



FREE-RANGE KIDS

TEACHER'S GUIDE

What is Free-Range Kids?

Free Range Kids is a simple program, that costs no money to run, and encourages children to walk to and from school. Students earn points each time they walk, and when their class reaches a certain number of points, their class earns a reward.

Children do not have to walk all the way, just as far as they are able. There will be some suggested drop off points, which will be detailed on a map that children take home to their parents.

Free-Range Kids is a class-based program and teachers can choose whether they participate, or not.

Children can walk with an adult (Learner's License) or independently (Open License).

What are the benefits for the child?

Evidence shows that 'free-range' kids develop skills that help them succeed as adults, including: resilience, self-confidence, ability to manage risk, and social skills.

Children who get exercise before class also concentrate better.

How much class time will it require?

Pre-launch – 10 minute presentation to class explaining program and filling out the Parent Information Sheet.

Once per week (first six weeks) – 15 minutes for children to fill out Adventure sheet

Ongoing – 1-2 minutes each morning to update Points Chart

What do I need to do?

1. Class presentation - Mon. or Tue. of Pre-Launch Week:

- Explain how program works.
- Negotiate the target points and reward with children.
- Mark these on the Points Chart. For example, if the class will get the reward when they earn 125 points, put a circle around the 125th foot print.

- Assist children in filling out the details on the Parent Information Sheet, and sign. (The little symbols on the sheet are designed to make this easier.)

2. **Mark off the points earned each morning.** Ask how many children walked the previous afternoon, and cross off the appropriate number of feet. Repeat for the morning walk.
3. **Adventure page thank you.** At the end of each week during the first six weeks, have the children who have walked fill out the *Adventure Page Thank You*, with a drawing or story of their adventure while walking. Have them take it home and say thank you to their parent or carer.
4. **Give children reward:** When children reach the predetermined reward level, give them the promised reward.
5. **Set new target:** Set a new target and a new reward. If you think the children are capable, increase the target and the size of the reward. **Hint:** Keep old Points Charts on wall as a record of what children have accomplished.

Some suggested rewards

- Double recess
- Chalk drawing on the assembly area
- Free time in the gym
- Walking adventure to a local landmark
- Watch a movie together as a class
- No homework for a night
- Craft session

Optional activities

- Use the adventures children have when walking as part of your art or writing lessons.
- Have children document the adventures their parents had when walking to school (see Parent Information Sheet).
- Give the children bonus points if they convince another class to join Free Range Kids.

PROGRAM



SETUP



PRE-LAUNCH WEEK



LAUNCH WEEK



MAINTENANCE