



# WALK TO TUK WITH YOUR CLASS!

Walk to Tuk is an annual community walking challenge that motivates people to stay active during some of the coldest and darkest months of the year. In January and February, registered teams conceptually walk the distance of the Big River from Zhatié Kúé (Fort Providence) to Tuktuuyaqtuuq (Tuktoyaktuk), a total of 1,658km.

## How Walk to Tuk can support different subject areas:

- Walk to Tuk is a great way to meet daily physical activity guidelines, celebrate healthy choices, highlight the health benefits of physical activity, and promote the development of positive attitudes towards active living (**physical education** and **health studies**).
- Teach NWT **history**, **social studies**, and **geography** by learning about the culture and heritage of the communities your team passes as they walk. You can virtually visit archaeological, national, and territorial historic sites along the river, including Ehdaa in Fort Simpson, Kwetenizaá (Bear Rock) near Tulít'a, and Kittigazuit in Inuvik.
- Link the challenge with **geology** and **ecology** by exploring the different landscapes that the river passes through. Learn about local flora and fauna, from the moose and black spruce of the taiga plain, to the Dall sheep and cotton grass of the Mackenzie Mountains, to the caribou and dwarf birch of the Arctic Coast.
- The challenge includes some basic **math** skills. Students can calculate their total minutes or kilometres and add them to the team total. They can also calculate average weekly distances for themselves and their team.
- Why not include an **art** project that captures students' experiences walking or the places they encounter along the way? Paintings, comics, and digital stories are just a few of the creative ways that students can document their Walk to Tuk journey.

## Why you and your class should participate:

- It is a free, fun, team activity that is open to anyone and there are great prizes.
- Everyone is accountable and contributes to the team goal.
- It is easy to track activity and watch your team progress along the river.
- You can connect the challenge to your curriculum.
- Walking can help students be more focused in class.
- Walking outside and connecting with nature can have a positive effect on both physical and mental health. It can lower blood pressure, reduce stress levels, and support children's cognitive development.

## How to get started NOW:

- Start planning the new year with Walk to Tuk in mind.
- Ask students to brainstorm a team name.
- Set distance goals.
- Ask students for their favorite walking trails and routes.
- Start a Walk to Tuk countdown clock.
- Send an email to [walktotuk@nwtrpa.org](mailto:walktotuk@nwtrpa.org) and we'll help in any way we can.

## Special features for class teams:

- Schools can register faculty teams and/or class teams.
- Class teams can have over 20 participants.
- Student names will not appear on our website if they are registered on a class team.
- Youth t-shirt sizes are available.

**Sign up now! Walk to Tuk begins January 2.**  
**Visit [walktotuk.com](http://walktotuk.com) for more information.**