Safe Routes TDM Programs: Pre-COVID -> 2021
Portland, OR

Pre-COVID

- **SmartTrips to School**
  - paper order form
  - in-person delivery

Remote learning

- **RECESS**
  - paper mailer
  - online, at-home activities

Back to in-person school

- **Texting Campaign**
  - no mail
  - all virtual

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GETTING TO SCHOOL CAN BE A LOT TO THINK ABOUT...


However you get there, we have tools to help!

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Understanding your map

In order to use your map, there are a few key parts to understand.

(To get a free Portland neighborhood map, visit PortlandOregon.gov/Transportation/ATI)

- North arrow or compass: This symbol points to the direction of north on the map. When north is at the top of the map, west is on the left, south is at the bottom, and east is on the right.

- Legend: The legend explains what all the symbols mean on the map, including which streets are good for walking & biking, where to find a post office, and more.

- Scale: The scale shows you how much space on the map corresponds to distance on the ground.

Portland neighborhood maps also provide an estimate for how long it might take to walk or bike a given distance.
Everyone uses some form of transportation every day, even celebrities. Imagine you could talk to these famous people and characters—what would they have to tell you about traffic safety?

Match each individual to the fictional statement on the right that sounds like something they might say.

Answers on the other side!

A. 20 is plenty for my little red corvette, and not even purple rain can stop me from biking to school.
B. Don't forget to bring your umbrella, ella, ella when it's raining.
C. My friends and I always use the Lumos spell to light our way to the bus stop.
D. Ground Control to crossing guard: we can be traffic heroes!
E. Legally, every corner is a crosswalk. I accessorize with a bright, reflective collar when walking to help drivers see me.
F. When riding my bike, I always make sure to pass on the left, on the left.
G. I don't travel on the court, but in between games I always wear my helmet when I ride my bike.
H. Look both ways before crossing, you will.
I. Travel the way you want to go because you know yourself best.
J. Once upon a midday dreary, as I skated, weak and weary, over many a hill and puddled path, I forgot my raincoat. Nevermore!
K. A bicycle kick is my specialty on the field but I prefer rollerblades for getting around.
L. E-scooter = mobile capacity squared!
RECESS
* Paper mailer,
* online, at-home activities

It’s RECESS time!

Middle schoolers:
Get moving, win prizes!

Playing RECESS is easy!

1. Take breaks during the school day
2. Track your activities each month
3. Feel good. Win prizes!

RECESS activities focus on 6 areas that benefit your body and mind while learning from home.

**Refresh**
Reduce stress, relax, and give your mind a break. These activities help lower blood pressure, heart rate, and sharpen your focus for the next round of classes.

**Energy boost**
Aim for 60 minutes of movement each day! PE, playing sports, dancing, biking, or going for a walk are all good ways to keep your heart and lungs healthy, circulate blood flow, and get a good night’s sleep.

**City explorer**
Traveling to school or even out of the country doesn’t happen much right now. Stretch your brain and learn about getting around -- everywhere!

**Extra-curricular**
Doing nice things for others causes our brain to release endorphins, which can reduce stress, relieve pain, and basically make you feel pretty good. Everyone wins!

**Strength**
You don’t need weights or special skills to build muscle, bone strength, and prevent injuries. Strength training also boosts confidence and mental health.

**Stretching**
Beyond flexibility, stretching moves oxygen and blood through your body, calms your mind, and reduces stress. It’s a quick way to reset when you feel tired.

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SAFE ROUTESto School
**HOW TO PLAY**

When it’s time to take a break:

1. **Choose one activity** from any RECESS category
2. **Do the activity!** Write the category in the RECESS Tracker
3. **Repeat steps 1 and 2 at the next break.** Do this 4 times a week for the Tracker, but more if you can!
4. **Turn in your Tracker** at the end of the month. Two ways to submit:

   - Mail it to us! Fill out all the information to earn a prize and enter the monthly raffle drawing.
   - Submit your information online with a short form. bit.ly/recesstracker
   - Opt in for text reminders by texting the word RECESS to 31996. Get permission from a parent or guardian first! Data rates may apply.

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**Refresh**

- Write down 3 things you are grateful for; post where you can see it.
- Set aside all technology for 20 minutes; read, write, draw, or go outside.
- Visualize tracing the outline of shapes with the intake and exhalation of your breath for 3-5 minutes.
- Go on a short walk or just sit quietly. What do you see, smell, and hear?
- Write positive affirmations for your week. Start with “I am,” then add a positive statement about yourself. Repeat them daily to train your brain! Example: I am a good friend or I am doing my best at school.

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**Energy Boost**

- Pick out 5 of your favorite high-energy songs and dance!
- Go outside for a neighborhood walk, jog, bike ride or skate.
- Here are some ideas for a quick energy boost:
  - 20 jumping jacks
  - 10 star jumps
  - High knees 10 each leg

Bear crawl – walk like a bear forwards & backwards; move feet and hands together, keep back flat

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**City Explorer**

- Look ahead to when we go back to school. Plan a route to campus by foot, wheels, or on a bus or train. Maps & TriMet site available in link below.
- Pick an intersection or street crossing near you that feels unsafe. What would you do to make it feel better when you cross? Draw or write what changes you would make.

