

FOR PUPILS

BECOME A WOW MONITOR

in your school

Help to run WOW, the year-round walk to school challenge

Walking makes you happier and healthier





WOW MONITOR

As a WOW Monitor you will help run WOW in your school. It's a very important job, but don't worry, this handy guide will help you make sure that everyone receives their badges for walking, scooting or cycling to school (if they've earned one!)



1, 2, 3, WOW!

So what do you need to do?

1. Encourage your classmates to record how they travelled to school on the WOW Travel Tracker, or WOW wallchart, each morning.
2. At the end of every month ask your teacher to display the results from the WOW Travel Tracker, showing who has earned their WOW badge for that month.
3. Count out the correct number of badges for each classroom and award the WOW badges!



If your school uses WOW wallcharts

Collect them from each classroom at the end of the month. Add up the number of days in the month that each pupil has walked to school. Anyone who has walked at least once each week gets a tick and has done enough to earn their WOW badge.



Get your school walking!



Other ways you can help get your classmates to walk to school:

- Hand out the WOW badge design competition templates in January and collect in entries (by March).
- Remind your classmates why walking to school is good for your health and the environment.
- Help teachers give assemblies on why your school is taking part in WOW.

Fun facts to get your classmates interested in walking!

Did you know?

1. The difference between walking and running is that at least one foot is always on the ground when you walk.
2. Research in 2014 concluded that walking sideways uses three times as much energy as walking forwards and is a lot slower!
3. Most babies begin to walk around 13 months, though some may start as early as 9 or 10 months and as late as 15 or 16 months.



Choosing your WOW Monitor



Ideas on recruiting WOW Monitors:

- Ask your class or year group to vote for who they believe would be able to successfully promote WOW within in the school - this could be one pupil per class or one per year group.
 - You could choose a different pupil each month – perhaps someone who is really enthusiastic about walking to school!
 - Ask who would like to be a WOW Monitor and pull names from a hat.
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Keep in touch on social media:
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