

LESSON 1 : STUDENT WORKSHEET

The Ripple Effect of Active Travel

Name: _____

Date: _____

What is the Ripple Effect?

Just like one small drop in water creates ripples that spread outward, your daily travel choices can create bigger impacts in your life, your community, and the world around you.

Step 1: My Travel Choice

Choose one way you could travel actively (or partly travel actively) to school or around your community.

- Walk the whole way
- Walk part of the way + catch public transport
- Ride a bike or scooter
- Ride to the train station
- Catch a tram
- Other: _____

Step 2: The Ripple Map

Think about what changes might ripple out if you made this active travel choice regularly.

a. Impact on Me

How would it affect your health, energy, independence, or daily mood?

b. Impact on My Family

Would it save time or money? Would anyone else benefit?

c. Impact on My School or Local Community

Would it affect traffic, safety, air quality, or the vibe around school?

Lesson 1 Student Worksheet: The Ripple Effect of Active Travel

d. Impact on the Planet

How might this change help the environment or future generations?

Step 3: Reflect & Respond

1. Which ripple effect matters most to you? Why?

2. What's one barrier stopping you from making this travel choice more often?

3. What's one small action you could try this month to move toward active travel?

Class Sharing Prompt:

One way I could be more independent and travel smarter is...