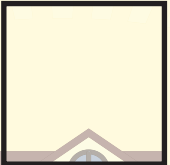
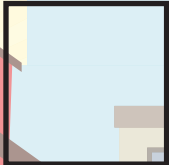

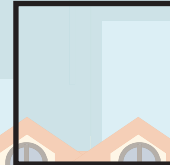

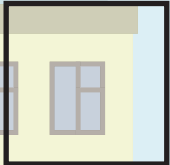


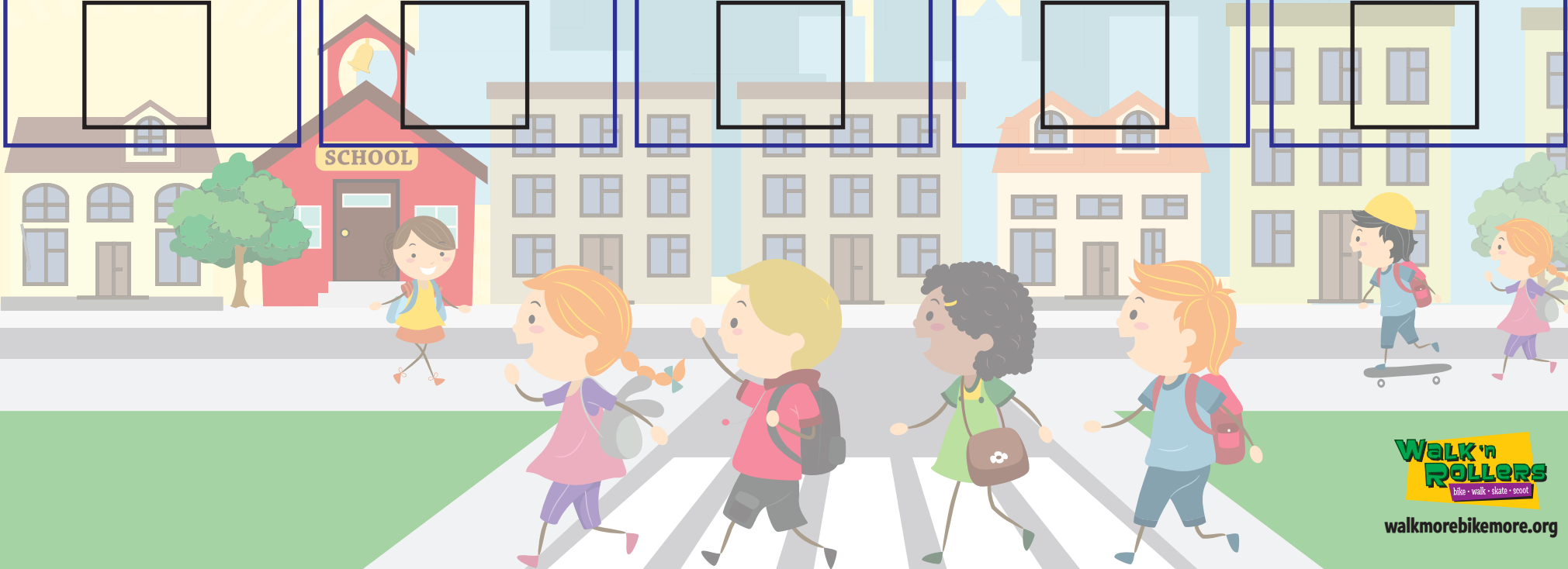
# SAFETY WEEK 3

## A Week of Fun Activities!

Daily activity helps build healthy bodies and minds!

