

Lesson 4 Resource : Game Rules

Step into My Shoes! Why do we or don't we actively travel?

Objective: Students explore different barriers and enablers to active travel by physically moving to corners of the room that represent their responses to scenarios. This game promotes discussion, empathy, and critical thinking.

How to Play:

1. Set Up the Room:

Label three corners of the classroom as:

- Barrier
- Enabler
- Both

2. Read Scenarios Aloud and/or show photos supplied:

The teacher reads out one active travel scenario at a time (see examples below) or shows the pictures provided and asks, "Do you think this is mostly a barrier for people to choose to travel actively or would it mostly help (enable) people to decide to travel actively?"

3. Think – Pair – Move - After each scenario, students:

a. **Think (Silent Decision):** Students **write their answer** individually on a sticky note, or in a notebook (e.g., B = Barrier, E = Enabler, E and B = Both, NS – Not Sure) – **there's no movement yet.**

b. **Pair (Quick Discussion):** In pairs, students **briefly explain their reasoning** to a partner.

c. **Move:** After discussing, students move to the corner that matches their chosen answer.

Students are encouraged to stick to their original choice unless they have a strong reason to change (which they must be able to explain).

4. Class Discussion:

Once in corners, invite students to explain their reasoning. Encourage respectful discussion and allow students to change corners only after hearing others' perspectives.

5. Extension Questions: Ask reflection questions, including:

- "What would help turn that barrier into an enabler?"
- "Could someone else not see this as an active travel barrier? Why?"

Scenarios for Game:

1. You live across the road from your school.
2. It often rains in the morning and you don't have a raincoat.
3. The footpath has steep curb cuts and has a slight left to right slope to it.
4. There's loud construction noise along the route.
5. You have a younger sibling who can't walk yet.
6. It is very hot during the summer and you prefer to have air-conditioning for the journey to school
7. Crossing busy roads makes you nervous.
8. You're allowed to ride your scooter, but only if an adult is with you.
9. Your school has a special day where everyone walks or rides.
10. You don't feel safe riding your bike on busy streets.
11. You often wake up late and it takes 30 minutes to walk to school.
12. There are tactile markers on the footpath.
13. There's a lot of traffic outside your school in the morning.
14. You walk to school with a group of friends.
15. You feel tired in the morning and prefer to sit in the car.
16. Your family has started a new habit of walking to school every Friday.
17. Your parents are worried about you travelling alone.
18. You bring a big school bag and find it hard to carry while walking.
19. There's a new pedestrian crossing installed near your school.
20. You don't have a working bike or scooter at home.
21. You walked to school every day last week and felt proud.
22. Your bus stop is a 15-minute walk from home, and you take the bus to school.