Name: _____________________________________________________________

Sources:
Center for Disease Control (CDC)
Safe Kids Worldwide
Nick Jr. Beyond the Backpack
walkbiketoschool.org
If you hit your head and don't feel well, TELL A GROWN UP about it!

**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 your favorite things that your brain helps you do?

________________________________________  __________________________________
________________________________________  __________________________________
________________________________________  __________________________________

Decorate Your Dream Helmet to Protect Your Brain!

A properly-fitted bike helmet is the best way to protect your head and brain from injuries while riding a bike or scooter.
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!
ALWAYS wear a helmet when riding a bike, scooter, skates, or skateboard.
Road Signs

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 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?

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

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