



WALK, BIKE & ROLL with STREET SMARTS SAFETY





Start with a Pop Quiz

True or False?

1. _____ Traffic signs and signals are just for people in cars.
2. _____ To be safe when crossing the street, the only thing you need to do is use a crosswalk.
3. _____ Making eye contact with drivers before crossing the street is an important Street Smarts habit.
4. _____ Helmets are required for bike riding, but not for riding a scooter or skateboard.
5. _____ Walking and biking to school are great ways to get exercise.

Color the places you could walk or bike to.

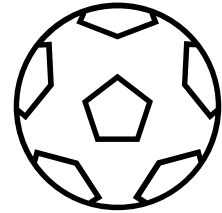
I like to walk
and bike!

My name is _____.

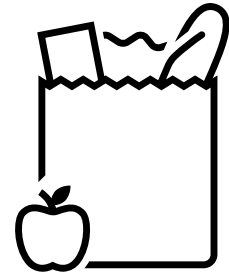
I am _____ years old.

My favorite place to bike or walk to:

_____.



Soccer field



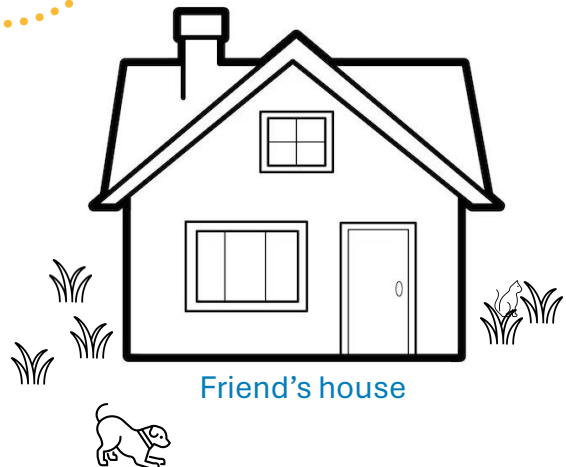
Store



School



Park



Friend's house

Be a ^{street} Smart Cookie



To bake cookies, you need ingredients like butter, sugar, and flour. To walk safely, you need Street Smarts ingredients like crosswalks, eye contact, and looking both ways.

Color all the **Street Smarts ingredients** you see below.

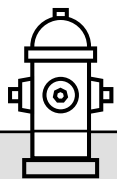
Look LEFT, RIGHT, LEFT



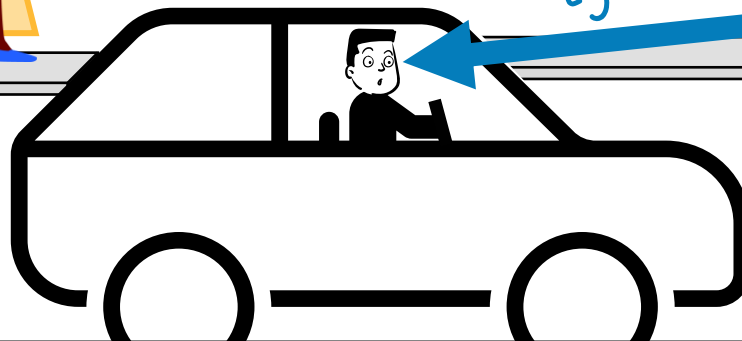
obey signs



Eye Contact



Sidewalk



Crosswalks



Sturdy shoes

Bright or Reflective clothes

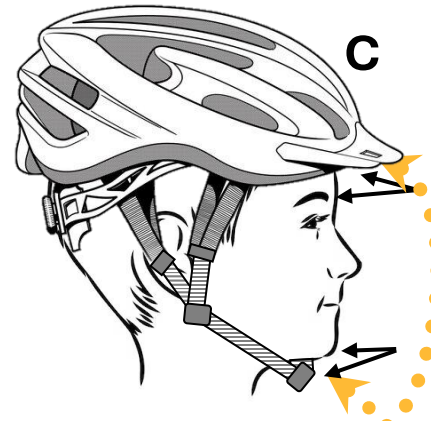
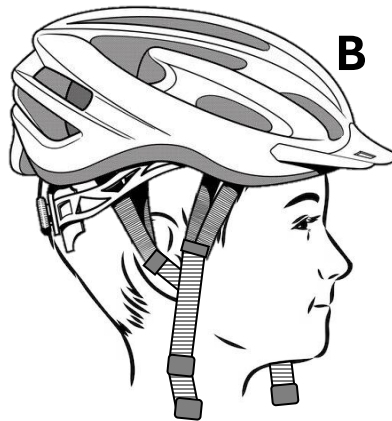


Ride Safely

Before you hit the road...

