



ACTIVITY #1: SAFETY BASICS

Top Bicycle Safety Rules

1. Always wear a properly fitted bicycle helmet to protect your head - every time you ride.
2. Use a bicycle that is the appropriate size for you, not one that is too big.
3. Before you ride make sure you don't have any loose clothing, drawstrings, or shoelaces; they can get caught in your chain and make you fall.
4. Have an adult check the air in your tires and that your brakes are working before you ride.
5. Wear bright clothes so others can see you at all times of the day.
6. Stay alert at all times; never listen to music when riding. Pay attention and watch for cars, people, and other bicyclists around you.
7. Don't bicycle at night. If you must ride, make sure your bike has reflectors and lights and wear retro-reflective materials on your ankles, wrists, back and helmet.
8. Before you enter any street or intersection check for traffic by looking left-right-left to make sure no cars or trucks are there.
9. Learn and follow the rules of the road.

Rules of the Road

1. When riding in the road, always ride on the right hand side (same direction as traffic).
2. Obey traffic laws, including all the traffic signs and signals.
3. Ride predictably—ride in a straight line, don't weave in and out of traffic.
4. When riding on a sidewalk -- show respect for the people walking on the sidewalk. Ring your bell to let them know you are coming and always pass them on the left.
5. Look for debris on your route that could cause you to fall off your bicycle, like trash, stones, toys.



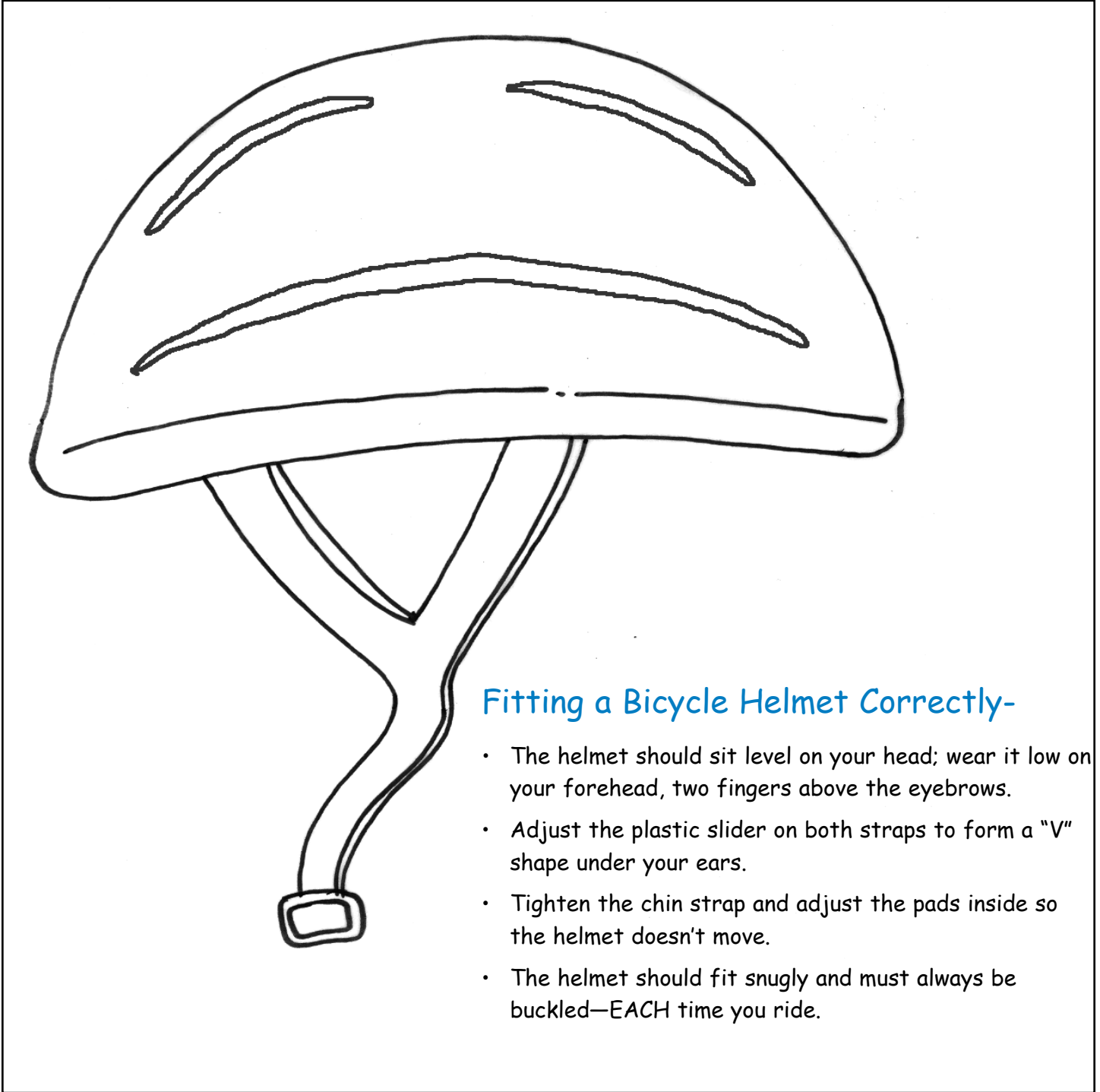
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ACTIVITY #2: DECORATE THE HELMET

