

# Montclair After School Program

# SAFETY WEEK

## A Week of Fun Activities!

Print this out this Safety Week Calendar and mark your daily progress. Complete at least one activity a day.

### Mobility Monday

- Learn to draw a bike
- Create your own Helmet Fit Video [walkmorebike-more.org/latest-news/montclair/](http://walkmorebike-more.org/latest-news/montclair/)
- Daily Riddle:  
*I am seen most of the time on the road. I have 3 colors. What am I?*

Answer: A traffic signal.

### 2 Foot Tuesday

- Watch the *Pedestrian Safer Journey* video - [walkmorebike-more.org/latest-news/montclair/](http://walkmorebike-more.org/latest-news/montclair/)
- Draw a map to your school
- Daily Riddle:  
*What did the traffic light say to the car?*

Answer: Don't look. I'm changing.

### Walking Wednesday

- Walk Challenge: How far will 250 Steps take you?
- Complete the *Safety Maze* handout
- Daily Riddle:  
*The more you take, the more you leave behind. What are they?*

Answer: Footsteps.

### Transit Thursday

- Count the steps to your nearest bus stop
- Build your own bus
- Daily Riddle:  
*How do trains hear what you're saying?*



Answer: They have engine ears.

### Fun Friday

- Watch the *Bike Safety Video* [walkmorebike-more.org/latest-news/montclair/](http://walkmorebike-more.org/latest-news/montclair/)
- Practice locking your own bike.
- Daily Riddle:  
*What's as big as a truck, but weighs nothing?*

Answer: The truck's shadow.

