

Walk the World Program

London to Paris Journey

Summary

The goal of the Walk the World (WTW) Program is to encourage physical activity for children at school and provide engaging lessons about other cultures and countries around the world. Students participating in the WTW program will virtually travel between famous cities around the world through their accumulated walking miles at school.

Main Ideas

1. Walking helps me feel happy.
2. Walking helps me be healthy.
3. Walking helps me focus.
4. Complete an adventure while learning about other cultures.

How to Use this Lesson Plan

- This activity can be used to support physical activity/education requirements or multicultural learning goals.
- All resources and materials are free to download, print, and use.
- Divide up journey miles as a class. The “London to Paris” journey is 230 miles. If your class has 23 students and everyone walks one mile per week, your class would collectively complete the journey in 10 weeks.

To keep momentum going and establish healthy habits, we encourage you to plan a walking session once a week.

Resources

- [Graphic](#) - The graphic can be used to announce the upcoming activity to the class and/or parents. Feel free to share this graphic with your school administration for use on school social media pages, PTA letters, etc.

- **PowerPoint** - The PowerPoint can be used to introduce your class to the activity and/or to accompany the journey along the way. For example, you may decide to go through the first half of the presentation (about London) before starting your class journey and then finish the Paris slides at your halfway point.
- **Map** - The map is available to download and print in three different sizes - [11 x 17](#), [18 x 24](#), and [24 x 36](#).
 - a. After each walking day, choose a “helper” student to color in or mark a square after each walk. Then, review how far you’ve gone collectively as a class and remind the class how far they have to go to “reach Paris!”
 - i. A limited number of larger maps are available (for schools in the Inner and Outer Banks) through the Albemarle Rural Planning Organization (ARPO). Please contact awelsh@accog.org to request a printed map. We recommend that you post the map in a visible location in or near your classroom.
- **Halfway Activities** - The Halfway Activities should be completed when your class reaches the halfway point on the map.
- **Certificate of Completion** – At the end of the class activity, print and sign certificates for your students to take home.
- **Journey Celebration** - The Journey Celebration is to celebrate the class’s accomplishments once they reach Paris.

Weekly Walk

1. **Choose a location.** The best way to establish this activity is to schedule a walk on school grounds once a week. Choose a location that is easily measured in laps or miles and allows students to safely walk away from motor vehicle traffic.

Examples of walking locations:

- Laps around school playground
 - School track
 - Soccer or football field
2. **Talk about the program before and after the class walks.** Remind the class of the journey origin or destination and give updates before each weekly walk. For example, “We have already 125 miles since the beginning of school! Only 105 miles to go before we reach Paris!” You may also choose to give a fun fact about either the origin or the destination before each walk.

Tips

- If your walking location requires multiple laps to reach the weekly distance (e.g., four laps around the soccer field per child per day), consider giving each child a sticker as they complete each lap. This will help you keep track of how many laps each child has completed and provide them with a small incentive.

Halfway Activities

- Watch kid-friendly videos
 - London:
 - Lonely Planet: Follow our London Trail
https://www.youtube.com/watch?v=MHxSq4c_E6g&ab_channel=LonelyPlanet
 - Kids View: What to do in London (Insider tips from local kids)
https://www.youtube.com/watch?v=HrJNlUp2izQ&ab_channel=FamilyTravel
 - Paris:
 - France for kids – an amazing and quick video about life in France
https://www.youtube.com/watch?v=z-kXPZg_IHo&ab_channel=LearningTail
- Learn about differences in language/word choices
 - London:
 - 26 British and American word differences
https://www.youtube.com/watch?v=kWZAla7S1Is&ab_channel=SimpleEnglishVideos
 - Paris:
 - Learn French for Kids – Useful Phrases for Beginners
https://www.youtube.com/watch?v=d7ms1n3sT78&ab_channel=Rock%27NLearn
- Play Traditional French Games
 - <https://www.fluentu.com/blog/french/traditional-french-games/>

Journey Celebration

To celebrate the completion of your class' journey, host a cultural gathering in class to learn more about the culture(s) of the origin and/or destination.

Serve foods from origin/destination cities

- Tea (or juice) with cookies to represent “afternoon tea time” - a tradition in London.
- French baguette (le pain)
- French fries (frites)
- Macaroons

Play music

- French Children's Songs: <https://youtube.com/playlist?list=PLJNyfOLCF2zOuSiH-yiYAazHVfBoGg4xb>

French lesson

- Teach your class a few French words and have them practice using them for the rest of the day
 - Potential words to start with:
 - Bonjour = Hello
 - Au revoir = Goodbye.
 - Oui = Yes.
 - Non = No.
 - Merci = Thank you.
 - S'il vous plaît = Please

Activities

- [Queen's guard coloring page](#)
- [Double decker bus coloring page](#)
- [Eiffel Tower coloring page](#)
- [Macaroons coloring page](#)
- Make an [England](#) or [France](#) flag (coloring page or using construction paper)
- Make Eiffel Towers:
 - For older children: use toothpicks and marshmallows or gumdrops.
 - For younger children: use popsicle sticks or spaghetti noodles and marshmallows
- Take a virtual tour of famous places:
 - London: <https://360.visitlondon.com/>
 - Paris: <https://www.youvisit.com/tour/paris>

The Walk the World program was developed by the Institute for Transportation Research and Education at NC State University in partnership with the Albemarle Rural Planning Organization.