Add stickers, glitter, etc., or simply color the helmet the way you like.



Fitting a Bicycle Helmet Correctly-

- The helmet should sit level on your head; wear it low on your forehead, two fingers above the eyebrows.
- Adjust the plastic slider on both straps to form a "V" shape under your ears.
- Tighten the chin strap and adjust the pads inside so the helmet doesn't move.
- The helmet should fit snugly and must always be buckled—EACH time you ride.








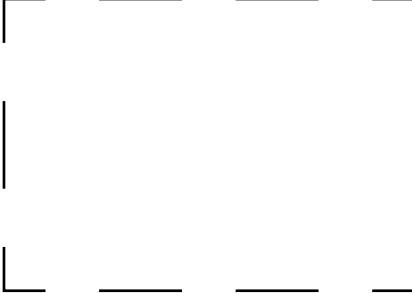



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ACTIVITY #3: COMPLETE THE SAFETY LESSON

Cut out the missing picture and complete the safety lesson.

Cut out and paste above ✂



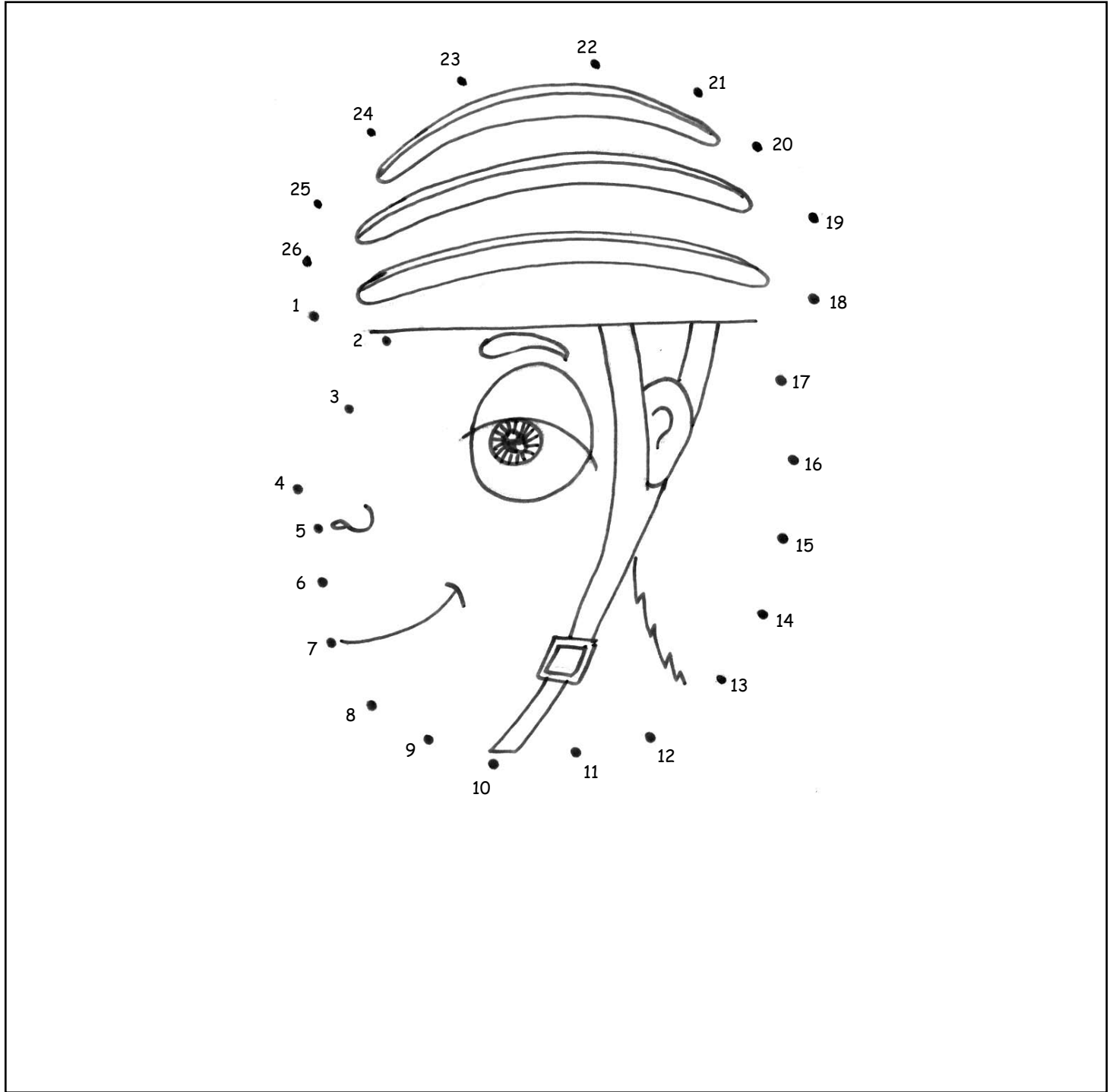
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ACTIVITY #4: CONNECT THE DOTS