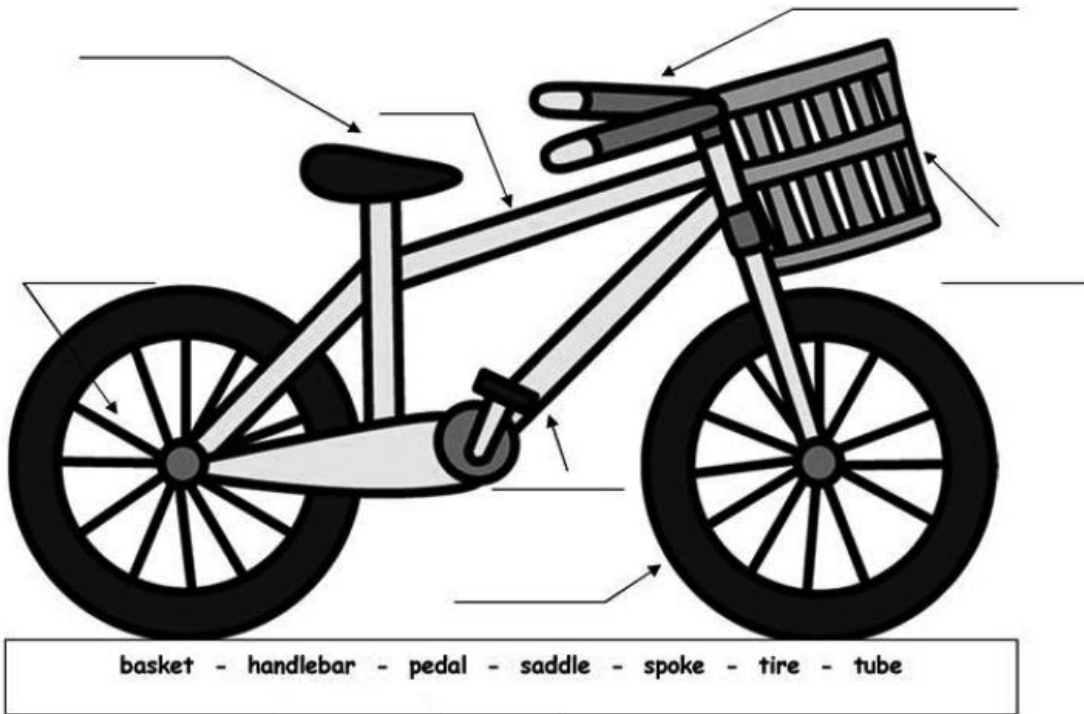
Check off each activity and bring the checklist to the Bike Repair Event on October 3 for a free goody bag.  
 See how many you can do. One item for each week of activities turned in.

| Monday   | Tuesday  | Wednesday   | Thursday  | Friday   |
|--|--|---|---|--|
| <p>Bike Safety:<br/> <i>Label your Bike</i></p>  | <p>Bike Safety:<br/> <i>Word Search</i></p>  | <p>Bike Safety:<br/> <i>Helmet Design</i></p>  | <p>Challenge #3:<br/> <i>500 Steps</i></p>  | <p>Watch the Video:<br/> <i>ABC Quick Check</i></p>   |



# Bike Safety Activities

Label the parts of the bike



Write a story about riding your bike:

