



ACTIVE TRANSPORTATION

How to Make a Move More Chalkboard

Conversations, sharing our voices and creative community engagement can contribute to positive change. Creating and sharing a chalkboard is a great way to engage active participation to build healthier communities.

Active Transportation Means:

- any human-powered, non-motorized mode of transportation for commuter and recreational purposes
- moving from one destination to another for work, childcare, school, shopping and recreation
- walking, hiking, running, cycling, in-line skating, skateboarding, non-motorized wheel-chairing, skating, skiing, canoeing and kayaking

Step-by-Step

1. Place plywood on large, flat surface and use a paint roller to apply a coat of grey primer.
2. Once primer is dry, apply chalkboard paint to surface. For best coverage, apply two coats with a paint roller, allowing paint to dry completely between coats.
3. Using an X-Acto knife and cutting board, cut out the Move More stencil (see the back or page two of this document).
4. Once the chalkboard is dry, use spray paint to apply the Move More stencil. Use newspaper and painter's tape to mask off the area around the stencil to avoid overspray. Allow the spray paint to dry.
5. Use a cloth or brush to wipe powdered chalk across the entire board. The powder acts as a resin, and seals the surface.
6. At community events, distribute the multi-coloured chalk, and invite everyone to share their voice.
7. Take photos of your chalkboard and upload them to the AT Facebook Group: www.facebook.com/groups/activetransportation

**move
more**

physicalactivitynetwork.ca/AT

Materials

- 4' x 8' Sheet of Plywood Underlay
- Roller and Paint Tray
- Primer (Grey)
- 1L Black Chalkboard Paint
- X-Acto Knife
- White Spray Paint
- Painter's Tape
- Newspaper
- Move More Stencil
- Cloth or Brush
- Powdered Chalk Refill (White or Blue)
- Multi-coloured Chalk

(Adapted from the work of Candy Chang, Urban Innovative Fellow and World Economic Forum Young Global Leader: <http://candychang.com>)



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