- Design a virtual street using Chicago’s Design a street site
- Short videos:
  - Spotlight on Colombian BMX rider, Julián Molina
  - Learn how to load your bike onto a TriMet bus
  - How a phone app can help people with visual disabilities access transit

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SAFE ROUTES to School
Greenway Shuffle Full Demo and Tutorial
Hi Tanner,

We’ve received your March RECESS Tracker Card. We know, we’re running behind! But thank you, and great work! You took on RECESS while schooling from home during the COVID-19 pandemic. We hope you kept doing activities that you enjoyed, and take some time to refresh.

A few things before we sign off and get ready for sunshine and summer:

- Your reflective fun pack is included. Go light up your gear! Design your own sticker with the included plain gray squares. It should stick to shoes, jackets, bikes, skateboards, and more.

- Go to bit.ly/surveyRECESS or scan this QR code ————> to take a short, 3-minute survey. Help us make RECESS better!

- Visit bit.ly/moveoux to find great places to get outside this summer:
  - Covered areas to rollerskate, rollerblade, or skateboard
  - Portland bike maps
  - Outdoor bike trails and pump tracks
  - Neighborhood scavenger hunts, and more!

From, The RECESS Team

Abra, Renata, and Shaina – shown below with some of our own RECESS activities

Aabra – rollerblading and roller skating, Renata – bike rides with friends; Shaina – sewing her own masks
Thank you for making this activity available for kids :) It has definitely been a motivator to keep moving and get exercise for Karin.

Thank you for doing this program. He spends a lot of time on screens with attending school and homework, plus it's his only way to spend time with some of his friends from school who he can't see in person right now. Any additional positive reinforcement for the non-screen activities he is already doing, as well as encouragement and ideas to do more, is most welcome!

Olivia is very proud of the progress she is making with push-ups.
Texting Campaign

* No mail
* all virtual

- Facebook, Instagram posts
- School newsletters
Hi, this is the Safe Routes to School team! We have 2 questions to get started. What is your school district? Reply with A or B
A: PPS B: Parkrose, David Douglas, Centennial, Reynolds

Great, thanks! What is the name of your school?
<table>
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<tr>
<th>Date</th>
<th>Day 1 (1 PM)</th>
<th>Day 2 (1 PM)</th>
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<tbody>
<tr>
<td>4/21</td>
<td>1. School supplies to make a delicious stir fry dish! 2. Children can study their ABCs in print and draw a picture to go with it. 3. Children meet with their friends to help them prepare for the next school day.</td>
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Just like a school supply list, make a checklist of daily things needed for school mornings - water bottle, masks, helmet, etc. Post it by the door & go!

It’s recommended to leave earlier than usual the first week back to school. This allows for flex time & maybe a bonus break for adults before the next task.

Know what to expect at your child's school or education program around COVID-19. The CDC has a great overview: slkt.io/BSvi

If your child is anxious about going back to in-person school; walking or riding together (while distanced) with friends can be a fun way to ease the stress.

PK-5 Messaging (geared towards adults)
Going back to in-person school is a big change in our routines. Visualize owning your first day back in class, just like these Olympic athletes: slkt.io/BBv8

Back to school can bring stress. Hear PDX teens talk mental health & therapy access on @the_allinyourheadpodcast.

Street safety is more than just using crosswalks. It's also about how to respond when something uncomfortable or scary happens. Try this quiz:

6-12 Messaging (geared towards students)
Hi! It's been a minute. Just in time for Walk + Roll to School Day tomorrow we're doing our final gift card drawing. We'll text the winners. It's also getting darker outside! You can order a free set of safety lights here: slkt.io/Filu Happy fall! We hope school is going well.

72 texts sent
32 clicks
22 orders for safety light sets
Beat the Street

1. Explore the map (look inside)
2. Find zebras on the Greenways
3. Text the key word
4. Win prizes

Find your local game

Find your nearest Beat Boxes on the map - you can use a paper map or our online map.

Start your journey by going to your first Beat Box. Keep your distance from other players and wait for your turn at the Beat Box.

Hover over the Beat Box with your card or fob until it beeps and flashes. You don't need to touch the Box - it's contactless!

Walk, cycle, run or scoot to a different Beat Box within an hour.

Hover over the Beat Box with your card or fob until it beeps and flashes to score 10 points.

Now carry on your journey and score more points for each extra Beat Box you swipe.

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SAFE ROUTES to School
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参加RECESS

RECESS is a Portland Safe Routes to School program offering middle school students activity ideas and wellness tips while they are distance learning.

On this page

- 比赛方式
- 我能赢得什么?
- Sworikit
- RECESS比赛条款

波特兰・俄勒冈州政府交通

自从波特兰的大多数学生能够回学校上课后，已经有18个月了。在新的学校环境中，你们该怎样呢？你们的自行车轮胎充完气了吗？你们知道在哪里换轮胎吗？

RECESS帮助你设计出适合你们的活动，让你在上学的同时也能保持身体强壮。

即使你们不在学校，也可以享受RECESS！