

Map My Journey: Teacher Notes

Introduction

The Map My Journey Activity teaches your students about choosing safer routes to and from school. Use it in class or send it home as an activity for students to complete with a parent or caregiver.

The student activity sheet requires a street map of the area around your school. You can download and print maps from www.google.com/mymaps

Stick it to the back of the student Map My Journey sheet and photocopy.

Student Activity: Steps 1 and 2

The purpose of these first steps is to help students understand how their community relates to the map they are creating.

1. Students create a personalised map of their neighbourhood by locating their house, school, favourite parks, library, supermarket and friends' houses.
2. Then students map the route they took to school that day, and begin to create the legend for the map.

Note: For students who have been driven to school, ask them to draw the route they would use if they were to walk or bike to school. If their street isn't on the map, ask them to choose a different starting point, e.g. a safe drop-off where they can walk from.

Student Activity: Steps 3 and 4

The next steps help students identify safe and unsafe places in their neighbourhood, and identify a safe route to school and their other favourite places.

3. Discuss how students choose their safe places. Use the "safe places" listed on the activity sheet and brainstorm some additional "safe places" with the class. Add them to the blank space provided.
4. A similar brainstorming session can be carried out for "unsafe places".

Numbers (in **GREEN** circles) and letters (in **RED** triangles) correspond to the safe and unsafe places – place these symbols on the map where appropriate.

You may want to use a larger map to:

- Demonstrate how to complete a legend on a map
- Draw a sample "safe route" that makes use of safe places and avoids unsafe places.
- Develop a wall display with all the completed maps.

Adapted from Blazing Trails Resource from Active & Safe Routes to School, A Programme of Green Communities Canada.



Curriculum Links:

Key Competencies: Managing Self

Learning Area: Health and Physical Education L2

Achievement objectives: Safety Management

Identify risk and use safe practices in a range of contexts.



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Map My Journey: Students

Introduction

Walking, biking or scooting to school can be a fun adventure and a great way to keep healthy! It is important to keep safe along the way. Complete this mapping exercise in class or with a parent or caregiver to find a safe route from your home to school.

Step 1: Your favourite places

1. Where do you live? Locate your street and draw your house. If your street isn't on the map, find a safe drop-off place that you could walk from.
2. Locate and draw your school if it isn't already showing on the map.
3. Draw in and label any other places that you think are important in your neighbourhood (such as parks, library, supermarket, friend's houses).

Step 2: Map your route to school

My route to school today...


If you walked, biked, skateboarded or scooted to school, draw the route you took on your map. Use this design **— — — —** and mark it on your map legend. If you came by car or bus to school, draw the route you would normally take when walking or biking or from the drop-off point or friend's place you chose in Step 1.

Step 3: What's safe and unsafe in your neighbourhood?

Identify safe and unsafe traffic areas in your neighbourhood. Then locate and mark these places on your neighbourhood map and legend.





Use a **GREEN** pencil for safe places.

Make sure you fill these symbols on your map. These are some safe places in my neighbourhood:



1. Pedestrian (Zebra) crossing 
2. Quiet or slow street 
3. Traffic lights 
4. _____

Use a **RED** pencil for unsafe places.

These are some unsafe places in my neighbourhood:

- A. Busy street with lots of cars 
- B. Street with fast cars 
- C. Busy intersection 
- D. Street with no footpath 
- E. _____

Step 4: Map safe routes in your neighbourhood

1. Use a **BLUE** pen or pencil to draw a safe route from your home/start point to school.
2. Use this design  on your map and your map legend.
3. Use a **YELLOW** pen or pencil to draw a safe route from your home/start point to another place.
4. Use this design  on your map and your map legend.
5. Make sure your map legend is complete. Does your map legend look like this?

Map Legend:

My route to school today (dark blue/black) 

Safe places (green circle or line) 

Unsafe places (red triangle or line) 

Safe route from home to school (blue) 

Safe route from home to other places (yellow) 

How far?

Find out how far your journey to school is!

www.google.com/maps



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