

2019

Year in Review

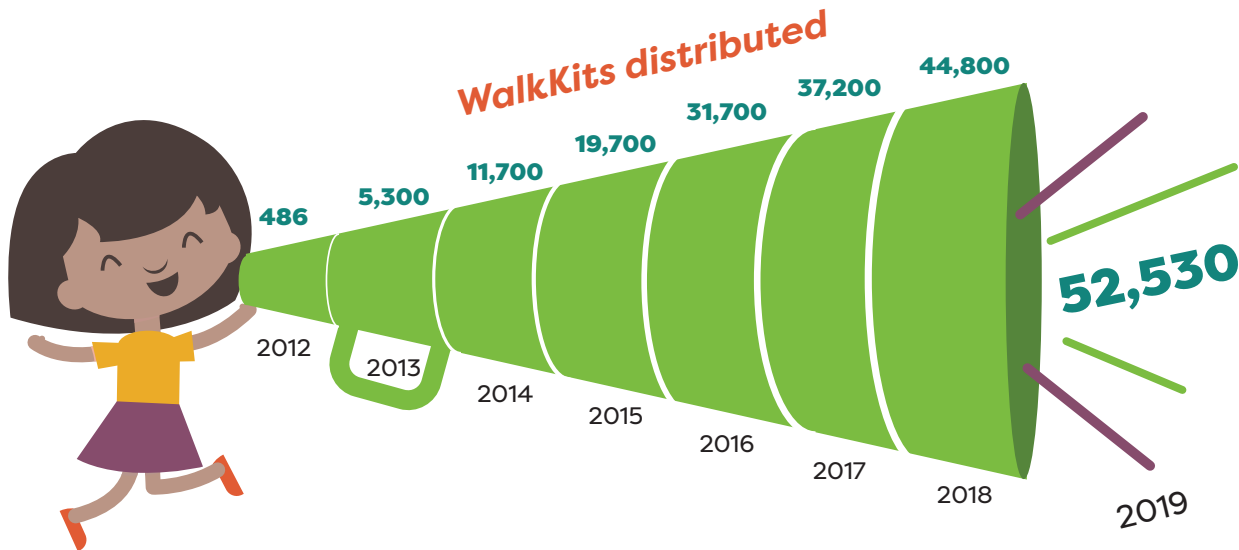
Smiles are blooming all over the place!



Thank you for your support!

As The Walking Classroom grows...

**You're helping us spread the love...and the learning...
and all the good things that come with it!**



Since 2011, hundreds of thousands of kids have walked, listened, and learned with The Walking Classroom!

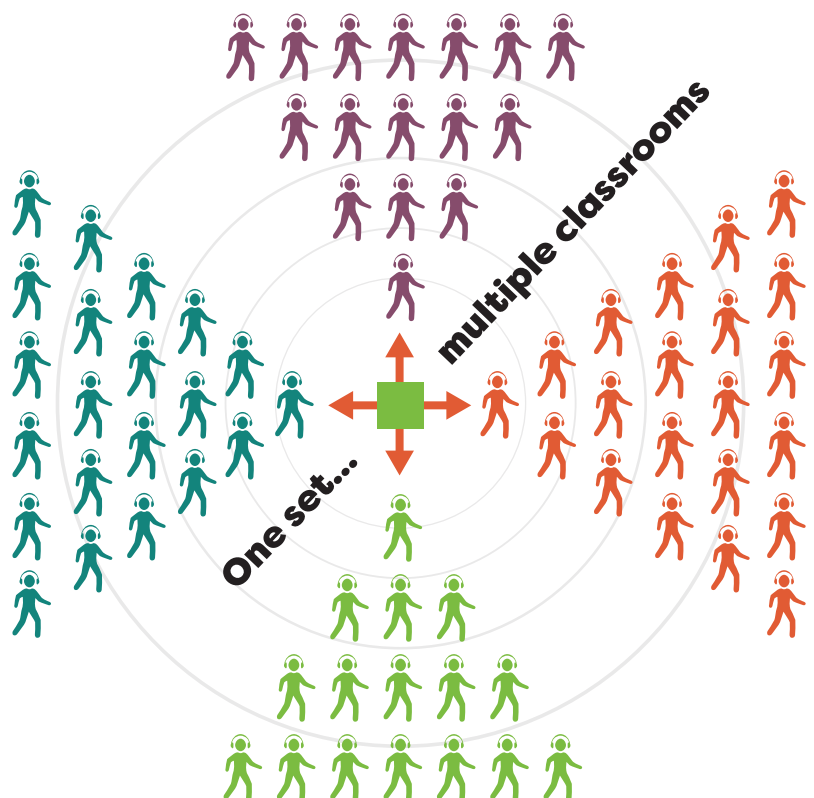
To ensure that as many kids as possible can benefit from walking, listening, and learning, we always recommend that teachers share their Walking Classroom materials with other teachers.

