

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)



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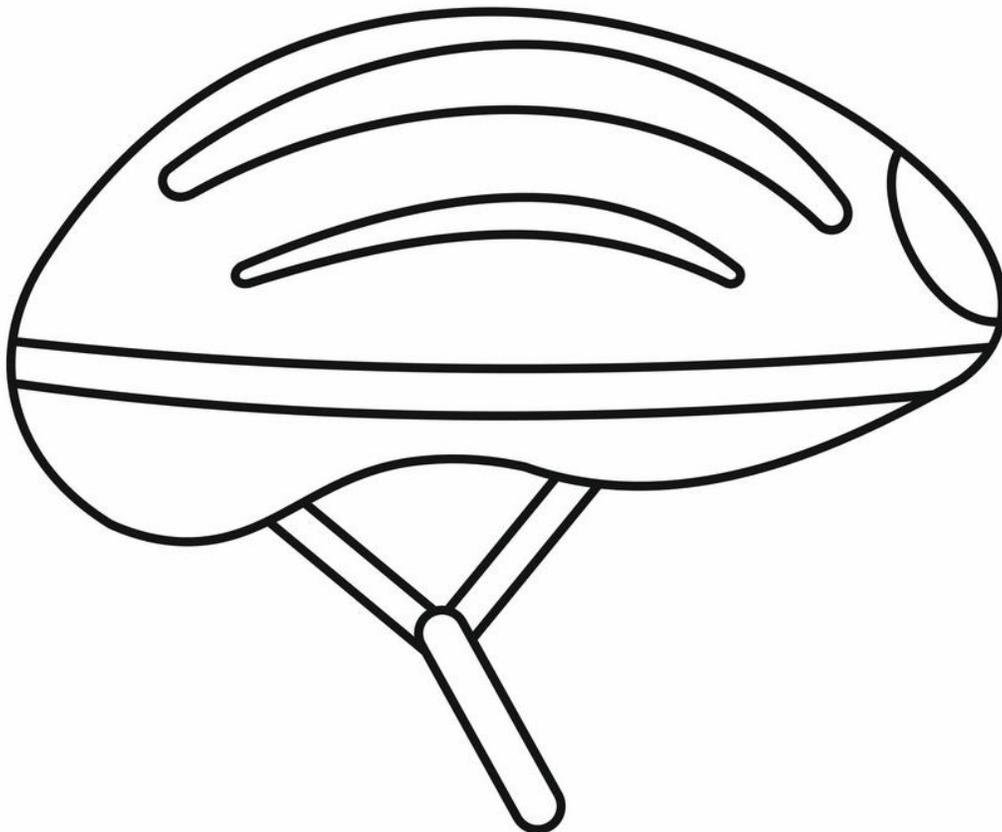
2. What are some of your favorite things that your brain helps you do?

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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

