



# 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