



# SAFETY WEEK 1

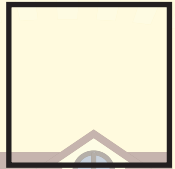
## A Week of Fun Activities!

Daily activity helps build healthy bodies and minds!

Check off each activity and bring the checklist to the Bike Repair Event on October 3 for a free goody bag. See how many you can do. One item for each week of activities turned in.

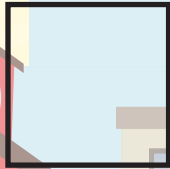
### Monday

Be Smart  
*Safety Tips –  
Fill in the  
Blanks*



### Tuesday

Walk  
Challenge #1:  
*250 Steps*



### Wednesday

Be Smart  
*Message  
Decoder*



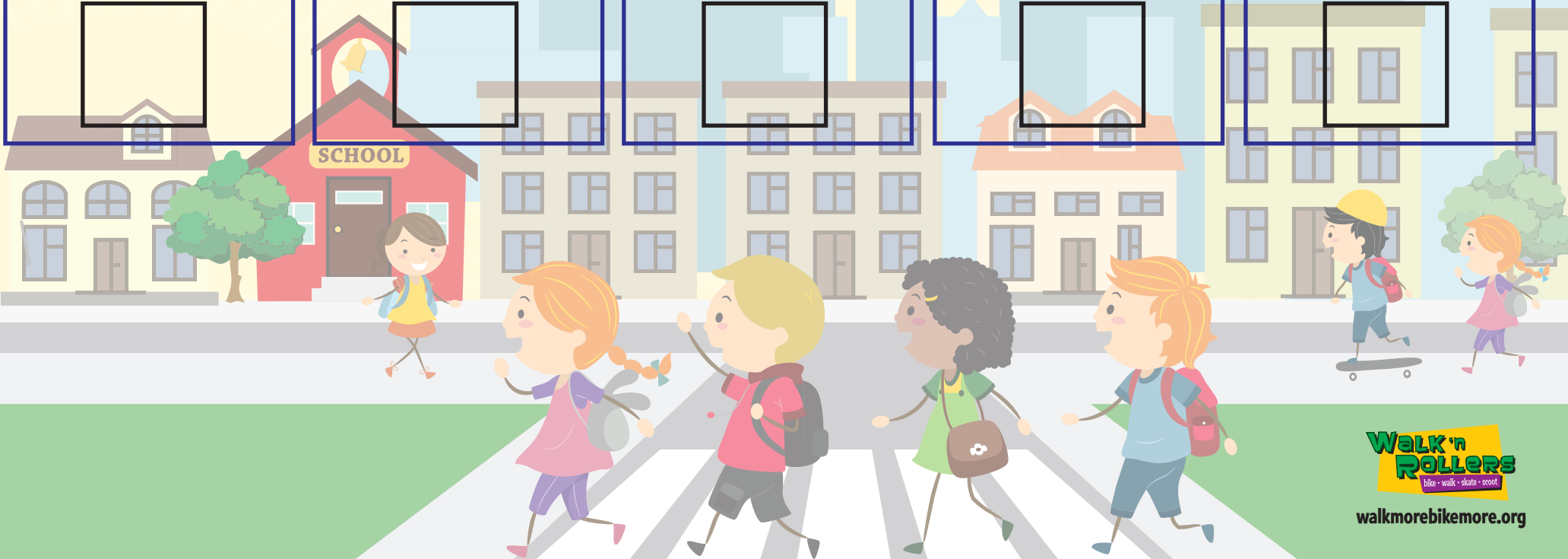
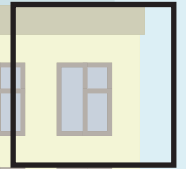
### Thursday

Be Smart  
*Connect the  
Dots*



### Friday

Watch the Video:  
*4 Ways, Always*



# Be Smart: Back to School

Safety tips - Fill in the blanks



Alert	Bright	Buddy	Helmet	Debris
Lights	Look	Street	Traffic	Water

Fill in the blanks using one of the words above. Words can only be used once, so make sure it fits in the sentence.

