





















Walk to School Record Card - One week

Name: _____

Class: _____

- Colour in a foot for each day of the week you walk to school.
- Start with Monday and so on.
- If you miss a day walking do not colour in the foot for that day.
- Once you reach the end of the week count the number of feet you have coloured in and put that number in the “total” box at the end.
- Make sure your feet are nice and colourful and try to have as many as you can.

	MORNING		AFTERNOON		
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					TOTAL

1 week





















Ag Siúl ar Scoil

Cárta Taifead Scoile – Seachtain Amháin

Ainm:

Rang:

- Dathaigh cos amháin do gach lá den tseachtain a shiúlann tú ar scoil.
- Tosaigh le Dé Luain agus mar sin de.
- Má chailleann tú lá ag siúl ar scoil ná dathaigh an chos ar an lá sin.
- Nuair a thagann tú go deireadh na seachtaine comhairigh líon na gcos a bhfuil daite agat agus cuir an uimhir sin sa bhosca “iomlán” ag an deireadh.
- Bí cinnte go bhfuil do chosa deas agus daite agus déan iarracht go mbeadh a oiread acu agus is féidir agat.

	MAIDIN		TRÁTHNÓNA		
Dé Luain:					
Dé Máirt:					
Dé Céadaoin:					
Déardaoin:					
Dé hAoine:					Iomlán

Seachtain Amháin