

## LESSON 4 : STUDENT WORKSHEET

# My Active Travel Goal

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### 1. Barriers – What stops me from travelling actively to school or within my community?

Tick any that apply or add your own:

- ☐ I live too far away
- ☐ The roads or traffic feel unsafe
- ☐ I don't have a bike or scooter
- ☐ I feel too tired in the morning
- ☐ No one to travel with
- ☐ My family drives me
- ☐ Other: \_\_\_\_\_



### 2. Solutions – What could help me travel more actively?

Write or draw one idea:

### 3. My Active Travel Goal

My goal is to:

### 4. When will I try this? (choose days or times):

- ☐ Before school    ☐ After school    ☐ On weekends    ☐ Every day I can!

### 5. Who could help me with this goal?

- ☐ Parent/carer    ☐ Friend    ☐ Teacher    ☐ Other: \_\_\_\_\_

### 6. How will I know I've done it?

- ☐ I'll keep a tally at home or at school    ☐ I'll write in my journal  
☐ I'll tell my class or teacher    ☐ Other: \_\_\_\_\_

### 7. Reflection box (To be completed later):

How did I go? Did I achieve my goal? What did I learn about myself?