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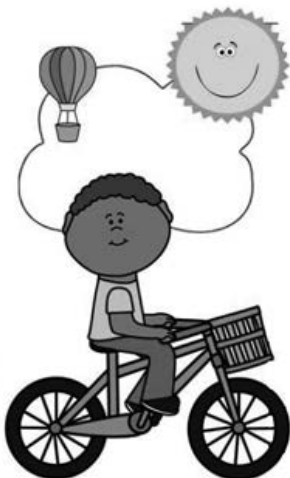
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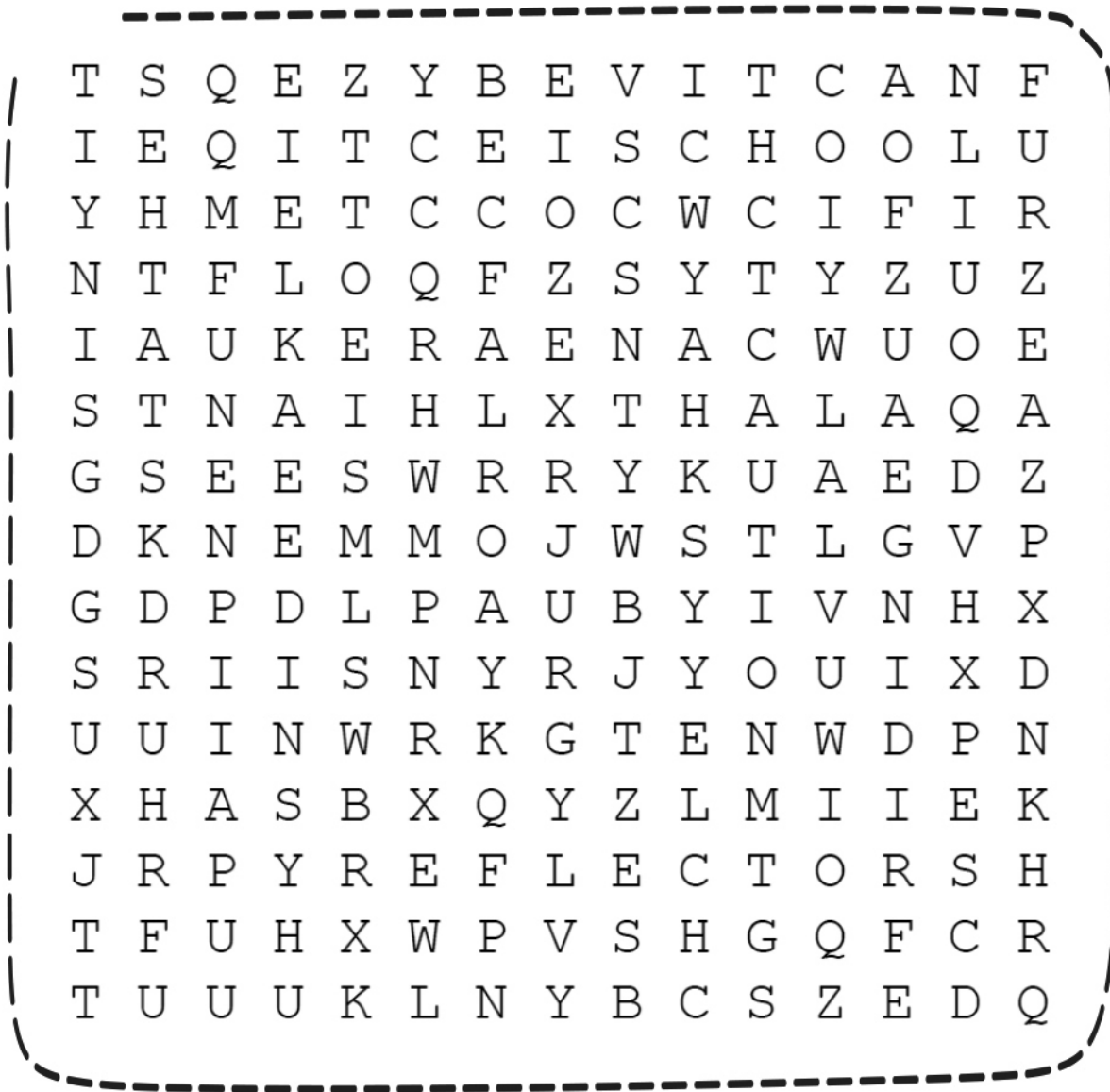
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[www.WalkMoreBikeMore.org](http://www.WalkMoreBikeMore.org)

# Bike Safety Word Search

Find each word listed at the bottom, then circle it when you find it.



