

# Project Heart

Activities for the Classroom

Design a school trail map. Use this worksheet to list the start, each step marker, and the end of your trail. Include the signs and slogans for each landmark. Calculate the total for the whole route. Finally, convert steps to approximate miles using the chart provided.

On the second worksheet, draw your trail map. Mark the start, step markers, and end of your trail. Include the signs and slogans for each landmark.

## EXERCISE DESIGNING OUR SCHOOL TRAIL MAP

	Landmark	Sign or Slogan	No. of Steps
Start			
Step marker 1			
Step marker 2			
Step marker 3			
Step marker 4			
Step marker 5			
Step marker 6			
Step marker 7			
Step marker 8			
Step marker 9			
End			
TOTAL STEPS			
Approximate no. of miles			

Use this chart to approximate the number of miles walked.

STEPS	MILES	STEPS	MILES
500	.25	6,000	3.0
1,000	.50	7,000	3.5
2,000	1.0	8,000	4.0
3,000	1.5	9,000	4.5
4,000	2.0	10,000	5.0
5,000	2.5		

# EXERCISE

## DESIGNING OUR SCHOOL TRAIL MAP