

## Tips for healthier routes

- 1 Choose the healthier walking routes on this map, rather than the higher pollution roads to reduce the pollution you breathe in.
- 2 Walking, cycling or taking public transport instead of driving will help improve the air quality where you live and at your school.
- 3 Walk (or scoot!) on the side of the pavement furthest away from the road for safety from vehicles and to protect yourself against air pollution.

## Did you know?

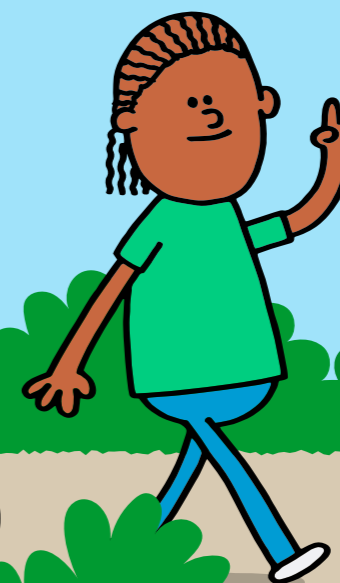
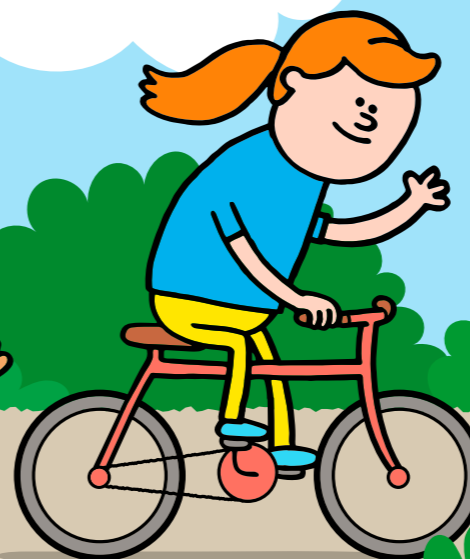
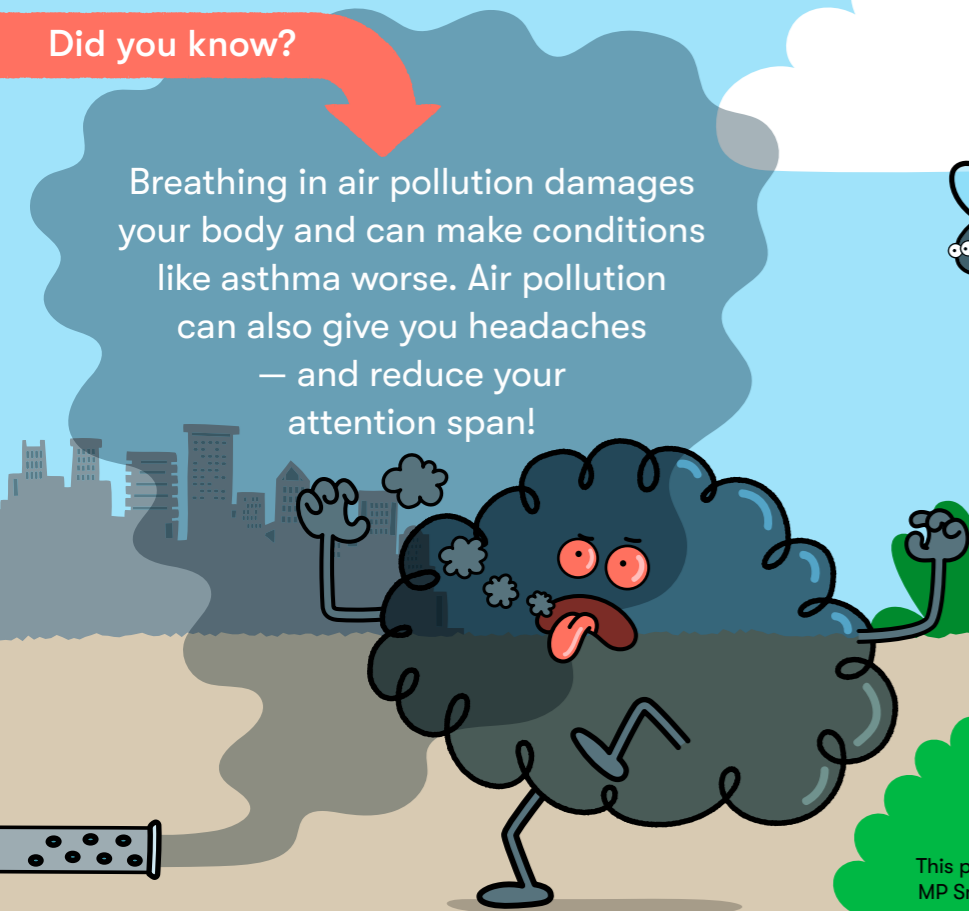
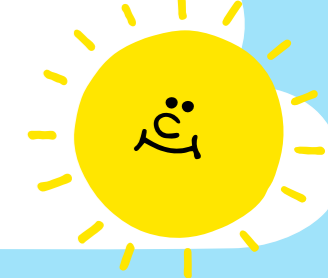
Breathing in air pollution damages your body and can make conditions like asthma worse. Air pollution can also give you headaches – and reduce your attention span!

