

Put smiles in your miles and move your feet to the Travel Smart beat!

19th – 23rd May 2025



Join the SMILERS and be a groovy mover on your school journey, to help boost your wellbeing, support your community and help the planet too!



Travel Smart week is supported by The Public Health Grant

The 7 Ways To Wellbeing



STAY CONNECTED. Having healthy relationships with people, pets and nature to help you to feel happy.

MOVE. Being active releases chemicals in your brain which boosts your mood and makes you feel good.

INTEREST. Having special interests and learning something new to help keep your brain busy.

LOOK. Using your senses to notice what is around you to keep you in the moment.

EAT WELL. Eating a balanced diet to make you feel good and help you stay healthy and strong.

REST. Getting a good night's sleep to improve your memory, mood and mental health.

SUPPORT. Supporting others to make us feel positive and to make them happy too!

Ways To Make A Journey

Walk or Wheel

Carshare

Bus or Train

Cycle or Scoot

Park and
Stride or Glide



Music can help us get in the mood for moving and can play an important part in supporting our health and wellbeing.



Can you think of any travel and wellbeing themed songs?



Find out more about
the SMILERS ways to Travel Smart
and look for the clues to the tunes
we have on our playlist that make us
smile for miles!



If you click on a
CD cover or
other clue it will
take you to the
song!





Stay Connected **Monday**

‘Flock together like birds of a feather’ as part of the Travel Smart family!

Share, sing and chat about the songs which make you **happy** with the friends and grown-ups you travel with.



I like to Move it **Tuesday**

Move it, shake it off, jump, stomp, hopscotch or cause a **chain reaction** as you get **spinning around** on your wheels.



Walk this Way **Wednesday**

Remember to keep your senses tuned.

Stop, look out and listen for traffic when you get to the roadside.

Look out for each other and for safer places to cross.

Listen out for sounds of instruction too.



Step back in Time Thursday

Go time travelling to find out interesting and fascinating facts about journeys in the past.



Feel Good Friday

Switch off when you drop off!

Park away from school and go **walking on sunshine** for a fume free Friday that helps everyone **smile** and feel good!



It's important to remember to stay
safe on your Travel Smart school
journey!



Find out more about
the wise ways to
staying safer as you
Travel Smart





How to be Pavement Wise

Remember to stop, look and listen when you cross the road.

If there is one available, use a zebra, light controlled or school crossing patrol to help you.



If you are scooting on the pavement look out for each other as well as other walkers and wheelers.

How to be a Wise Wheeler

Make sure you and your wheels are safe to roll, check your brakes steering and tyres.

If you are scooting or cycling think about wearing a helmet.

Take care near driveways and look out for other pavement users.





How to be a Wise Passenger

Always listen to the driver when they ask you to use a car seat or seat belt to help keep you safe.

Don't distract the driver by messing about with other passengers.

Be aware of other vehicles when getting off the bus or out of the car.





How to Park Wise

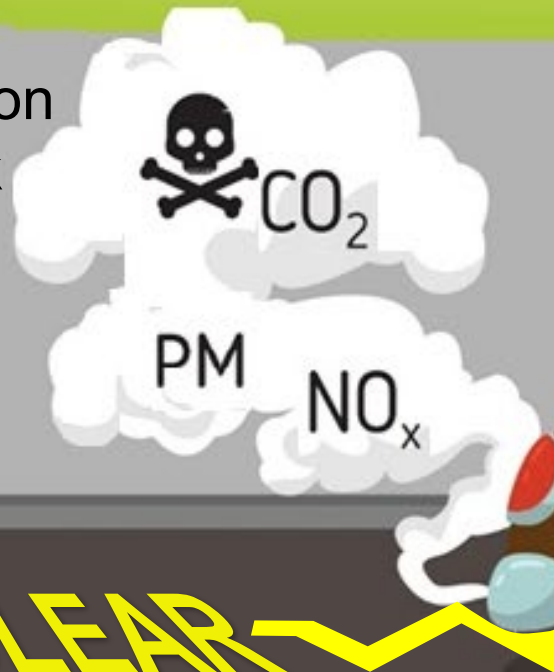
Remind the driver not to stop or park on the yellow zig zag lines.

Park away from school and walk or wheel the last distance if you can.



Remind the driver not to park on the pavement and not to block dropped kerbs and driveways.

Remind the driver to turn the engine off when waiting.



SCHOOL KEEP CLEAR

Have a great Travel Smart week
moving your feet
to the Travel Smart beat!

Share your top 10 playlist
that helps put the
smiles in your miles
@be_travel_smart
#TravelSmartTunes



Travel Smart Playlist

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.