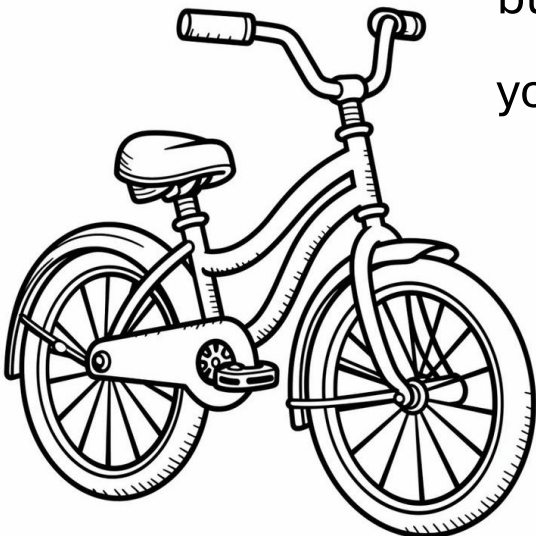
Wear a helmet every time you ride a bike, scooter, or skateboard. **Circle** the safest way to wear your helmet.

Hint: it should be snug, level, and buckled under your chin.



Space **two fingers** between the helmet and your eye-_____.

Space **two fingers** between the buckled straps and your _____.



Check Your Bike



1. Are your tires hard?
2. Do your brakes stop the wheels?
3. Are your shoelaces tied?
4. Can you touch the ground with both feet while sitting on the bike?

