

Name: \_\_\_\_\_

# WALK BIKE & ROLL TO SCHOOL

## ACTIVITY BOOK



Sources:

Center for Disease Control (CDC)  
Safe Kids Worldwide  
National Highway Traffic Safety Admin.  
Nick Jr. Beyond the Backpack  
[walkbiketoschool.org](http://walkbiketoschool.org)



## WHO IS CONSIDERED A PEDESTRIAN?

A pedestrian is anybody who walks or runs on the sidewalk or street. Pedestrians can also use bicycles, scooters, skateboards, skates, mobility scooters, tricycles, or use a wheelchair.



YOURSELF, WALKING YOUR PET

A GRANDMOTHER CROSSING THE STREET

YOUR FRIENDS AND YOU WALKING TO THE STORE

YOUR BEST FRIEND ON A SCOOTER



Walking is the oldest form of transportation. We are all pedestrians at some point. Pedestrian safety is a two-way street. Whether you drive or walk, it is up to you to keep yourself safe.

## DISTRACTED WALKING



Kim, Paul and Mark are crossing the street on the green pedestrian light, but are they paying attention while crossing? Is the driver of the car paying attention?



BE SAFE!

Complete these sentences.

1. **Be alert** and aware of your \_\_\_\_\_.
2. **Stay off** \_\_\_\_\_ when crossing. These cause distractions.
3. **Ensure you are** visible to \_\_\_\_\_ in case they are distracted.
4. Obey traffic signs. Look both ways and make sure you have enough \_\_\_\_\_ to cross all lanes of traffic safely.

Match the distractions from the list below with the safety issues they cause.

### DISTRACTION

Headphones on, listening to loud music  
Texting and walking  
Not paying attention to traffic signals  
Daydreaming

### SAFETY ISSUE

I will not hear cars accelerating or braking  
Cars will not expect to see me  
My attention is away from the street and the road  
My eyes will be off the road

# Get to School Safely Maze

Can you find your way through the maze to get to school safely?

**START**

Be safe! Cross the street at the crosswalk.

Watch for cars when the traffic light changes. Make eye contact with drivers before crossing.

**BUS STOP**

When you wait for the bus, stand three giant steps away from the curb.

Stop! Look left, right and left again before crossing the street.

Heads Up, Devices Down.

Buckle up every ride, every time.

Wear a properly fitted helmet on every ride.

**FINISH**

# HEADS UP!

DRIVE SMART • WALK SMART • BIKE SMART

## DO YOU KNOW YOUR TRAFFIC SIGNS?

Street signs help both drivers and pedestrians stay safe on the road by providing guidance on what to do, what to expect ahead, and how to behave to stay safe. How well do you know some of the most popular street signs?

MATCH THE SIGN WITH THE PROPER DESCRIPTION.



- \_\_\_\_\_ Traffic Signal ahead
- \_\_\_\_\_ Railroad Crossing ahead
- \_\_\_\_\_ No Parking allowed
- \_\_\_\_\_ Stop Sign

- \_\_\_\_\_ No U-Turn allowed
- \_\_\_\_\_ School Zone ahead
- \_\_\_\_\_ Crosswalk ahead
- \_\_\_\_\_ Bike Lane

# SEE TRACKS? THINK TRAIN!

## TRAINS ARE FASTER AND QUIETER THAN YOU THINK:



## MAKE SAFE CHOICES:



Recognize and obey railroad signs, lights and signals.



Always expect a train. Trains can start moving at any time.



Always look both ways. Multiple tracks may mean multiple trains.



Listen for whistles, horns and bells. Know that not all trains sound their horns.



There is only room for trains on the tracks. Trains overhang the tracks.



