



Walking Scotland

Walking Schools

Let's walk & learn

Why walking and wheeling matter in schools

Walking and wheeling can help young people feel healthier, happier and more ready to learn.

- Walking helps improve concentration and focus in the classroom.*
- It can build confidence and reduce stress.
- Walking is still the most common way to get to school, but it's at its lowest level since 2008.**

*Evidence shows pupils are more alert and pay better attention after self-paced physical activity when compared to just sitting (**The University of Edinburgh**).

The **2024 Hands Up Scotland Survey (Walk Wheel Cycle Trust) showed that walking rates for young people getting to school fell for the fourth year in a row, by 1.5%.

3 things you can do

Small changes in your school can make it easier for everyone to walk and wheel more every day.



Take a walk at lunchtime

Walk and talk with a friend. A simple way to feel better and reset your day.



Walk to or from school

Start your day feeling positive or relax after a long day. It's even better if you can do it with a friend!



Make walking more fun

Add some fun to your walks by sharing. Create a playlist for your walk and share it on a classroom board, or recommend a walking app.



About Walking Scotland

We're your national walking and wheeling charity. We work with schools in Scotland to help more young people benefit from walking and wheeling every day.

Find out more

Get inspired at
[walkingscotland.org.uk](https://www.walkingscotland.org.uk)