

# Minneapolis Public Schools At-Home Walking and Biking Guide

Below you will find resources for route planning, safety, and activities to do along the route. Most of these activities were adapted from Let's Go--the Minneapolis Public Schools Walking & Biking Field Trip Guide. If you like these activities, please check out the guide and visit the Minneapolis Public Schools [Culinary & Wellness Service website](#).

## Choosing Your Route

Whether planning a walk or biking trip, [Google Maps](#) (see the walking and biking tabs) and the Minneapolis Walking Routes for Youth Map may be helpful. Look for low to medium volume streets with lower speeds and supportive infrastructure like stop signs, stop lights and overhead flashers.

## Family Walks

### Walking Route Ideas:

**Minneapolis Public Art Tour:** [http://www.minneapolismn.gov/dca/dca\\_map](http://www.minneapolismn.gov/dca/dca_map)

On this website, scroll to the picture of the city and click on the arrow on the bottom right for "Minneapolis Public Arts Tours." This interactive website organizes six tours geographically: North, East Downtown, Nicollet Mall, South, and Southwest.

### History Walking Resources

- Check out this map of Minneapolis from 1883:  
<https://minneapolisparkhistory.files.wordpress.com/2010/09/horace-clevelands-map.jpg>. Print or study the map. Then choose an area to walk in and while there make observations how the area is similar or different from the map. Spend time observing and talking with your children about what you notice. Then you and your children can share your ideas on what you think happened since 1883 based on what you see.
- Walking near the Mississippi or Minnehaha Falls? Check out these resources on Bdote from Minnesota Center for the Humanities: <http://bdotememorymap.org/mnisota/>
- Research and walk to [Minneapolis historical landmarks](#)

### Nature/Science Walking Resources

- To find a walk in the woods, [Minneapolis Parks](#), especially **regional parks**, are a great place to start. Some notable regional parks include Central Mississippi Riverfront, Father Hennepin Bluff, Minnehaha, Mississippi Gorge, North Mississippi and Carl W. Kroening Interpretive Center, and Theodore Wirth. Note that all buildings are closed.
- [Birds I May See in My Yard](#) and [50 Bird Species and the Sounds They Make](#) and [Bird Identification App](#)
- Everyone in Minneapolis lives in one of the four watershed districts: [Bassett Creek](#), [Minnehaha Creek](#), [Mississippi](#), [Shingle Creek](#) ([map of districts](#)). Read about the watershed district you live in, and then on your walk make observations that confirm or challenge what you have learned.

## Pedestrian Safety Instruction

A family walk is a great time to teach your children pedestrian safety. Here are some resources to help.

- [Teaching Children to Walk Safely as They Grow and Develop](#) (National SRTS)
- Video: Willie Whistle Teaches Crossing Streets Safely: [https://www.youtube.com/watch?v=ccj\\_LY-Lcso&t=26s](https://www.youtube.com/watch?v=ccj_LY-Lcso&t=26s)
- Video: Let's Go Walking: <https://www.youtube.com/watch?v=bQVcdaW2TuY>
- Looking for pencil and paper pedestrian safety worksheets and instruction for your K-5th grader? Check out these resources from Alameda County: [http://alamedacounty2s.org/our-services/plan-an-event/educators-gui\\_de/](http://alamedacounty2s.org/our-services/plan-an-event/educators-gui_de/)

## Mindful Walking

A few years ago, MPS Culinary & Wellness Services partnered with the MPS Social-Emotional Learning team to develop resources for a mindful walking practice. Mindful walking combines physical activity and mindfulness--both which will lower stress levels. First, the adult care-giver develops the practice in themselves. Then the adult leads their children in the practice. The [Mindful Walking Guide](#) contains direct instruction for developing the practice and includes links to several online resources and videos to expand the practice.

## Family Bike Ride

## Learn to Bike & Safety Resources

A family bike ride is a great time to teach your children bicycle safety. Here are some resources to help.

- Guide--[Helping your child be a safe bicyclist](#)
- Guide--[Ayudando a su hijo a ser un ciclista seguro](#)
- **Learn to Bike** Powerpoint--[Learn to Ride a Bike from Bike New York](#)
- **Learn to Bike** Video--[Learn to Ride a Bike \(Child\)](#)
- Video Bike Safety--[elementary and middle school](#)
- Video Bike Safety--[high school, English](#)
- Video Bike Safety--[high school, Spanish](#)
- Video--[ABC Quick Check](#)
- Wordless--[Rules of the Road](#)
- Wordless--[Helmet Fit](#)
- Wordless--[Bike Riding Safety](#)

## Biking Route Ideas:

With 97 miles of off-street bikeways and 129 miles of on-street bikeways (2015 data), including a growing number of protected bikeways, Minneapolis is consistently ranked a top biking city including the #1 slot for two years in a row by BikeScore (2018). Taking advantage of the fantastic bike infrastructure can give your child an up-close understanding of urban planning, public investment, and how the built environment affects the user experience.

Most of the ideas and resources in the "Walking Route Ideas" section also apply to family bike rides. Here are a few additional resources.

- Stay Healthy Streets: [LEARN MORE -- STAY HEALTHY STREETS](#)
- [Grand Rounds Scenic Byway System](#)
- [Hennepin County Bike Map](#) (click on "View maps online")
- Looking for an introduction to all these great trails? [Check out this website.](#)

And if you enjoy these resources, please check out [Let's Go--the Minneapolis Public Schools Walking & Biking Field Trip Guide](#) and visit the Minneapolis Public Schools [Culinary & Wellness Service](#) website.