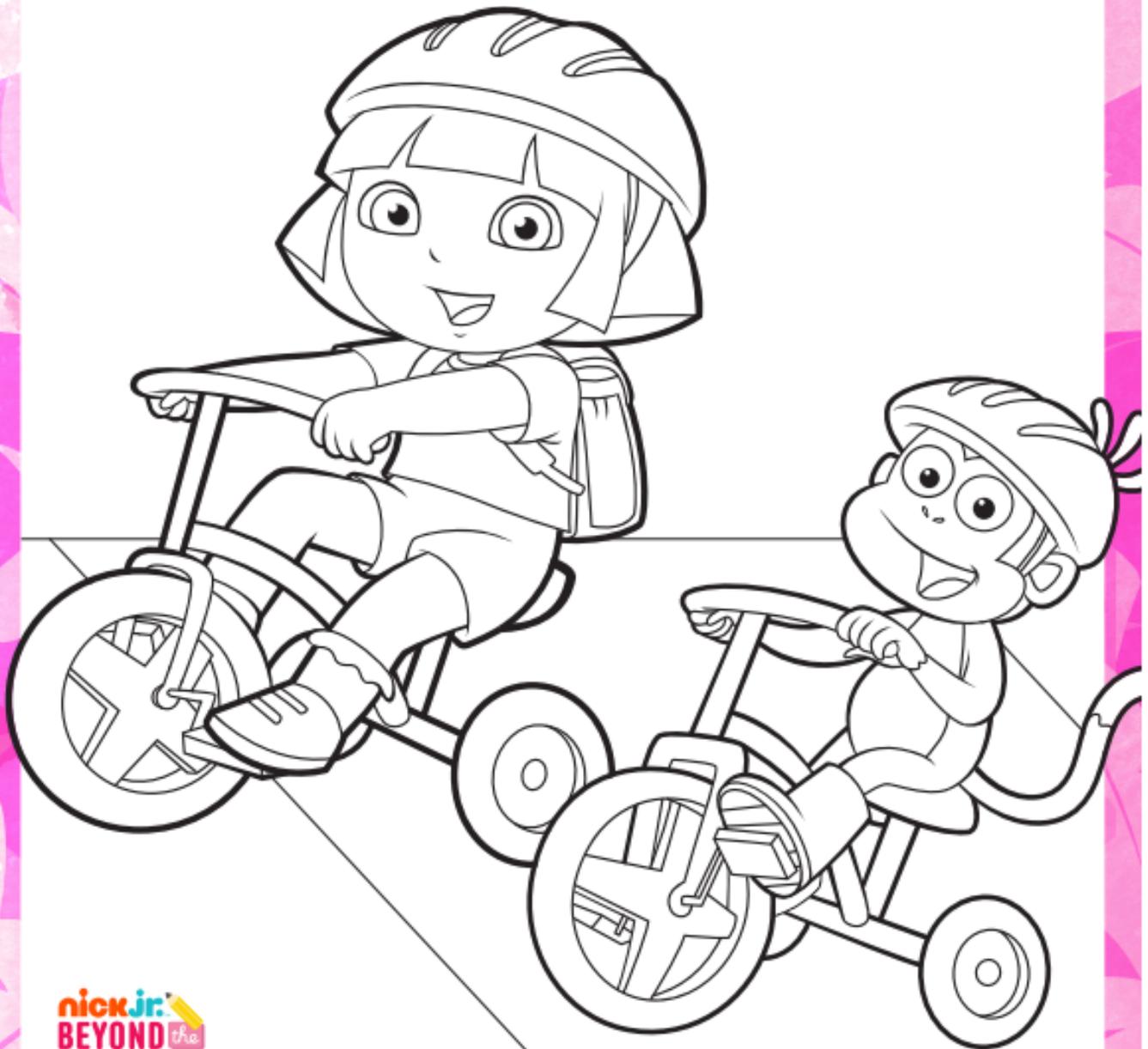


**Mouth:** Open your mouth as wide as you can. Does the helmet hug your head? If not, tighten the straps.

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## Now you're ready to roll!

**ALWAYS** wear a helmet when riding a bike, scooter, skates, or skateboard.

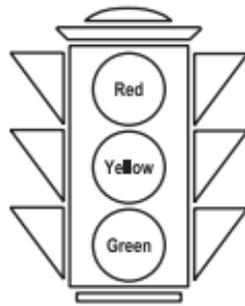


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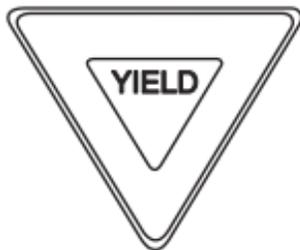
# Road Signs



When you see a STOP sign, you must come to a complete stop. Remember, the rules for cars are the same as for people on bikes.



This is a STOP LIGHT. When the light is red, come to a stop and wait for it to turn green. DO NOT cross the intersection until the light is green. When the light is yellow, it means it is about to turn red. Come to a stop if the light turns yellow before you come to the intersection. When the light is green, you can cross the intersection after looking both ways for vehicles or pedestrians.



This sign is the YIELD sign. This means that the cars on your left or right do not have to stop for you. You must give them the right-of-way.



This is a ONE WAY sign. This means that the traffic goes only in the direction of the arrow. DO NOT go the wrong way on one way streets.



The DO NOT ENTER and WRONG WAY signs mean that you cannot enter a street in the direction facing these signs.



These two signs show that there is a RAILROAD crossing ahead. Look both ways for trains and NEVER try to get across the tracks in front of a train.



This is a PEDESTRIAN sign. It simply tells you that there may be people crossing the street ahead. Give the people the right-of-way.



## **BICYCLE SAFETY TIP:**

Loose clothing or untied shoe laces can easily catch in pedals, chains, or wheels.

# 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**

# Word Find

W F G R B F R I E N D S E A L  
 O S B D S S C D T P N S C N M  
 F E I D E S I T E S E C S X O  
 P Z K N Q S I T Y T E M L E H  
 K W E P T A M E U F V V G K E  
 J I W U A E E O L W O R L D A  
 N U O U B N R S E A C M I T L  
 E W D C B V N N S O A D S P T  
 W S F V D I L E A C D C N U H  
 A R G A Q R B F A T H C F G V  
 L N T F Q O V S C O I R V F E  
 K I D S A N H A O B Y O D A P  
 S E B E P M S L B E C S N A E  
 J O R D R E I A I R F S P A O  
 Y C A F H N Y L N E B W S C L  
 S W S K A T E H Y S H A H T X  
 C Y G I E S K D E A S L E I K  
 G A V F K F R O S B I K S V R  
 E M A P C S I D E W A L K E J  
 Q S E I D O V O P I U Y F S G

WALK	BIKE	SAFETY	ENVIRONMENT	ACTIVE
KIDS	HEALTH	AIR	CROSSWALK	FRIENDS
FAMILY	WORLD	SKATE	NATIONAL	ROUTES
MAY	OUTSIDE	SCHOOL	HELMET	SIDEWALK

Find each of the words in the puzzle above. Words may be forwards, backwards, vertical, horizontal or diagonal.