Find a Word

Look Right to Left, Up to Down, and Diagonal

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

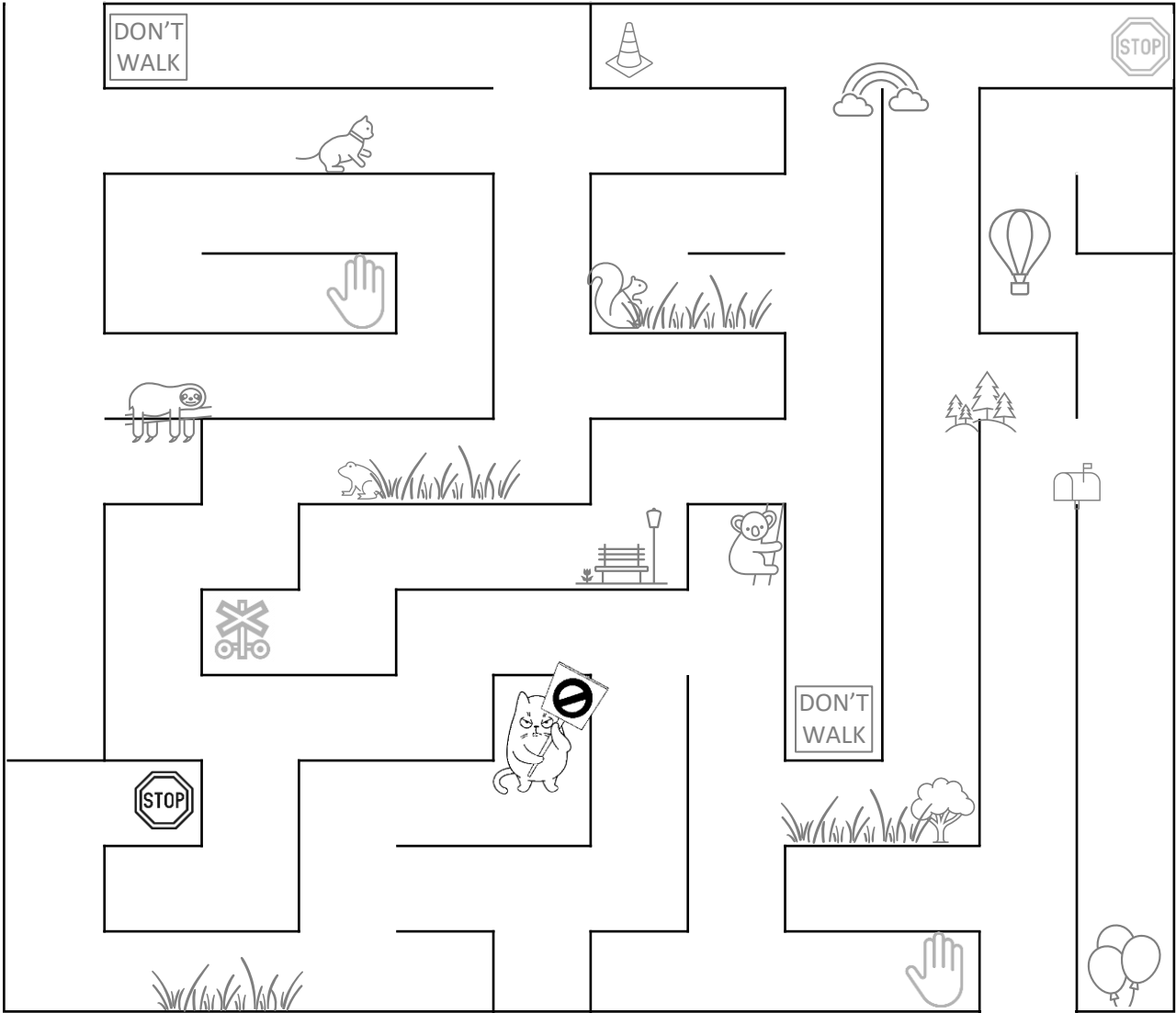
Bus
Yield
Pedestrian
Stop
Look
Cars
Listen
Sidewalk
Crosswalk
Bicycle
Skateboard
Scooter
Reflective
Helmet
Traffic
Signal
MrBeeps

Safe Routes

Can you find your way to school?



Start



Finish

Fill in the Blanks

Brian is getting ready to ride. Can you help him figure out these Street Smarts safety tips before he leaves? Use the words below to fill in the blanks. Look for clues in **BOLD**.



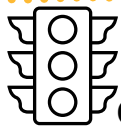
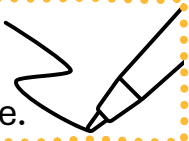
driveways **straight** **clothing** **right** **air** **helmet**
eye **lane** **hand** **red** **brakes** **lights**
cars **walk**

1. Wear a _____ on your **head**.
2. Before starting, make sure your **tires** have enough _____ and your _____ work to **stop** your bike.
3. Ride on the _____ **hand side** of the road, with the flow of traffic.
4. **Don't weave**, try to ride in a _____ line instead.
5. **Stop** at stop signs and _____ lights.
6. Be **visible** by wearing bright _____ and using _____ when it's **dark**.
7. Learn and practice using _____ **signals** before turning, stopping, or changing lanes.
8. In **crosswalks**, be sure to get off and _____ your bike.
9. Pay extra attention when passing _____ because cars could be **pulling out** and crossing your path.
10. Make _____ **contact** with drivers at intersections and driveways.
11. When riding in the **bike** _____, watch out for **parked** _____, because the doors might open in your path.

At home: Get active, get outside, get going!

Close your eyes, point to a square, and do the activity. **Get permission from a parent or guardian before going on a walk or bike ride.** How many can you do?

Draw a picture about why you like to ride a bike.



Play Red Light Green Light.

Practice hand signals.



Have a **SLOW Bike Race.** Mark START and FINISH lines. See who can bike it the **slowest!**

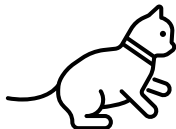
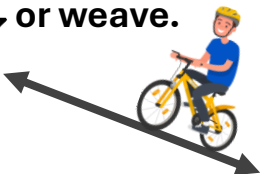
Have a **FAST Walk Race.** (No running!)