# BREATHE CLEAN BRENT




A healthier walking map for  
John Keble C of E  
Primary School

## Why should we care?

- 1 Our health – air pollution damages important organs and causes asthma, heart disease, headaches and a reduced attention span.
- 2 Our safety – you are much less likely to be involved in an accident if you stay away from the higher traffic routes.
- 3 Our environment – polluting gases contribute to the greenhouse gas effect and climate change. Air pollution also harms the health of plants and animals.



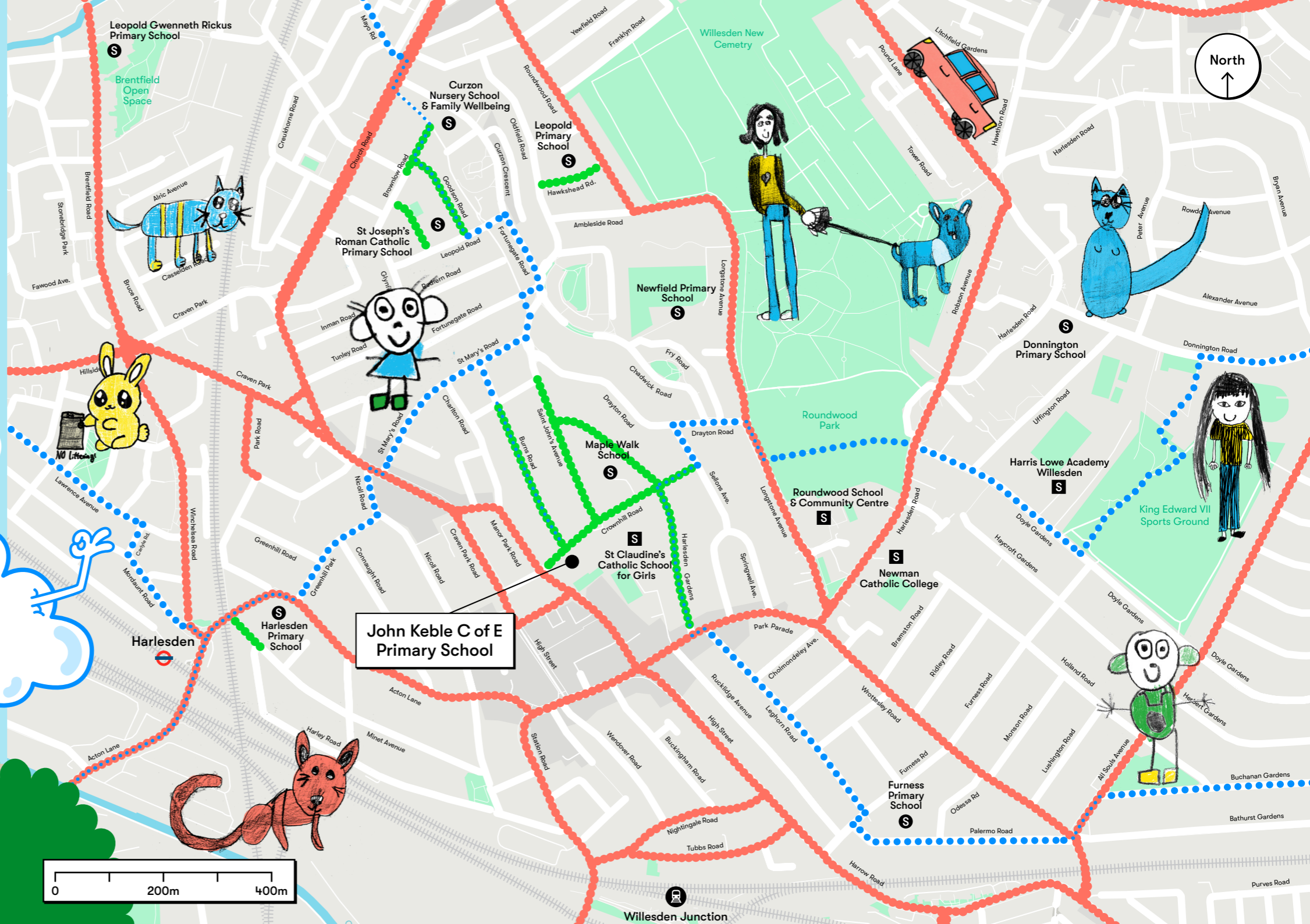
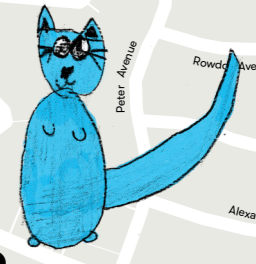
