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	MON	TUE	WED	THU	FRI
WEEK 1					
WEEK 2					
WEEK 3					
WEEK 4					

Think Feet First Chart

Here's an easy to use chart so you can record the days you step, cycle, scoot to school. Remember that if you are participating in the Premier's *be active* Challenge at your school, you can count your travel to and from school as part of the Challenge. Record your effort for 4 weeks and see how easy it is to step, cycle, scoot to school.



Visit opal.sa.gov.au

OPAL by EPODE is a joint program of Australian, State and Local Governments.

Tear here and put on the fridge to remind you and to record your success.



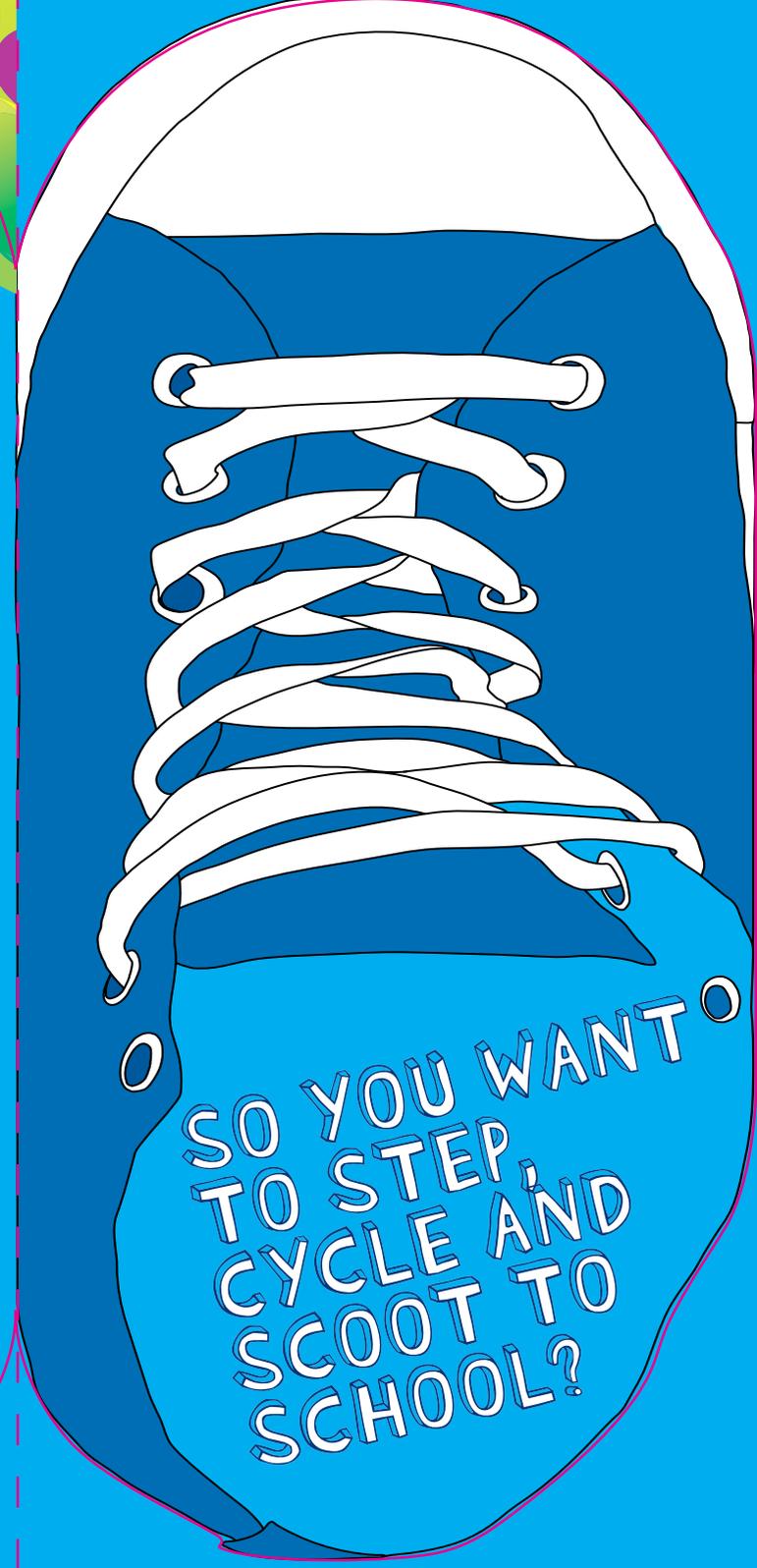
What is OPAL?

OPAL is about supporting everyone in your community to eat well and be active. New information will regularly be provided to help you make healthy choices in your life. Your council will also be supporting you, by organising activities and making changes to local services to make sure healthy choices are easier for you and your family.

To find out more and become involved, call the **City of Charles Sturt** OPAL Council Team on **(08) 8408 1132**.

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THINK FEET FIRST



Step, cycle, scoot to school - Why?

An active start to the day:

- makes us feel good as it helps to wake up our bodies and our brains
- is a time to share with friends or family
- helps the environment
- keeps us healthy
- is a way of getting to know more about what's going on in the neighbourhood.

Think Feet First for short trips:

- it means less pollution from cars
- it means less cars around the school, which is safer for everyone.

How can you do it?

Make it a habit

- It takes a few weeks for it to become a habit. Try it for 4 weeks.
- Set up some reminders for the family.
- Ask an adult to help you find the best and safest way to step, cycle or scoot to school. (visit www.sa.gov.au/cycling to plan your journey).
- Encourage your school to support activities that promote walking or cycling to school.

Get organised

Get organised so that you have time to enjoy the step, cycle or scoot to school by:

- helping to get breakfast and lunch ready
- packing your school bag and getting your school clothes ready the night before.

Riding or scooting?

- Make sure your tyres are pumped up.
- Have your helmet ready to go.

Remember to Think Feet First

- Put the Think Feet First chart on the fridge.
- Put a message reminder on your mobile phone.

Part way is OK! If it's too far to step, cycle or scoot all the way to school, why not try stepping, scooting or cycling for part of the way?

Ask your parent or carer to park a little further from school so that you can step, cycle or scoot part way – there will be less traffic jams and more fresh air around your school!

Be safe

- Remember to Stop, Look, Listen and Think when crossing the road.
- If you are under 12 years old, you can ride your bike on the footpath, which is a great way to build your confidence. If cycling or scooting, remember to always wear your helmet.

For more road safety information visit http://www.dpti.sa.gov.au/roadsafety/safe_road_users