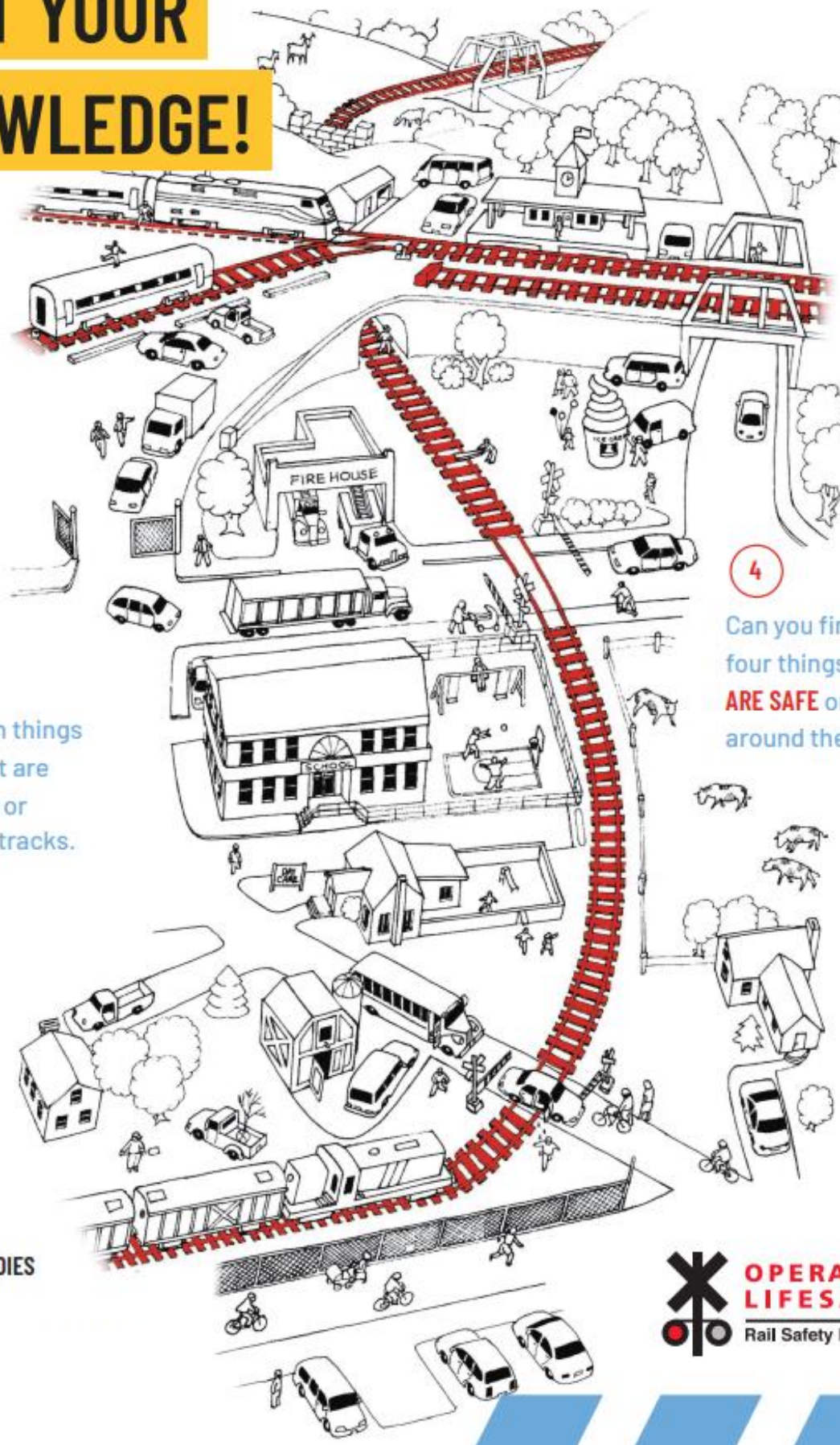
Stay off railroad equipment, train tracks, railroad bridges and out of railroad tunnels – it's dangerous and illegal.



Cross only at designated crossings. Walk things like bikes and scooters over the tracks when it is safe to cross.



# TEST YOUR KNOWLEDGE!



7

Circle seven things you see that are **NOT SAFE** on or around the tracks.

4

Can you find four things that **ARE SAFE** on or around the tracks?

HELP STOP TRACK TRAGEDIES

OLI.ORG



# HEADS UP KIDS

DID YOU KNOW  
THAT YOUR  
**BRAIN**  
CAN GET HURT?