What have we found?

It has been no surprise that many of our adopters are sharing their Walking Classroom materials with at least one, and often several, classrooms. In fact, one teacher in MA was sharing her set with eight other classrooms! Those teachers were making it work! (And, yes, we donated more WalkKits to those amazing teachers!)

All of that sharing has resulted in an incredible number of kids getting some much-needed fresh air and exercise, getting healthier, getting smarter, and getting happier.

For that, we thank YOU and the teachers who are making it happen!



kids are getting smarter, healthier, and happier!

More research, more great results!

Second UNC study finds positive impacts on student health

A second study by researchers at the University of North Carolina at Chapel Hill analyzed the program's impact on student health literacy and levels of physical activity before and after a school year of using The Walking Classroom. Here is what they found.

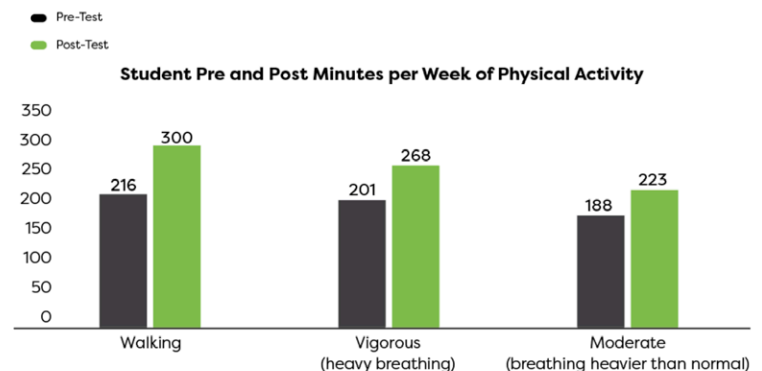
1 The Walking Classroom improves student health literacy.

Students demonstrated significantly higher levels of health literacy after participating for one year in The Walking Classroom program. Every question on the quizzes had a positive increase!

The **10.7% overall increase** in health literacy is particularly impressive since health literacy messages are generally less than one minute, and many students listened to the podcasts only once.

2 The Walking Classroom increases overall physical activity (even outside of the classroom!)

Students demonstrated significantly higher levels of physical activity after participating for one year in The Walking Classroom program.



Learn more: thewalkingclassroom.org/research/

"I love being healthier. I used to be lazy. And I am happier with exercise!"

—Aldrico, 4th grader, MO



"Now we get to go outside and learn at the same time! The Walking Classroom makes me want to go to school and learn more about science."

—Regis, 7th grader, NC

We have TWC rock stars in all 50 states!

Students are eager and ready to learn!

What I have loved most about The Walking Classroom is that ALL of my students are able to utilize the kits, even at different abilities. I teach a wide variety of students — high-achieving students, students with learning disabilities or autism, and students who are gifted and talented — all of whom are able to benefit from The Walking Classroom lessons.

While walking, students have even taken on leadership roles. They have encouraged and assisted other students, all while exercising and learning. The program has given all of the students a chance to discuss and interact with each other in a way that does not normally happen in the regular classroom. The Walking Classroom has allowed my inclusion students to be successful students in the classroom.

