



# THE walking classroom

walk. listen. learn.



## Increase Physical Activity While Boosting Academic Engagement!

with The Walking Classroom

Students listen to kid-friendly educational podcasts while walking —they **walk**, **listen**, and **learn**!

- ▶ The program is used in all types of educational settings (classrooms, afterschool, camps, at-risk youth, etc.).
- ▶ Podcast topics cover English language arts, science, and social studies (including biographies) and are appropriate for grades 3 through 8.
- ▶ Each 15-minute standards-aligned podcast begins with a different health message to build health literacy.
- ▶ Character values woven throughout each podcast support social and emotional learning (SEL).
- ▶ Teacher's Guides include lesson plans, discussion questions, and quizzes for each podcast.
- ▶ Program is EASY to implement and complimentary online training and professional development is available.
- ▶ Kids LOVE it!

### Demonstrated Results

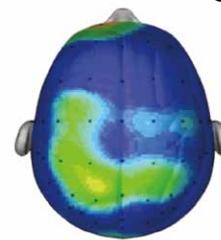
Impacts of walking while listening to TWC podcasts (vs. sitting and listening):

- ✓ Higher levels of cognitive performance (on both short- and long-term learning!)
- ✓ Improved mood
- ✓ Increased classroom engagement
- ✓ Greater enjoyment of walking

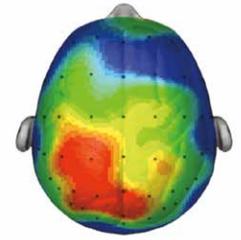
Based on research conducted by the University of North Carolina at Chapel Hill

### Evidence-Based

Composite of 20 student brains taking the same test



After sitting quietly



After 20-minute walk

Research/scan compliments of Dr. Chuck Hillman, University of Illinois



Scan to see TWC in action

Award-winning nonprofit program is used by thousands of students in both rural and urban settings in all 50 states!

*"Believe it or not, The Walking Classroom lets me learn even better than when I learn in class. The Walking Classroom is the best."*

*— Tyrone, 5th grader, Florida*



## Proven Program

**EDUCATORS** who used The Walking Classroom (TWC) program said:

- 95%** I trust the educational content of TWC.
- 92%** TWC is an effective tool to increase student discussion and engagement.
- 91%** TWC engages different learning styles.
- 86%** Listening to TWC podcasts while walking strengthens my students' understanding of content.
- 90%** TWC is an effective tool to differentiate instruction.
- 91%** I would recommend TWC to a colleague without reservation

## WalkKit Audio Devices

- ▶ WalkKits are preloaded with a school-year's worth of podcasts
- ▶ No updating required
- ▶ Durable and reusable year after year
- ▶ Podcasts can be played at slower speeds—great for ESL students!



Preloaded "WalkKit" audio device

*"Thank you for creating a fun and engaging curriculum that doesn't waste time or take extra effort. Thank you for aligning to my standards. Thank you for integrating science and social studies topics. Just... thank you."*

*— Candice, 5th grade teacher, NC*

The Walking Classroom is a proud winner of



## Product Information

### WalkKit Audio Devices \*

- **WalkKit:** Preloaded with 167 podcasts on topics including English language arts, social studies, science, and more. .... **\$125**
- **STEM-Only WalkKit:** Preloaded with 61 podcasts on science-related topics that each begin with a brief introduction in Spanish..... **\$100**

### Teacher's Guides

- **Printed Teacher's Guide:** Recommended for classroom teachers. Includes detailed lesson plans for each podcast. .... **\$150**
- **Electronic Teacher's Guide:** (PDF format)..... **\$100**
- **Printed STEM-Only Teacher's Guide:** ..... **\$100**
- **Electronic STEM-Only Teacher's Guide:** (PDF Format)..... **\$75**

### Discussion Guides

- **Printed Discussion Guide:** Recommended for out-of-school time. Includes streamlined lesson plans for each podcast ..... **\$100**
- **Electronic Discussion Guide:** (PDF format)..... **\$75**

### Home Kits

- **Home Kit:** Recommended for home schoolers and families. Two WalkKits and 1 Discussion Guide ..... **\$300**
- **STEM-Only Home Kit:** Two STEM WalkKits and 1 STEM Guide ..... **\$275**

\* Each child uses his/her own WalkKit while walking, but sets can be shared among several classrooms.

# Happy Trails!