**Look left, right and  
left again when  
crossing the street.  
Continue looking  
until safely across.**



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# Find the Hazards Below

Circle as many potential hazards as you can before looking at the answer key.



# Safety Starts with Me! Name: \_\_\_\_\_

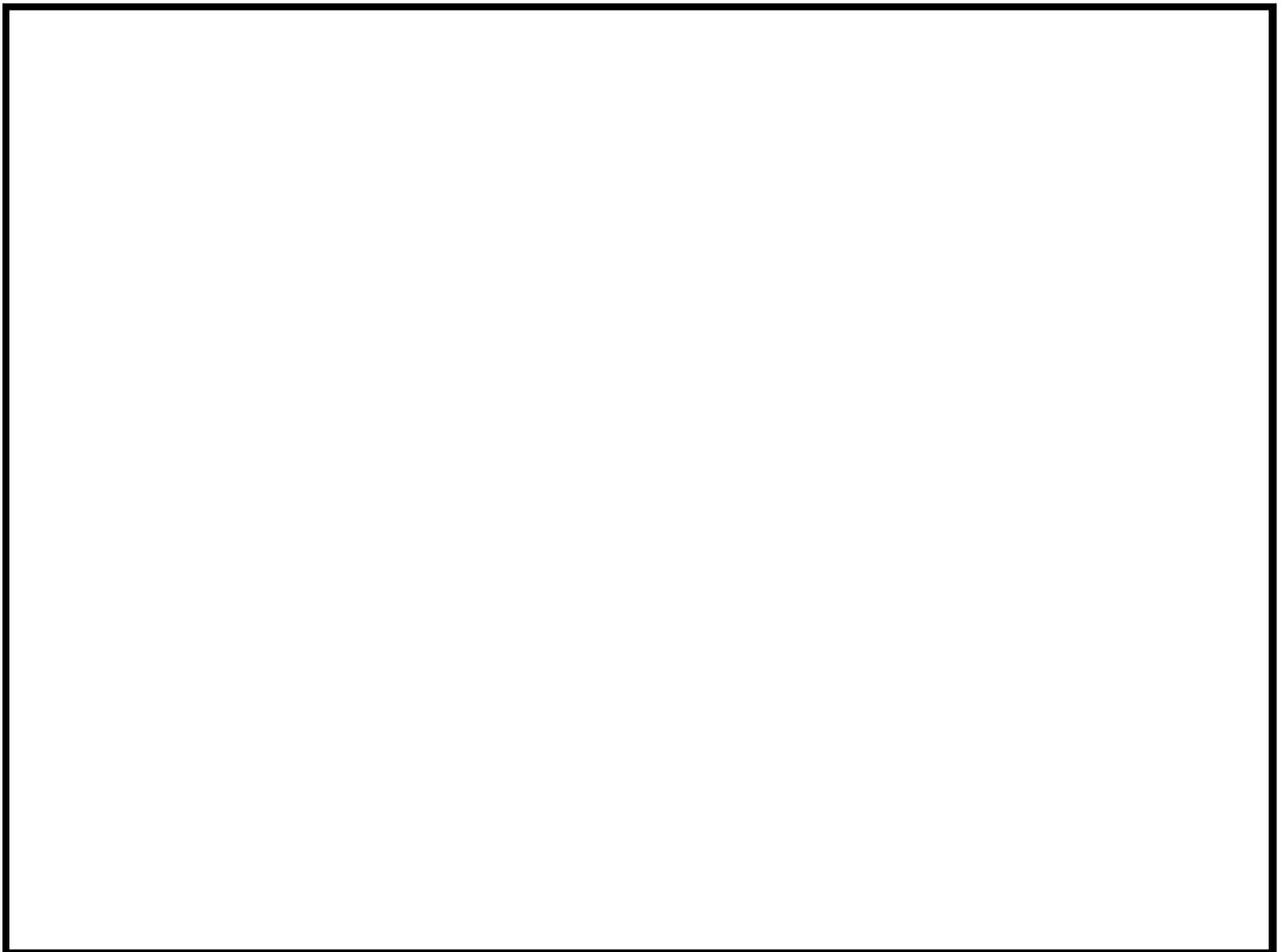
What are three things I can do to be safer when walking, biking, or rolling on a scooter, skates, or skateboard?