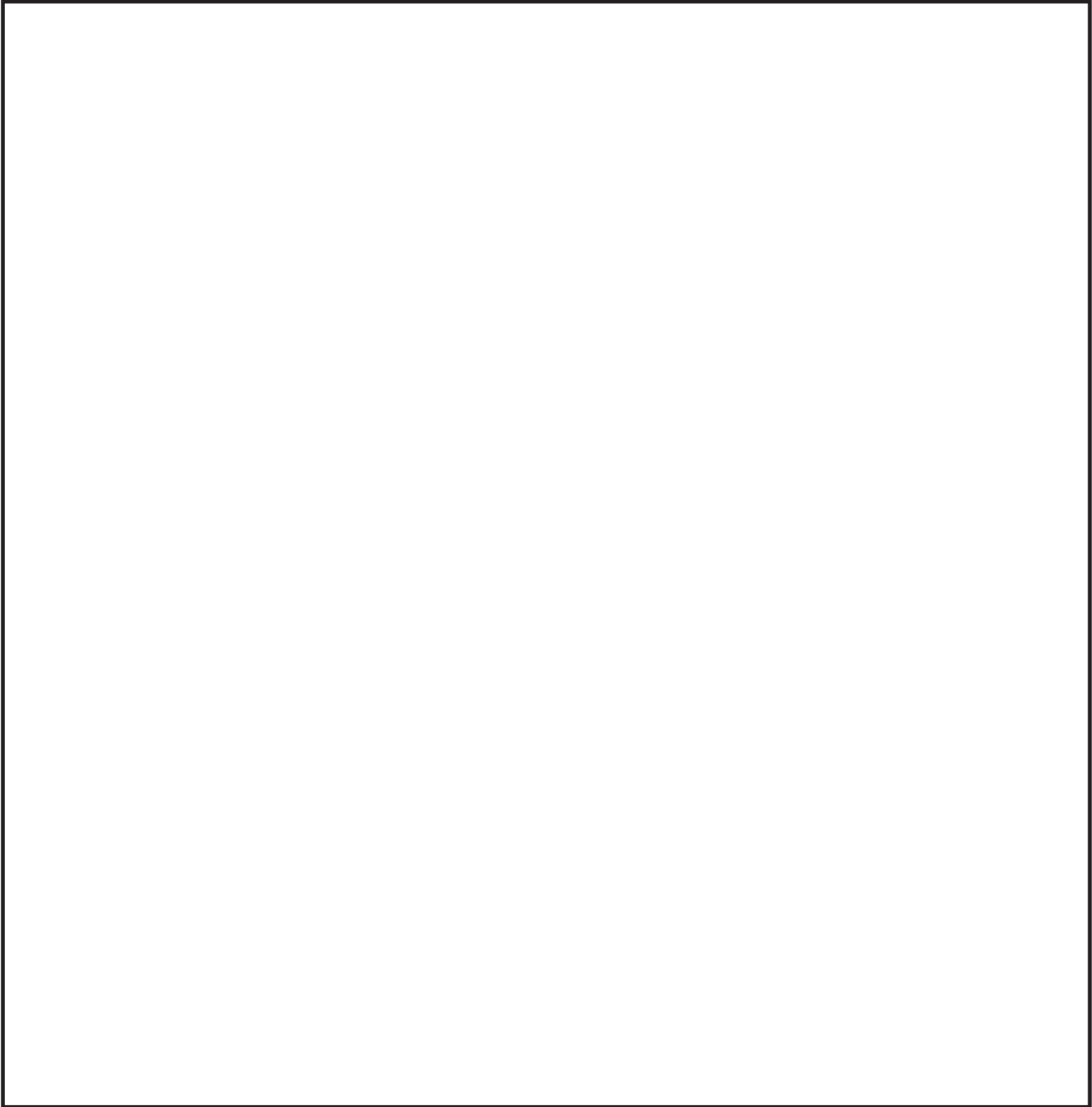
1. Before you cross a \_\_\_\_\_, look left-right-left to make sure no cars or trucks are coming.
2. Stay \_\_\_\_\_ at all times; never listen to music while riding or walking.
3. Wear \_\_\_\_\_ clothes so others can see you.
4. Don't walk or bike at night. If you must be out, make sure to have reflectors and \_\_\_\_\_.
5. Pay attention and \_\_\_\_\_ for cars, people and bicyclists around you.
6. Follow all \_\_\_\_\_ laws, including signs and signals.
7. Make to sure have a properly fitted \_\_\_\_\_ every time you ride a bike.
8. Watch out for \_\_\_\_\_ on the road that cause you to trip or fall.
9. Drink plenty of \_\_\_\_\_ and always stay hydrated.
10. Be safe and always travel with a \_\_\_\_\_.