Jump rope for 5 minutes.



At a park or other place without cars, practice riding your bike **in a straight line** while *quickly* glancing behind you to “check for cars.”

Try **not** to swerve or weave.



Walk to your school with your family and count how many bikes you see along the way. How many animals? *Don't forget to look up!*



List 5 reasons why walking or biking to school is a good idea.



Wash your bike. Make it shine!



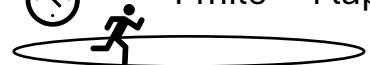
Learn the sign for BICYCLE in American Sign Language



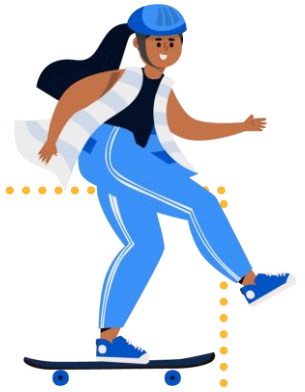
What's your **Mile Time**? Walk or bike to your local high school. Run a mile at the track and time it.



1 mile = 4 laps



Decoding Safety



Can you break the code?

1 = Q	6 = Y	11 = A	16 = H	21 = X	
2 = W	7 = U	12 = S	17 = J	22 = C	
3 = E	8 = I	13 = D	18 = K	23 = V	
4 = R	9 = O	14 = F	19 = L	24 = B	
5 = T	10 = P	15 = G	20 = Z	25 = N	26 = M

Even in a $\frac{22}{22} \frac{4}{4} \frac{9}{9} \frac{12}{12} \frac{12}{12} \frac{2}{2} \frac{11}{11} \frac{19}{19} \frac{18}{18}$, you still have to look all around while crossing.

$\frac{22}{22} \frac{9}{9} \frac{26}{26} \frac{26}{26} \frac{7}{7} \frac{25}{25} \frac{8}{8} \frac{22}{22} \frac{11}{11} \frac{5}{5} \frac{3}{3}$ with drivers by making eye contact, waving, pointing in the direction you want to go. Wait for the driver to

$\frac{2}{2} \frac{11}{11} \frac{23}{23} \frac{3}{3}$ back before crossing.

$\frac{24}{24} \frac{3}{3} \frac{14}{14} \frac{9}{9} \frac{4}{4} \frac{3}{3}$ stepping in the street, always **look left, right**, and

$\frac{19}{19} \frac{3}{3} \frac{14}{14} \frac{5}{5} \frac{11}{11} \frac{15}{15} \frac{11}{11} \frac{8}{8} \frac{25}{25}$.

Stop, look, and $\frac{19}{19} \frac{8}{8} \frac{12}{12} \frac{5}{5} \frac{3}{3} \frac{25}{25}$ for cars before crossing.

Walking with a friend or family member is $\frac{26}{26} \frac{7}{7} \frac{22}{22} \frac{16}{16}$ safer (and more $\frac{14}{14} \frac{7}{7} \frac{25}{25}$) than walking alone.

Don't use a cell $\frac{10}{10} \frac{16}{16} \frac{9}{9} \frac{25}{25} \frac{3}{3}$ or play $\frac{15}{15} \frac{11}{11} \frac{26}{26} \frac{3}{3} \frac{12}{12}$ while walking to school, so you can stay alert to traffic.

Walk America

Can you imagine walking or biking across the entire United States of America? Try it! Color one state each time you take a walk or ride a bike to school or in your neighborhood. Happy travels!



