



BEST BUDDIES FRIENDSHIP WALK



School - Youth Walk Guide

The Youth Friendship Walk is a great opportunity for schools to support the Best Buddies Canada Friendship Walk by hosting their own walk during school hours. The event promotes friendship and inclusion among students. A week's worth of lesson plans focused on friendship and inclusion is also provided to help educators engage their students in meaningful conversations leading up to the walk.



What is the Youth Friendship Walk?

The Youth Friendship Walk is a solidarity movement supporting inclusion within schools. The objective of the Youth Walk is to promote awareness of the positive benefits of diversity, educate on inclusive behavior, prevent bullying, and foster empathy and diverse friendships. The Youth Walk takes place during school hours, Monday through Friday and is an arm of the Best Buddies Canada Friendship Walk fundraising campaign. All monies raised support the mission of Best Buddies Canada. The Youth Walk can be school-wide, a chapter activity or classroom initiative.



Participating Schools

Every participating school will have access to:

- School Team (fundraising) Page
- Friendship & Inclusion Lesson Plans (1 week)
- Digital socials
- Digital posters
- Team QR Code
- Swag bag (filled with items to be used and distributed the day of the Youth Walk)
- School Certificate
- students who fundraise \$100 will receive the one-of-a-kind Walk t-shirt

Your swag bag includes a small supply of:

- Stickers
- Tattoos
- Balloons
- Walk banner (to be used at the official count-down)



School Fundraising Page

Follow these steps to create your School Team Page

Step #1 - Select **Youth School Walk**

Step #2 - Click **Register** button

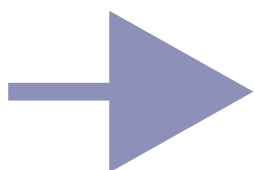
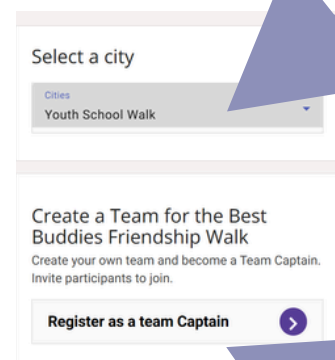
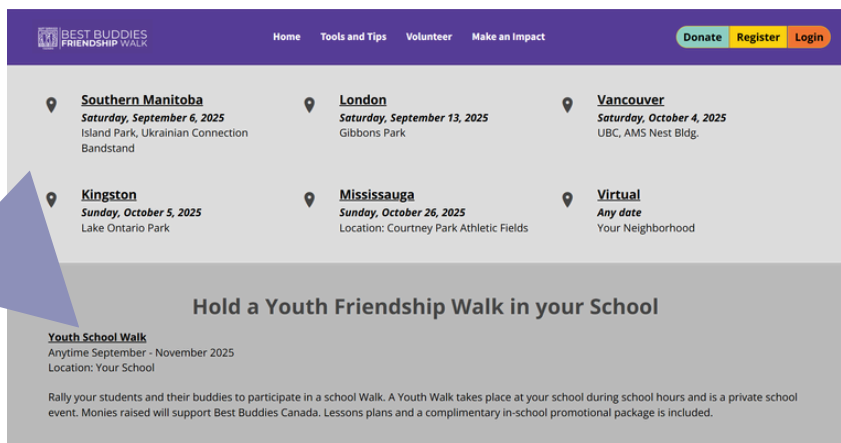
Step #3 - You must select **Team Captain**

Step #4 - USE your **Full School Name** as your Team Name

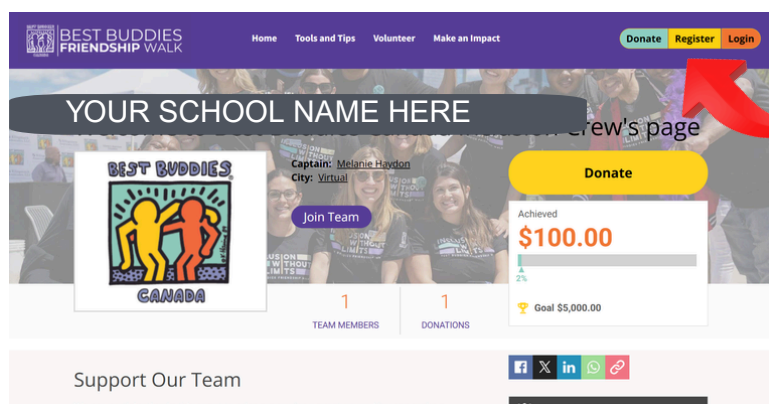
Step #5 - share your team link with colleagues and students to join and begin fundraising

HOT TIP - share the **School team link** or **QR code** on your website or in a newsletter.

Families and students can join the school team by clicking on the **Youth School Walk** link and select **Register** and **Join Team**. They can search by **Team Name**



Customize your
School Page



Every dollar raised makes a difference whether it is big or small. It all adds up. Families should be encouraged to support by donating whatever they are comfortable giving.