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

# Walk Challenge #1

Walk 250 steps with your parents. Draw what you see there.



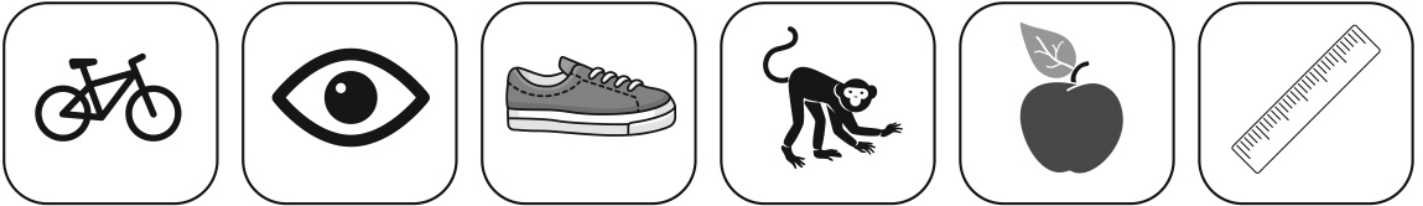
[www.WalkMoreBikeMore.org](http://www.WalkMoreBikeMore.org)

# Be Smart: Back to School

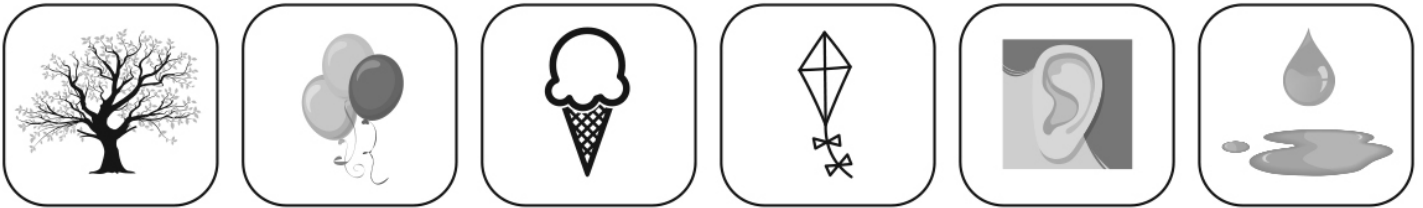
Safety message decoder



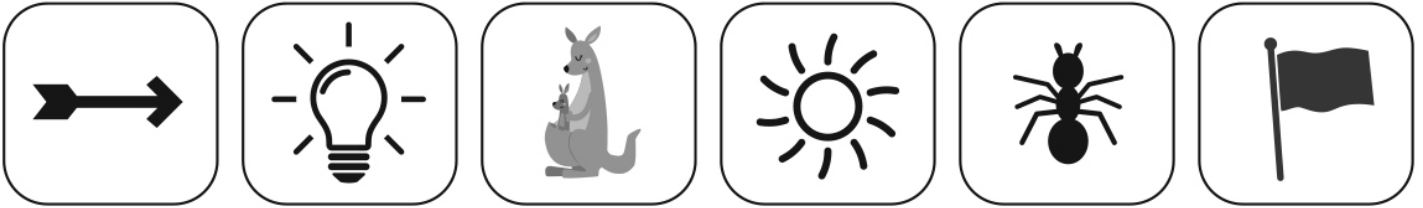
First, identify each picture by writing its name on the line below each box. Then write the first letter of each name in the Message Decoder to find the secret message.



