

# BARRIERS & BRIGHT IDEAS



APPROX 20MINS



WORKSHEET & PENCIL,

A barrier is something that stops us from doing something E.g. Weather; distance; time it takes. But a 'bright idea' is a solution to this E.g. Wear a coat; take a Park & Stride journey; set your alarm a little earlier. Can you think of any reasons that might put someone off walking, cycling or scooting to school but then also come up with a solution to each?



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**Discuss: What would the impact be on your school if everyone were to travel to school actively? How can we all do our bit to help?**

Enjoy this activity? Use #stayhomestayactive and tag us @SustransNI on [Facebook](#) and [Twitter](#)

The Active School Travel Programme is an exciting initiative for schools who wish to see more of their pupils choosing an active and healthy journey to school. The programme provides schools with the skills and knowledge to get more children walking, cycling and scooting as their main mode of transport to school.

Find out more at [www.sustrans.org.uk/NISchools](http://www.sustrans.org.uk/NISchools)