A hit to the head can hurt **your brain**. When your brain gets hurt, you might get a headache or feel:

- Sick to your stomach
- Dizzy
- Tired
- Grumpy



If this happens, you might have a brain injury called a **CONCUSSION**.

A **CONCUSSION** FEELS DIFFERENT TO EACH PERSON SO TELL AN ADULT HOW YOU FEEL.

## TO HELP KEEP YOUR BRAIN SAFE:



Always **wear your helmet** when riding your bike.



Always **buckle up** when in the car.



**Play safe** and avoid hits to the head when playing sports.

If you hit your head and don't feel well, **TELL A GROWN UP** about it!



# *Think About Your Brain*

1. Why is it important to protect your brain?

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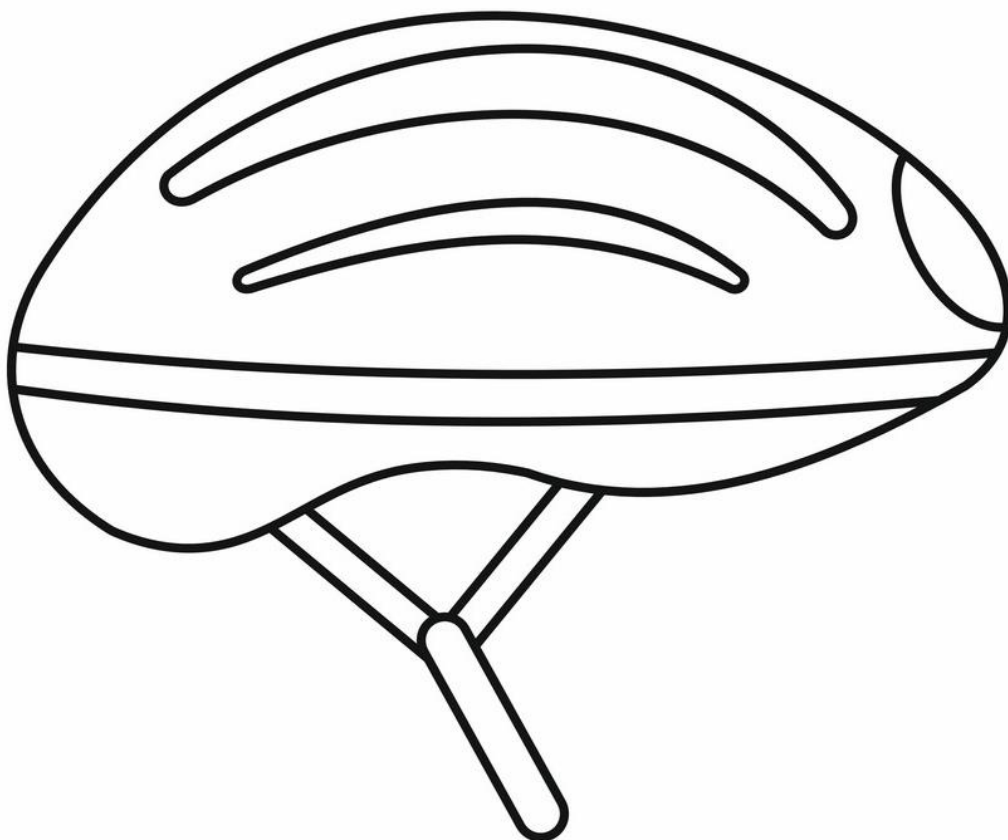
2. What are some of the things that your brain helps you do?

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**A properly-fitted bike helmet is the best way to protect your head and brain from injuries while riding a bike or scooter.**

***Decorate Your Dream Helmet to Protect Your Brain!***



## Does your helmet fit properly?

Take the Helmet Fit Test

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1



**Eyes:** Put the helmet on your head. Look up. You should see the bottom rim of the helmet.

2



**Ears:** Make sure the straps form a 'V' under your ears when buckled. The straps should be a little tight but comfortable.