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

Message Decoder:

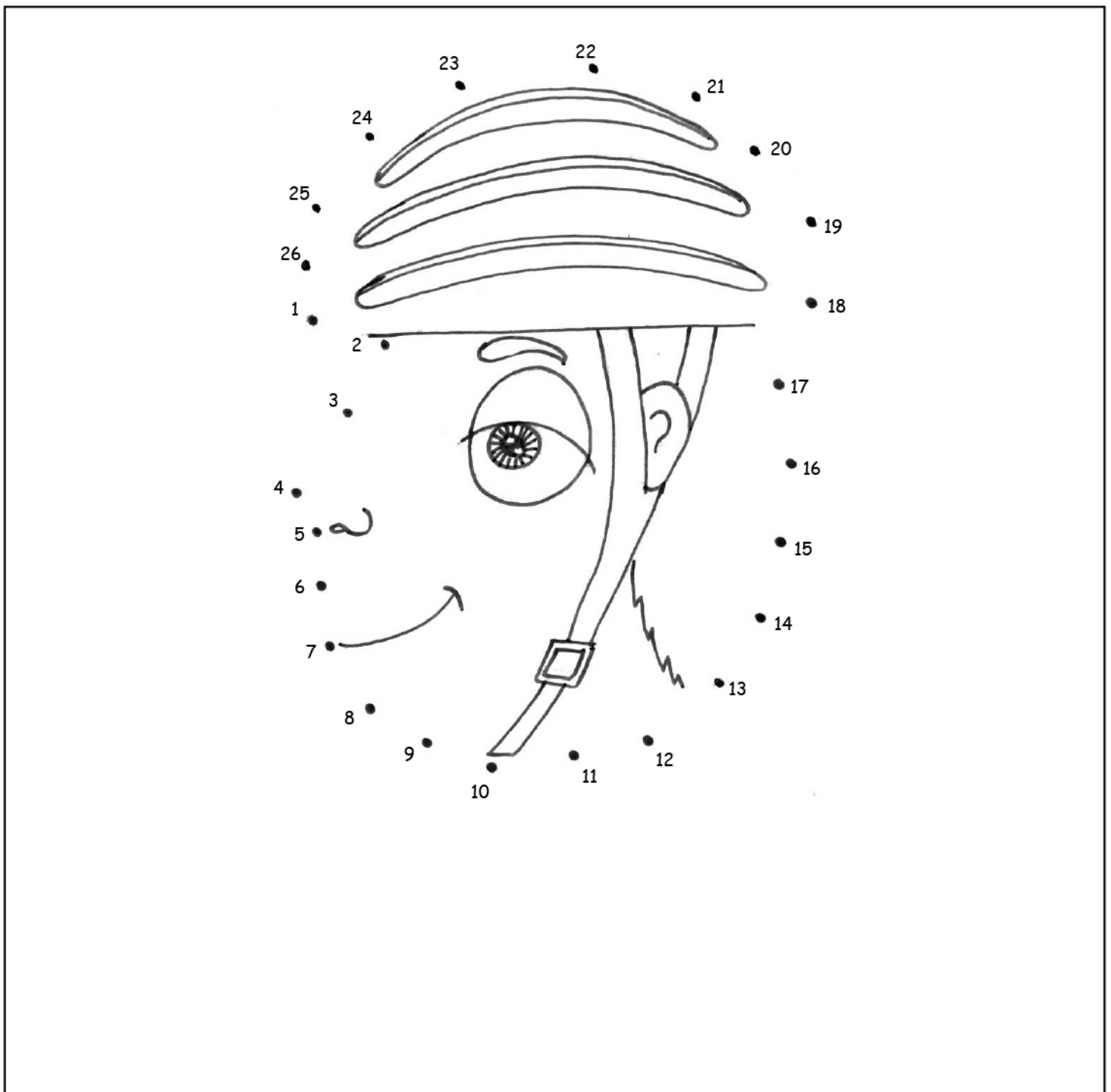
\_\_\_\_\_, \_\_\_\_\_ & \_\_\_\_\_!



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

# Be Smart: Back to School

Draw a line from dot to dot, following the numbers in order.



