Name: _____________________________________________________________

Sources:
Center for Disease Control (CDC)
Safe Kids Worldwide
Nick Jr. Beyond the Backpack
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.

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?

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?

- Watch for cars when the traffic light changes. Make eye contact with drivers before crossing.
- Be safe! Cross the street at the crosswalk.
- Stop! Look left, right and left again before crossing the street.
- Heads Up, Devices Down.
- When you wait for the bus, stand three giant steps away from the curb.
- Wear a properly fitted helmet on every ride.
- Buckle up every ride, every time.

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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.

1. Traffic Signal ahead
2. Railroad Crossing ahead
3. No Parking allowed
4. Stop Sign
5. No U-Turn allowed
6. School Zone ahead
7. Crosswalk ahead
8. Bike Lane
SEE TRACKS? THINK TRAIN!

TRAINS ARE FASTER AND QUIETER THAN YOU THINK:

TRAINS CAN'T STOP QUICKLY OR SWERVE.
It can take a train over a mile — or 18 football fields — to stop.

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!

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

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

HELP STOP TRACK TRAGEDIES

OLI.ORG

OPERATION LIFE-SAVER
Rail Safety Education
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?

________________________________________________________________________
________________________________________________________________________

________________________________________________________________________

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

________________________________________________________________________
________________________________________________________________________

________________________________________________________________________

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

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.

Now you’re ready to roll!
Crossword

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

Across
3. Obey traffic _____ and signals.
7. Bike to School Day takes place in the month of _____.
8. Instead of sitting at home, walking helps kids be _____.
10. Walking to school is a chance to spend time with your family and _____.
12. International Walk to School Day takes place in the month of ______.

Down
1. Walk to school instead of riding in a car or ______.
2. When crossing the street, look left, _____ and left again for traffic.
4. On your bike, make sure to keep both hands on the _____.
5. ______ or bike to school for International Walk to School Day!
6. When riding your bicycle, always wear a _____.
9. Teachers and _____ can walk during lunch.
11. Walk, don’t _____ across the street.

www.walkbiketoschool.org
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?

_________________________________  __________________________________

_________________________________  __________________________________

_________________________________  __________________________________

_________________________________  __________________________________

Design a creative poster with a pedestrian safety message.