ONE walk = color 1 state

ONE bike ride = color 1 state

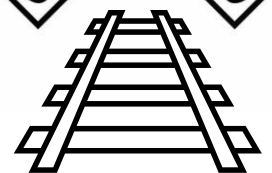
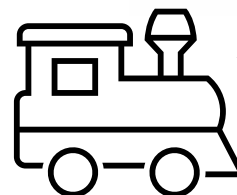
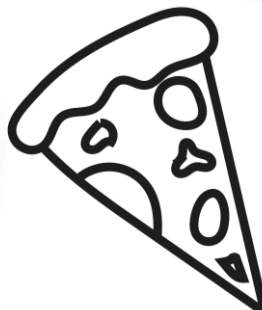
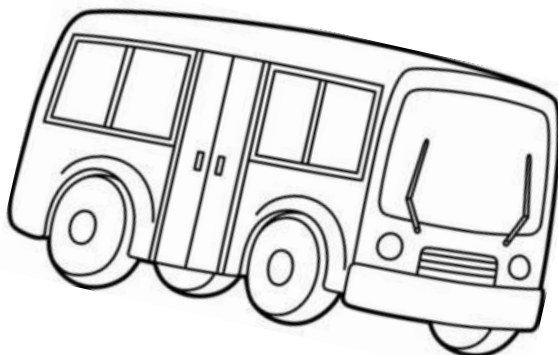
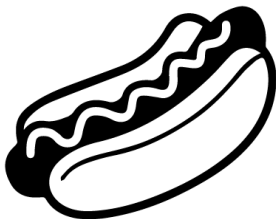
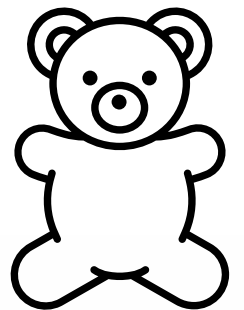
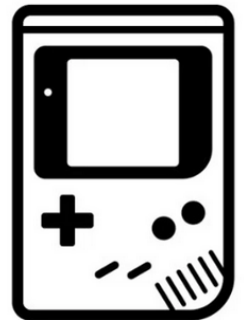
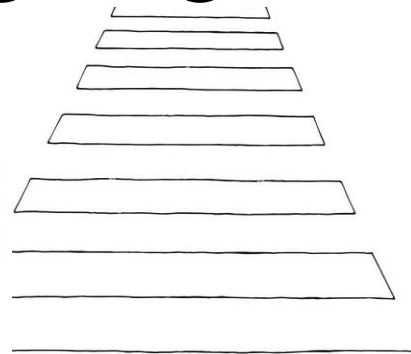
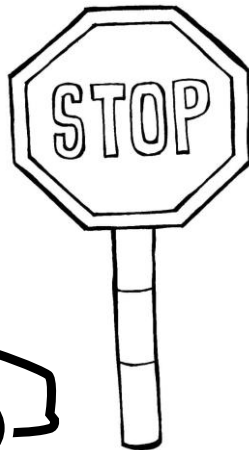
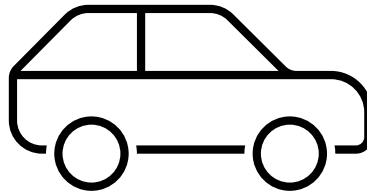
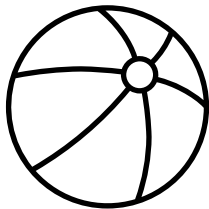
Bonus
Challenge!
Name each
state



Forget a suitcase, but
pack your street smarts!

Alert: Eyes Up!

Circle each item you should pay attention to when walking or biking. ~~Cross out~~ the items that could distract you and make you less safe.



Know Your Bike

Learn the parts of your bike to understand how it works.
Fill in the boxes with the correct bike part.

