



How do you start an afterschool Story Walking club?

- 1) Distribute footprint/seeder cards, Storywalker applications, and Moscow Rules.
- 2) Locate a safe, secure place to walk.
- 3) Recruit middle and high school aged role models to help supervise club activities while they earn public service credits.
- 4) Establish a regular meeting schedule and distribute to participants.
- 5) Contact netwalki.com to post club information on website if you would like to draw more people from the surrounding area. Also use this as a resource to coordinate an activity with another club.

What resources are available to help guide meeting activities?

- 1) Play the Name Game at the initial meeting to break the ice and to help the participating characters meet one another.
- 2) The website www.netwalkri.com provides an introduction and access to the Walking Journal. For the second meeting, ask the students read a selected journal entry to generate ideas for discussion while walking.
- 3) Have younger students (ages 6-8) sit and listen quietly to a 10-minute story from the Fiddlesticks CD before walking... or read a favorite story of their choosing.
- 4) Follow the Sample Walking Program published by the National Heart Lung and Blood Institute and build up the distance each week.
- 5) Ask students to keep personal journal in a science notebook. (A good rainy day project is to create collages on the notebook cover with clippings from magazines.)
- 6) Sales of the Fiddlesticks CD, The Storywalker Chronicles, and Shu-Wallets help the club build funding for materials and equipment. Netwalking plans to add pedometers and other products to increase fundraising opportunity.