As classes enter my room, their first question is always, “Are we walking today?” Since I have started using The Walking Classroom, students

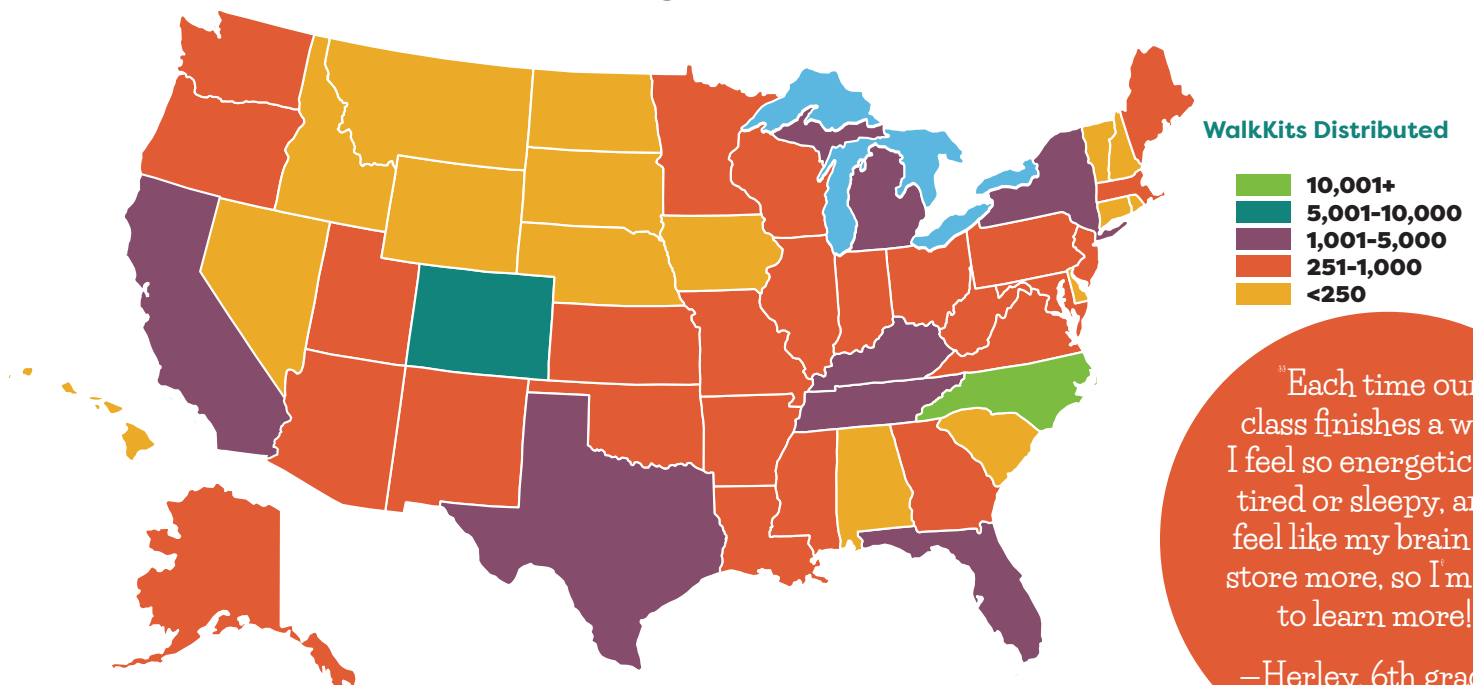
have become more engaged in the learning process and are more excited about coming to school. I look forward to continuing to use The Walking Classroom to expand our learning!

— **Sarah Richardson, Leaders in Training Specials Teacher, Greenville Elementary**

Read more stories like Sarah's:
thewalkingclassroom.org/category/success-stories/



How many kids are walking in your state? Help us pump that up!



“Each time our class finishes a walk, I feel so energetic, not tired or sleepy, and I feel like my brain can store more, so I’m able to learn more!”

—Herley, 6th grader, NY