today**, from home, or from a safe drop-off point.
- If you came to kura by car or bus, draw the route that you **could** take when walking or wheeling.
- If you came to kura on a Walking School Bus or used a Park and Stride, draw this route on your map.

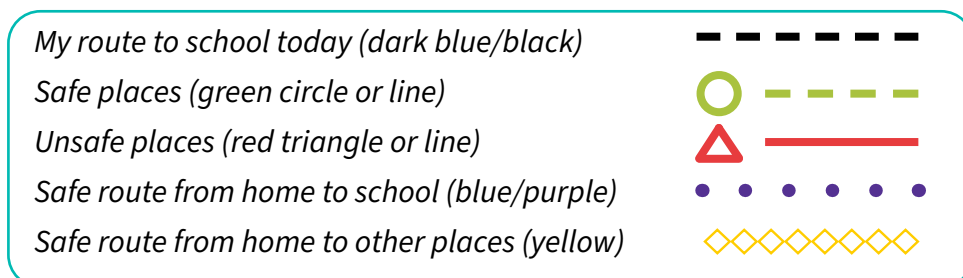
3. Identify the safe and unsafe places in your neighbourhood:

- Talk about places and people in your neighbourhood that make you feel safe and those that feel unsafe. Consider both road safety and personal safety.
- Locate and mark these places on your neighbourhood map and put them in your map key/legend:

Use a KAKARIKI (GREEN) pencil for SAFE places. For example:	Use a WHERO (RED) pencil for UNSAFE places. For example:
<ul style="list-style-type: none"> ○ Pedestrian (zebra) crossing ○ Quiet or slow street ○ Traffic lights ○ Parks or reserves ○ Whānau or friend's house ○ Marae, local dairy, library, after school group. 	<ul style="list-style-type: none"> △ Busy street with lots of cars △ Street with fast cars △ Busy intersection △ Street with no footpath △ Sneaky driveways

4. Draw your safe routes in your neighbourhood:

- Draw the safest route that you can walk or wheel, from your kāinga to your kura. Use a different colour, eg, kikorangi (blue). Is it the same or different route than the one you took today?
- Draw a safe route from your home to another place (or places) in your neighbourhood, using another colour, eg, kowhai (yellow).
- Make a key/legend for your map. Does it look something like this?



At home

Take your map home and show it to your whānau, parents or caregivers and talk about:

- Is there a safer route I could take?
- Can I walk or wheel to kura more often, now that I know my safest route?
- Can I be dropped off somewhere that I can walk or scooter from?
- What can I do if I feel unsafe?
- Are there friends or a group of tamariki I can walk with to ensure we look after each other?
- Are there safe places to cross the road, like crossings or places where the lights help us cross?
- Should I leave earlier or later to avoid busy traffic and ensure a safe journey to kura?
- Am I wearing bright or reflective clothing so that drivers and others can easily see me?
- How can I prepare for different weather conditions, like rain or extreme heat, to keep safe on my journey?
- Are there trusted adults or whānau members along the way whom I can ask for help if I need it?