BEST BUDDIES
FRIENDSHIP WALK

Teacher's Guide

I want to recognize and thank Best Buddies Spain for the work they did in creating the Friendship and Inclusion Week lesson plans.



Structure - one day or one week

This can be a one day or one week activity in your school. You can incorporate our educational component with school activities from Monday to Thursday with Friday being the final day and the Youth Walk or choose to only implement the Walk.

Friendship and Inclusion Week

Monday

Tuesday

Wednesday

Thursday

Friday

Schools will have access to educational and recreational resources

A walk around school yard or track





Teaching Content

OBJECTIVES

- promote a positive view of diversity and inclusion
- encourage collaboration and teamwork
- raise awareness and support of Best Buddies
- foster friendships between peers

MONDAY

Story Reading

Read a story about disability and diversity with students to encourage empathy and a positive appreciation of differences.

TUESDAY

Short Film

Enjoy a short film with students that addresses disability and diversity promoting reflection and respect for differences

WEDNESDAY

Group Activity

Carry out a group activity with students to reflect on disability and diversity promoting empathy and teamwork.

THURSDAY

Class Motto

Create with students a motto that represents diversity, respect, inclusion and friendship. Students should reflect on these values.

FRIDAY

Youth Walk

Students participate in the Youth Walk around the school celebrating friendship, inclusion and diversity.



School Ambassador(s)

Schools are encouraged to pick a student or students (buddy and peer buddy) to be the Ambassadors of their Youth Friendship Walk. The Ambassadors role is to lead morning announcements promoting the Walk and sharing messages of inclusion and diversity. Together they will kick-off the Youth Walk as part of the official count-down and the cutting of the Walk ribbon provided in your school's swag bag.

Classroom Motto's & signs/banners

Each class can work on developing a motto about diversity and inclusion and capture it on a sign/banner. A student from each class will be asked to share the message on the Friday before the Youth Walk. Students from that class can walk with their banner during the Youth Walk and these signs can later be hung in a designated area of the school.



Story Writing

Students from 4th grade onwards can be instructed to write a story or essay about diversity, inclusion, or the importance of friendship. You might want to have a prize for submissions ie. every student who wrote a story can be entered into a draw to win.

Fundraising

In addition to raising awareness the Youth Walk raises funds to bring our program to more schools and teaches students the importance of supporting important causes.

During the week teachers can decide if they want their students in their class to fundraise as **individual members** on their team or as class using the **team** link. NOTE student's who individually fundraise \$100 online will be rewarded with the Best Buddies Friendship Walk t-shirt.





The Day of Your Youth Walk

- Teachers should review the rules of the Walk with their students; how many laps around the track or what makes up the walk route.
- Students are directed to a common area with their classroom signs/banner to where the walk will depart.
- The School Principal should start by saying a few words about the School's commitment to inclusion and each Classroom representative is invited to share their motto.
- The Ambassadors direct everyone into the 5, 4, 3, 2, 1 countdown and then cut the ribbon to officially start and lead the Walk.

Optional Activity - teachers can assign each student a number by writing it on their hand. Classrooms are paired in advance, and in the common area students with the help of their teachers finds their matching number. The objective; creating new friendship by having them walk with the student from the other class.

- Lead students on a lap around the school grounds or school track keeping the atmosphere light and engaging.
- While walking, students continue to interact with their partners, reflecting on the importance of inclusivity and kindness.
- After the Walk, gather students in the common area where they:
 - can exhibit their classroom signs.
 - as a group discuss the Walk and what students learned about friendship and inclusion.
 - Celebrate the diversity of thoughts, creativity, and teamwork.
 - Encourage students to share how they can continue practicing kindness and inclusivity in their daily lives.

**Students who raised \$100 - Teacher's to send t-shirt size to Best Buddies Canada.
Their t-shirt will be sent to the School post walk.**



Check-List

8-6 weeks out

Let us know you are in by completing “**I want to Lead a School Walk**” form found on the Friendship Walk page.

Pick a Walk date and share details with Best Buddies to have a school webpage created.

4 weeks out

Share internally with faculty news about the upcoming Youth Friendship Walk.

Note - your Youth Walk has the option to be school-wide, an activity for your Chapter members or solo classroom initiative.

Pick an Ambassador(s) to share upcoming news and details about the Walk during morning announcements.

Share the **school web-page link** with participating classrooms and ask teachers to create a **classroom team** to begin their fundraising.

Teachers to share their **classroom team link** with students, who can then pass it along to their parents, friends, and family to ask for support through donations.

3-2 weeks out

Print and hang the posters around the school, communicate Walk details in school bulletins and send home flyers with students.

Distribute lesson plans to teachers interested in implementing the Friendship & Inclusion Week.

1 week out

Option to implement Friendship and Inclusion Week lesson plans

Day of

Youth Walk Day - celebration, friendship and inclusion!