A. toptube

B. down tube

C. seat tube

D. front fork

E. pedal

F. cranks

G. rear hub

H. chain ring

I. rear derailleur

J. chain

K. tire

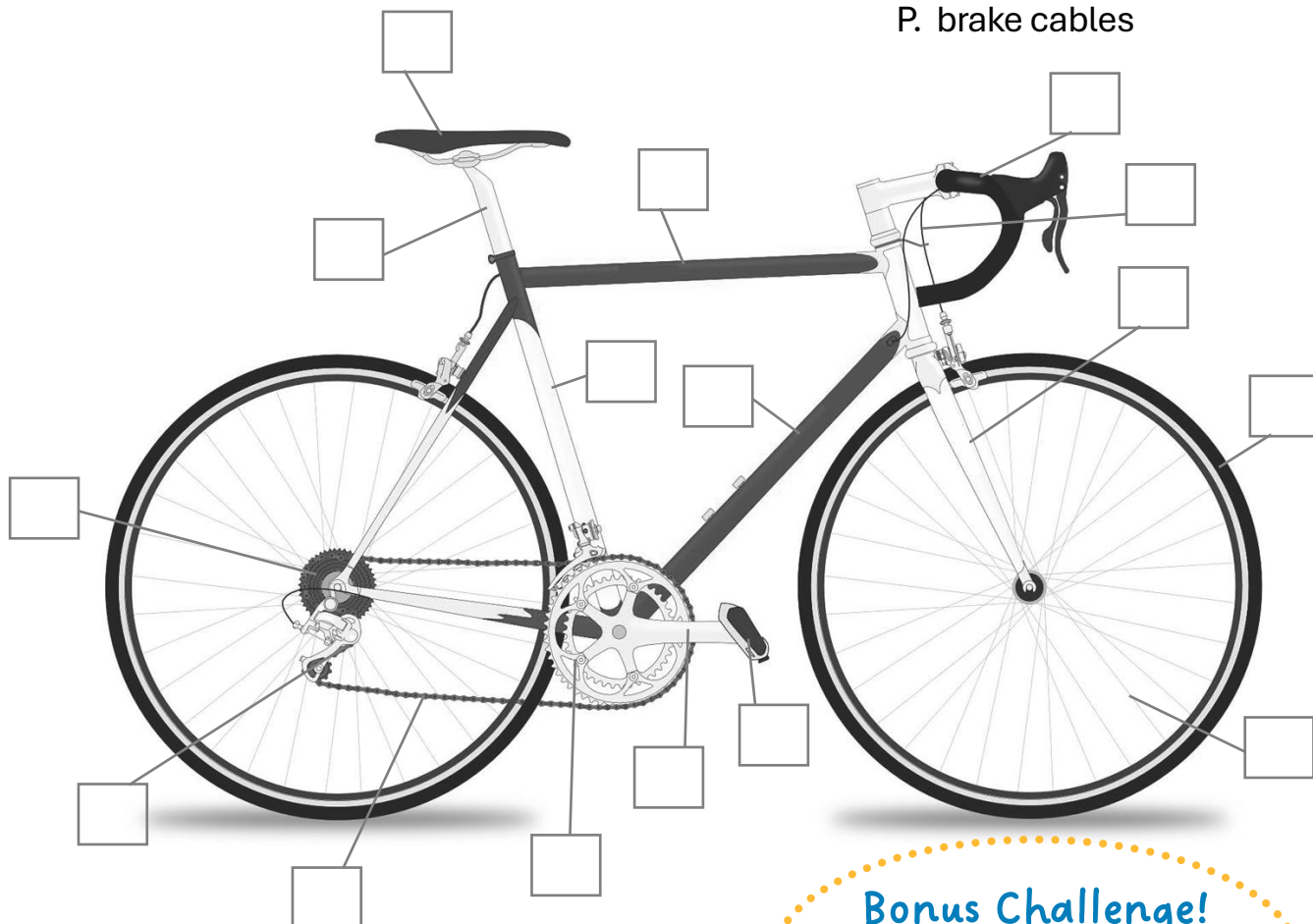
L. spokes

M. seat

N. seat post

O. handlebars

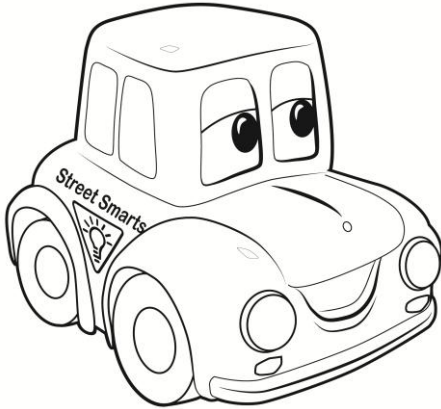
P. brake cables



Bonus Challenge!
Find these parts
on *your* bike.

Street Smarts & Cars

Walking or biking to school is a great way to start the day. It provides healthy outdoor exercise and it's great for the environment.



