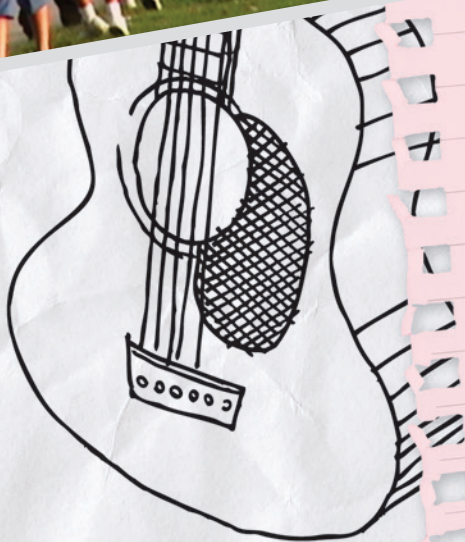


# MAKE TRAX

Step 1/2/3/4/5/6/7/8

## About Make Trax™

Duration of Lesson: 50 minutes



### Students will:

- Complete the Safe Routes to School student survey and discuss responses.
- Identify walking and rolling benefits.
- Learn about Make Trax and the Safe Routes to School movement.
- Learn about local government and planning.

### Equipment and Materials:

- Computers with Internet access.
- Safe Routes to School student survey—1 per student.
- Walking and Rolling handout—1 per student.
- Make Trax handout—1 per student.
- 4 Ways to Map Route Conditions table.
- Community Information Worksheet—1 per student.

**Note:** You should decide now on the method you will use to map route conditions later in the project. Your students may use Global Positioning System (GPS) receivers to capture latitude and longitude data or they may collect street address information. For a comparison of these methods see the "4 Ways to Map Routes Conditions" table on page v. or on the CD.

### Resources:

- [www.DataPlace.org](http://www.DataPlace.org)  
Population and demographic facts on many communities
- [www.saferoutesmichigan.org](http://www.saferoutesmichigan.org)  
Michigan Safe Routes to School website
- [www.saferoutesinfo.org](http://www.saferoutesinfo.org)  
National Center for Safe Routes to School website



### Tip:

Show students the 4 MakeTrax logo options and talk about how to use them!



## Activities: 45 minutes

### 25 minutes

1. Distribute the Safe Routes to School student surveys and ask students to complete them.
2. Collect the surveys.
3. Ask students to read the Walking and Rolling handout:
  - What are the benefits of walking and rolling<sup>2</sup> to school?
  - How many students walk or roll now?
  - Is it cool to walk or roll to school?
  - How is a physically active commute to school, or to any destination, beneficial?
  - What would their community or neighborhood be like if more people walked or rolled to get around?
4. Explain MakeTrax as a youth-led project to answer these questions:
  - Are students walking to school and what do they think about walking to school?
  - What are the barriers to walking to school?
  - Are there many students who could walk to their school, but don't?
  - What recommendations do students have to increase walking to school and/or to increase safety along routes?

### 20 minutes

5. Distribute the Community Information Worksheet and complete it as a group.
6. Ask students:
  - Which community experts and leaders need to be involved in their project?
  - Why is it important to include professional planners?
  - Who should be invited to attend their presentation at the end of the project?

2. Explain that rolling to school includes bicycling, wheeling, and even skateboarding.

### Review: 5 minutes

1. Review different modes of travel to and from school (walking, bicycling, automobile, bus, etc.) and the costs and benefits of each. For example, carbon footprint, health, fuel cost, time, "coolness" factor, etc.
2. Remind students of community benefits when people walk.
3. Tell students that they will learn to use GIS mapping tools during their next class session.

### Include All Students...

The MakeTrax project described on the following pages is focused on walking to school. You are encouraged to use the same process, with relevant modifications, to collect information about rolling to school. Please refer to the Michigan publication "Safe Routes to School for Students with Special Needs" to learn about including even more students in Safe Routes to School.

### Option:

Invite a community leader, government official, or planning professional to this class to learn about the MakeTrax project and to participate in the discussion of local government and planning.



# MakeTrax™