

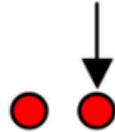
What is Active Travel? Social Story

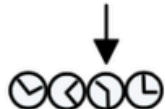
This social story is designed to support children and young people understand what is meant by the term 'active travel', how it supports our health and clean air.

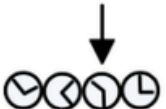
? is active travel?





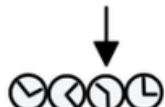


 When I travel, I move from one place to another.

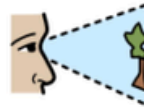




 Sometimes I go to school. Sometimes I go to the park.





 Sometimes I go to see my family or friends.



There are different ways to travel.



Some ways use a car or bus.

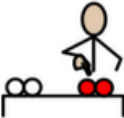
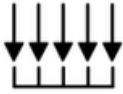


Some ways use my body.

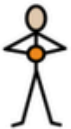
   **What active travel means.**

  means  I use  my  body to  move.

   can be:  Walking or  wheeling.  Scooting.  Cycling.

 These are  all  ways we  can  move with  our  bodies.



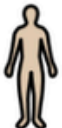



 Active travel helps my body.












 When I move my body: My body gets stronger. My heart









 gets healthy. I can feel awake. I can feel calm.

It is  okay if I   move in  my own  way.

  My body is  unique.

 **Active**  **travel**  **helps** **the**  **planet.**

 **Cars**  **and**  **buses** **can**  **make**  **air**  **dirty.**

 **Active**  **travel**  **keeps**  **air**  **clean.**



When



I



travel



actively:

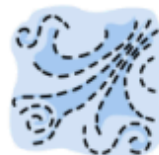


I

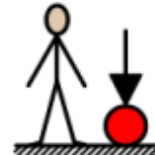


help

the



air



stay



clean.



I



help



my



community



stay healthy.






How active travel might feel.

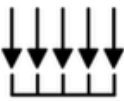








Active travel can feel: Fun. Calm. New. Or a bit hard.







All feelings are okay. I can go slowly.





I can ask an adult for help.

 **When**  **I**  **travel**  **actively:**

 **I**  **look after**  **my**  **body.**  **I**  **look after**  **my**  **community.**  **I**  **do**

 **something healthy.**  **I can**  **feel**  **proud.**