1) \_\_\_\_\_

2) \_\_\_\_\_

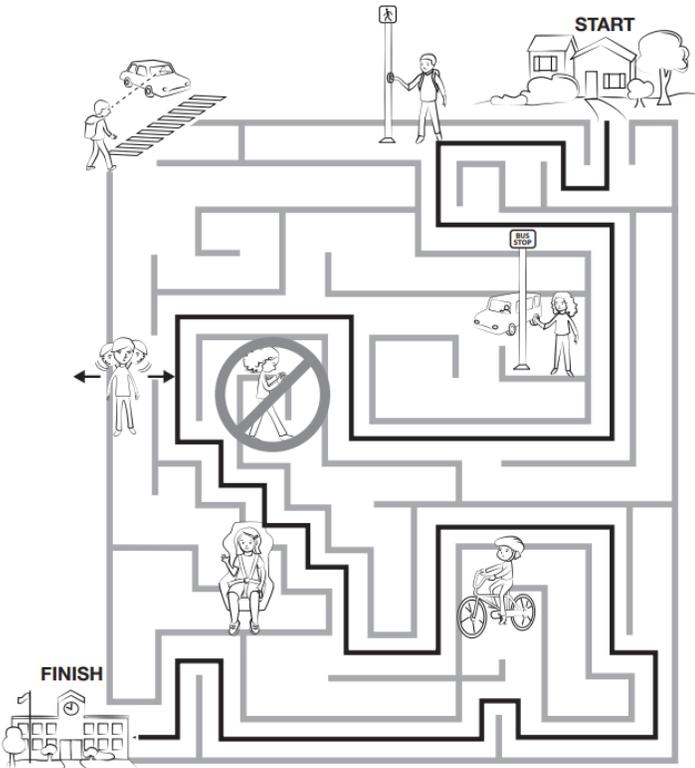
3) \_\_\_\_\_

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

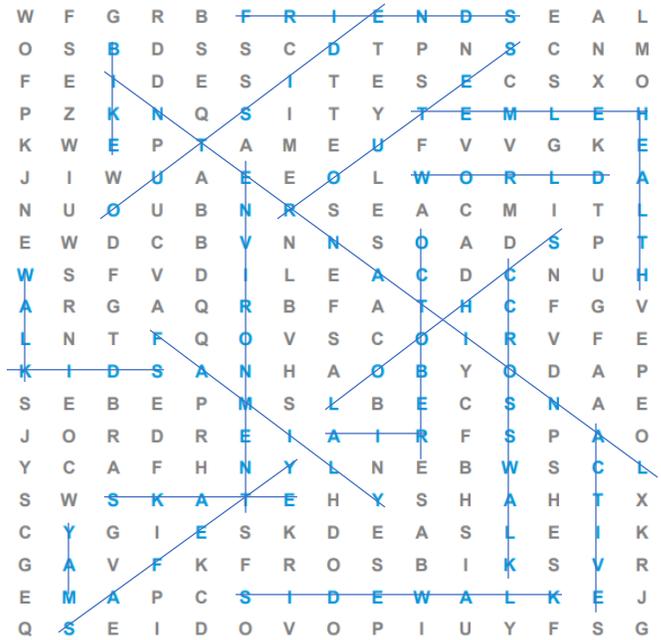


# Answer Key

## PAGE 6: Get to School Safely Maze



## PAGE 8: Get to School Safely Maze



WALK      BIKE      SAFETY      ENVIRONMENT      ACTIVE  
 KIDS      HEALTH      AIR      CROSSWALK      FRIENDS  
 FAMILY      WORLD      SKATE      NATIONAL      ROUTES  
 MAY      OUTSIDE      SCHOOL      HELMET      SIDEWALK  
 OCTOBER      INTERNATIONAL

Find each of the words in the puzzle above. Words may be forwards, backwards, vertical, horizontal or diagonal.

[www.walkbiketoschool.org](http://www.walkbiketoschool.org)

## PAGE 9: Find the Hazards Below

1. Pedestrian dribbling ball in the crosswalk.
2. Potholes on the road causing hazard to bicyclist.
3. Leaves on the road could be wet underneath and a slipping hazard to bicyclist.
4. Driver of car texting while driving.
5. Cracks in shoulder/gutter area of road.
6. Unleashed dog could run out to bicyclist or pedestrian causing a distraction.
7. Tree on corner causing a visual barrier.
8. Sewer grate in the road is placed in the wrong direction.
9. Car backing out of driveway.
10. Bicyclist at intersection is on wrong side of the road.
11. Bicyclist at intersection is distracted by headphones.
12. Bicyclist at intersection has run a "red" light.
13. Opening car door is hazard to bicyclist.
14. Bicyclists at intersection is not wearing a helmet