

Walk the World Program

Osaka to Tokyo 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 “Osaka to Tokyo” journey is 300 miles. If your class has 30 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 Osaka) before starting your class journey and then finish the Tokyo slides at your halfway point.
- **Map** - The map is available 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 Tokyo!”
 - 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 Tokyo.

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 175 miles since the beginning of school! Only 125 miles to go before we reach Tokyo!” 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
 - Japan for Kids - A kids guide to Japan.
https://www.youtube.com/watch?v=QEC3MrWgnMU&ab_channel=ProfessorProPELLER%27sPlanet
 - 29 Things That Exist Only in Japan
https://www.youtube.com/watch?v=s1m_yhi9oqA&ab_channel=BRIGHTSIDE
 - Japan for kids – an amazing and quick guide to Japan
https://www.youtube.com/watch?v=S603E1utiwE&ab_channel=LearningTail

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

- Japanese candy
 - Japanese Kit Kats
- Ramen noodles
- Mochi (can find Mochi ice cream in most grocery stores)
- Dango (chilly rice treats)
- Pocky (chocolate covered biscuit sticks)
- Matcha (powdered green tea)

The best place to find the Japanese foods listed here is a local Asian Food Market.

Play music

- Japanese Kids Songs:
https://youtube.com/playlist?list=PLn7x7evvxNVx3_pb6TaXSgyRkRv8E0mlz

Japanese lesson

- Teach your class a few Japanese words and have them practice using them for the rest of the day
 - Learn Japanese for kids with 10 Basic words for Beginners!
https://www.youtube.com/watch?v=vtWo3IFV2x0&ab_channel=Ryan%27sWorld

Activities

- Play Japanese Cultural games
 - Janken (similar to rock, paper, scissors)
 - Japanese fun game! How to play Janken
https://www.youtube.com/watch?v=4-ayvPYTNtk&t=11s&ab_channel=%E3%80%90ZENUPYourLife%E3%80%91withSanaSakura
- Watch kid-friendly animes: <https://www.funimation.com/discover/kid-safe-anime/>