

**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                      |          |                |              |
| <b>TOTAL STEPS</b>       |          |                |              |
| 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   |        |       |



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