



Behaviour change top tips...

BE INCLUSIVE

You might want to target a certain year group but make sure everyone who wants to, will be able to take part in some way.

Will there be other options for those that live further away or don't have a smart phone or bike?

MAKE CHANGE EASY

Give people **small steps** they can take to change their behaviours at the beginning...

- ✓ Get on/off the bus 2 stops early
- ✓ Cycle on Mondays and Fridays
- ✓ Walk to school week

(People will notice these are easy steps to take then you can encourage them to increase!)



MAKE A PUBLIC PROMISE

If people promise or pledge to do something in public they are more likely to actually do it!

Creating a Padlet.com is **FREE** and a great way to get everyone in your school to make and share a pledge. You can even get your whole community involved by giving them the web link.

Or you could create pledge wall in school and get people to write their pledge on their hand prints or a post-it for everyone to see!