3

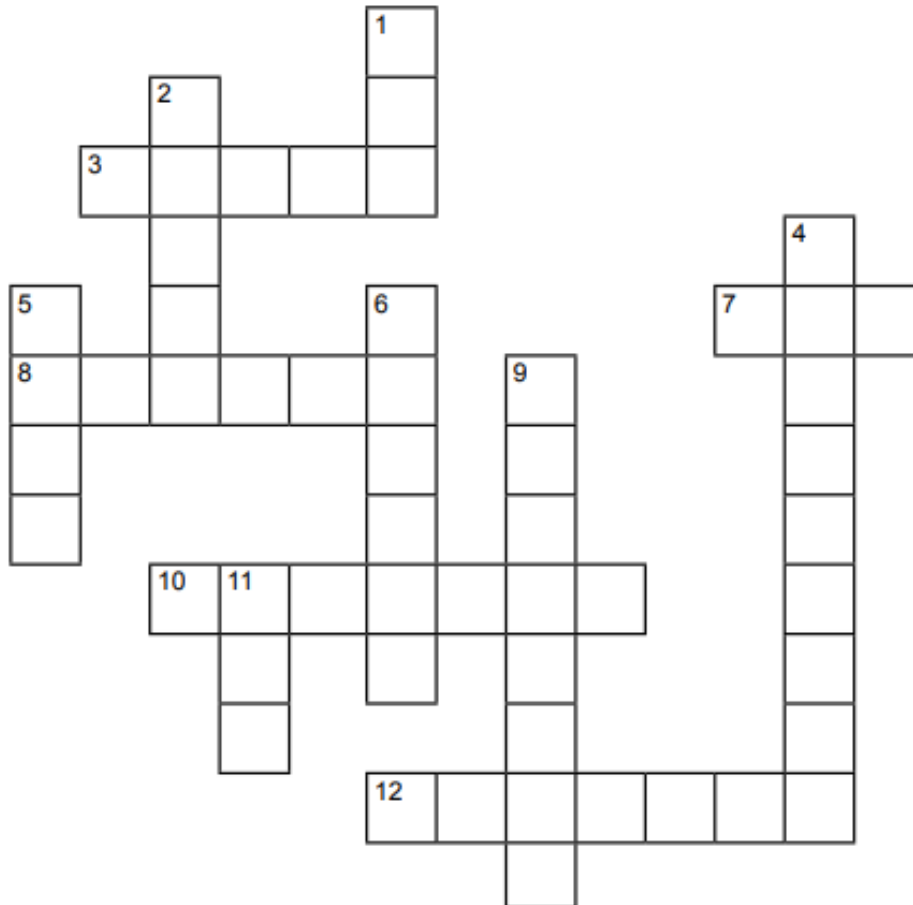


**Mouth:** Open your mouth as wide as you can. Does the helmet hug your head? If not, tighten the straps.

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**Now you're ready to roll!**

# Crossword



**Word Bank:**

walk  
right  
October  
active  
students  
helmet  
signs  
run  
handlebar  
friends  
bus  
May

**Across**

- Obey traffic \_\_\_\_\_ and signals.
- Bike to School Day takes place in the month of \_\_\_\_\_.
- Instead of sitting at home, walking helps kids be \_\_\_\_\_.
- Walking to school is a chance to spend time with your family and \_\_\_\_\_.
- International Walk to School Day takes place in the month of \_\_\_\_\_.

**Down**

- Walk to school instead of riding in a car or \_\_\_\_\_.
- When crossing the street, look left, \_\_\_\_\_ and left again for traffic.
- On your bike, make sure to keep both hands on the \_\_\_\_\_.
- \_\_\_\_\_ or bike to school for International Walk to School Day!
- When riding your bicycle, always wear a \_\_\_\_\_.
- Teachers and \_\_\_\_\_ can walk during lunch.
- Walk, don't \_\_\_\_\_ across the street.

# Walking or Biking When It's Dark or Getting Dark

Think about times when you and your family may be outside when it's dark or almost dark, such as walking your dog or trick or treating on Halloween.

What are a few items you can wear or carry when walking or put on your bike or helmet when on your bike, scooter, or skates to make it easier for drivers to see you when it's dark or getting dark outside?

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***Design a creative poster with a pedestrian safety message.***