If you get to school in a car:
Try getting dropped off a few blocks away from school and walking the rest of the way!

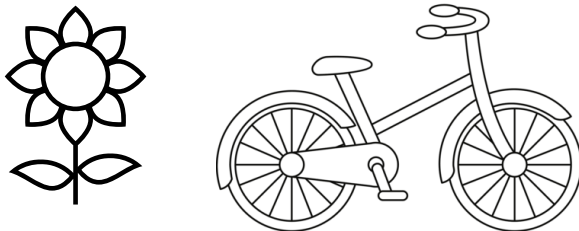
Check the boxes if you know your **Car Smarts**:

- I always **wear my seat belt**. I ask for help if I can't find it or need help.
- I never open the car door **until the car has stopped moving**.
- At school, I get into and out of the car on the right-hand side. It's the **sidewalk side!**
- I **do not walk between cars**, because they could start moving. I use sidewalks and crosswalks instead.
- My family and I follow my school's drop off and pick up **rules**.
- I **carpool** with neighbors when I can. It reduces air pollution!



Just for fun

Which one has PEDALS, and which one has PETALS?

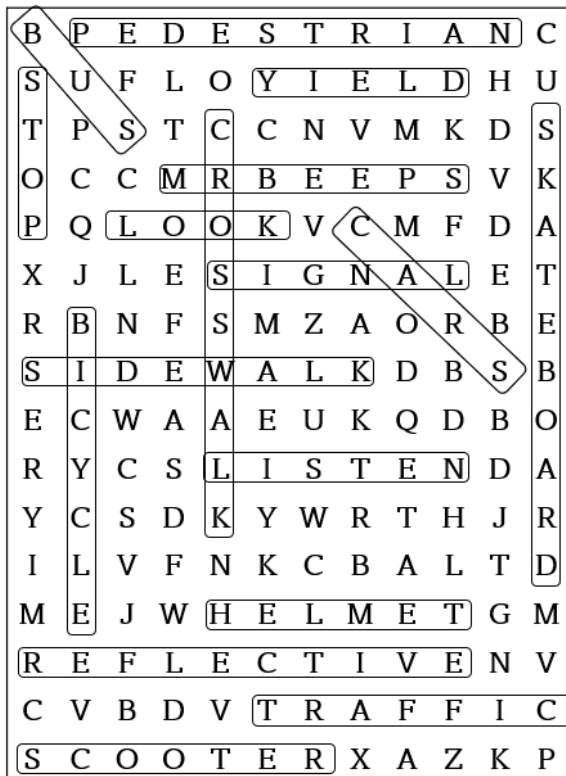


Alert



Visible

Answer Key



Why did the bike fall over?

*Because it was **two** tired.*

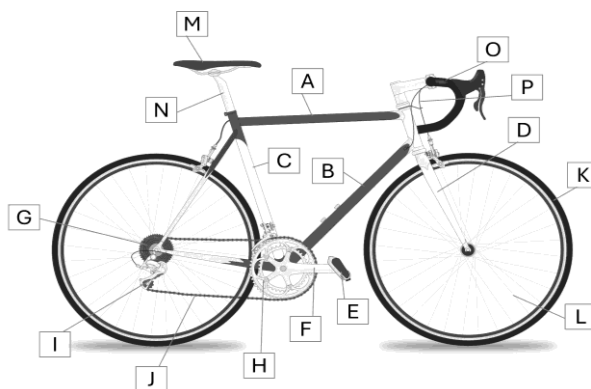
Why did the kid put his bike in the bed?

*Because he didn't want to **sleepwalk**.*

A+ Street Smart Safety Tips:

- Always tell your parents or guardians **where** you're walking or biking and **when** you'll be home.
- Always cross in a crosswalk or at an intersection. Never cross between parked cars.

Answer Key



Answer: Bikes have pedals and flowers have petals.

Congratulations!

_____ has completed the **STREET SMARTS SAFETY** activity book and is ready to walk & roll. Way to go!

Student signature: _____

Parents:

Please review the contents of this activity book with your child. Continue your child's traffic safety education by modeling safe behavior when walking, biking, and driving.

Parent signature: _____