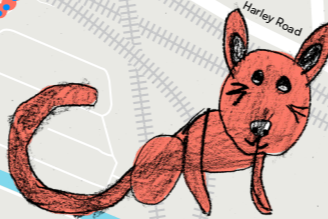
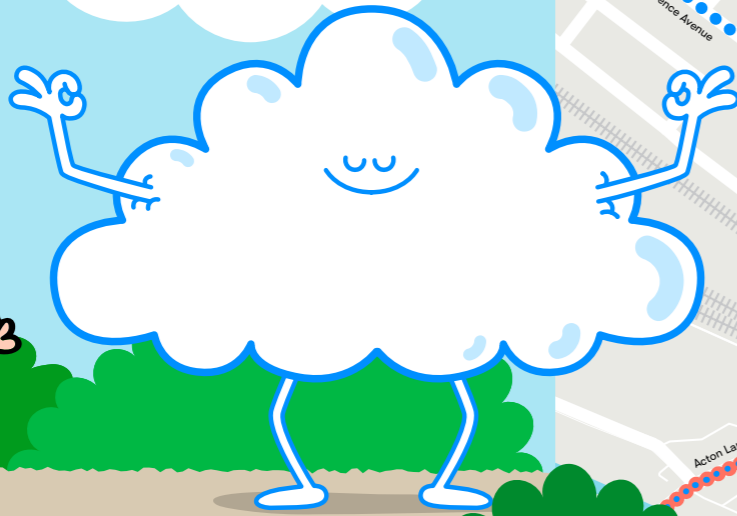
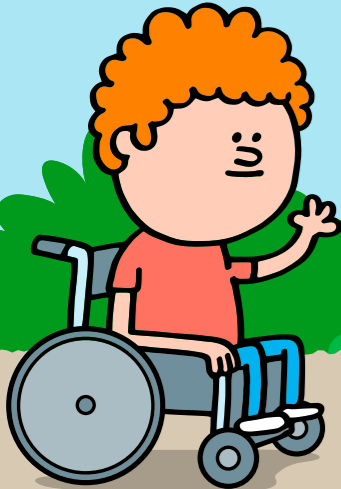
# Key

-  More polluted, higher traffic roads
-  Lower pollution routes
-  School Street
-  Example walking route
-  Railway
-  Primary school
-  Secondary school



Scan here to find out more about ...

Can you find a healthier walking route to and from your school?



John Keble C of E Primary School

Harlesden Primary School

Wilsden Junction

Thanks to children from Brent schools for the illustrations used on the map! All other illustrations by AI Murphy. Map and campaign design by Modern Activity.