



# Ko ngā Whakahihikonga mō ngā Mahi Haere Whakakori

## Motivators for Active Travel Action

What would motivate you and others to take part in these active travel actions?

Are *your* motivations more intrinsic or extrinsic? There are no right or wrong answers.

Active travel action	What would motivate me to do this?	What might motivate others to do this?
1. Belong to a walking/biking/skateboarding group of friends. Most days you meet and walk/bike/skateboard together.		
2. Participate in an event like a biker's breakfast. Have one day where everyone who comes to school using wheels has a yummy breakfast.		
3. Write and illustrate a picture book for younger children to teach them skills to walk to school safely.		
4. Participate in a competition between classes to see who can get the most people using active travel over a week.		
5. Develop a fitness regime that includes using active travel to get to school. There is a fitness goal that would be achieved.		
6. Being the leader of a walking group where you look after the younger students.		
7. Being allowed to walk/bike/skateboard/scoot to school by myself.		
8. Designing a pou to mark our designated walking or riding meeting places.		



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