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

DOT HS 810 709w  
January 2007

# Pedestrian Safety Video

Watch the video, 4 Ways, Always and answer the questions below.



4 Ways, Always: Pedestrian Safety: <https://youtu.be/5Zw8j-kPg7w>

How many walking rules are there? \_\_\_\_\_

Who should you tell you are going somewhere? \_\_\_\_\_

Where is it safest to cross a street? \_\_\_\_\_

How many ways should you look before crossing a street? \_\_\_\_\_

It's a good idea to pay extra attention at alleys and \_\_\_\_\_

Why is it important to know your route and stick to it? \_\_\_\_\_

\_\_\_\_\_



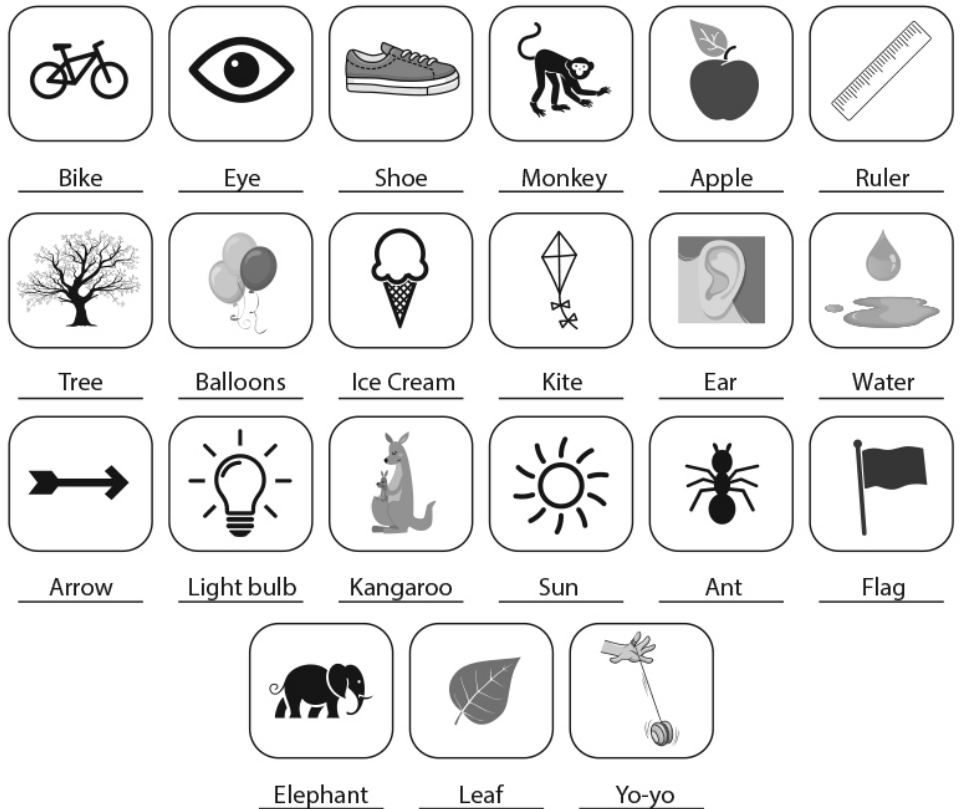
[www.WalkMoreBikeMore.org](http://www.WalkMoreBikeMore.org)

# Be Smart: Back to School

## Answer Sheet



- Before you cross a **street**, look left-right-left to make sure no cars or trucks are coming.
- Stay **alert** at all times; never listen to music while riding or walking.
- Wear **bright** clothes so others can see you.
- Don't walk or bike at night. If you must be out, make sure to have reflectors and **lights**.
- Pay attention and **look** for cars, people and bicyclists around you.
- Follow all **traffic** laws, including signs and signals.
- Make to sure have a properly fitted **helmet** every time you ride a bike.
- Watch out for **debris** on the road that cause you to trip or fall.
- Drink plenty of **water** and always stay hydrated.
- Be safe and always travel with a **buddy**.



Message Decoder:

B E S M A R T , B I K E & W A L K S A F E L Y !



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