ACTIVE

FUN

SAFETY

BICYCLE

HELMET

SCHOOL

CAUTION

REFLECTORS

SMART

FRIENDS

RIDING

TRANSPORTATION



Metro



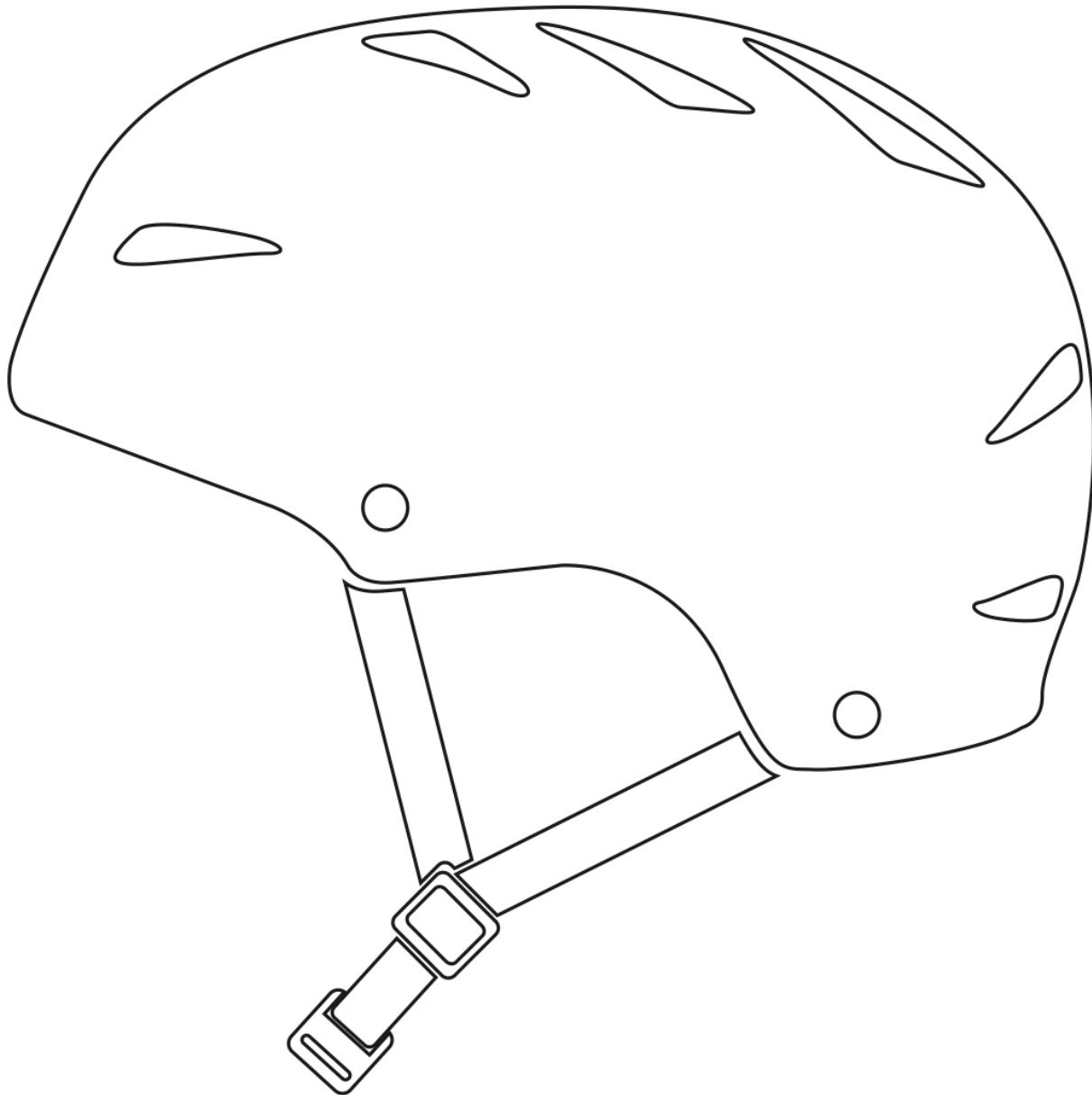
[www.WalkMoreBikeMore.org](http://www.WalkMoreBikeMore.org)

# Bike Safety

Helmet design



Design your own bike helmet! Color and decorate the helmet the way you like.



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

# Walk Challenge #3

Walk 500 steps with your parents. Draw what you see there.



A large, empty rectangular box with a black border, intended for drawing.



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

# Bike Safety Video

Watch the video, Prepping Your Ride, and answer the questions below.



Prepping your ride: ABC Quick Check: [https://youtu.be/IBtKSIKM\\_Y8](https://youtu.be/IBtKSIKM_Y8)

What does "A" stand for: \_\_\_\_\_

Name one of the three things to check on your brakes: \_\_\_\_\_

If your chain is dry, what should you add to it? \_\_\_\_\_

Where would you find a quick release? \_\_\_\_\_

Why should you always check your bike before you ride? \_\_\_\_\_

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