Draw a line from dot to dot following the number.



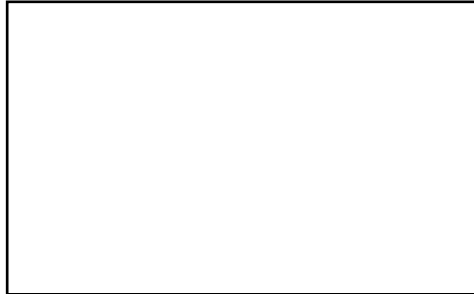
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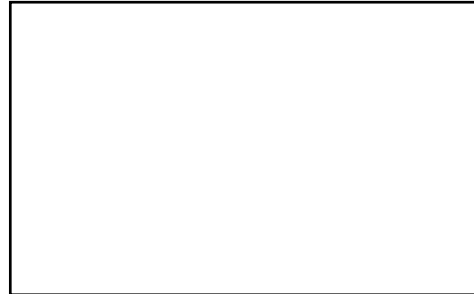


ACTIVITY #5: ARRANGE THE SAFETY TIPS

Cut out the four pictures and put them in the order above the numbered boxes.



1



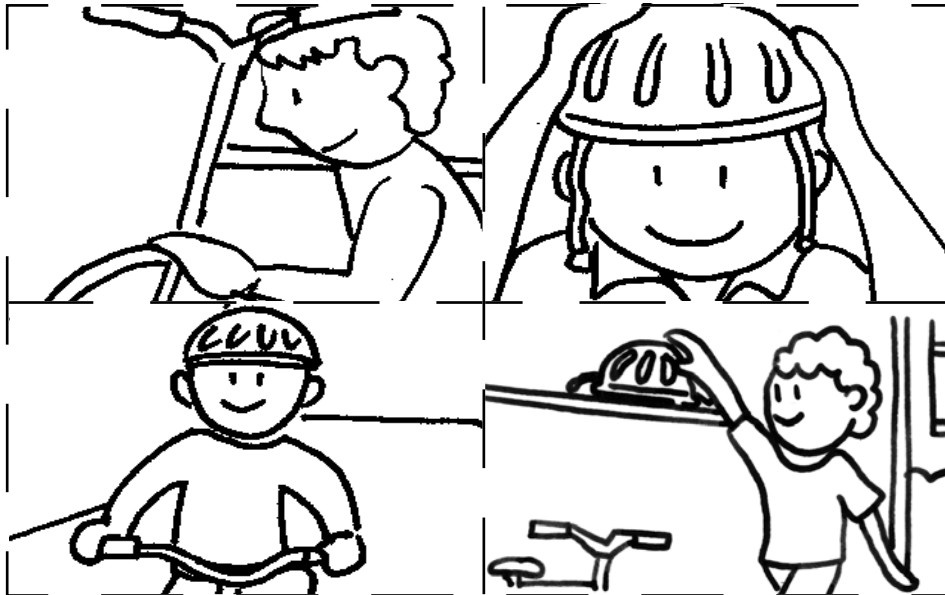
2



3



4



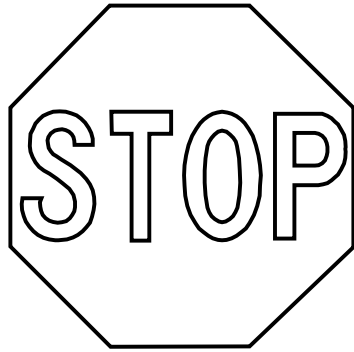
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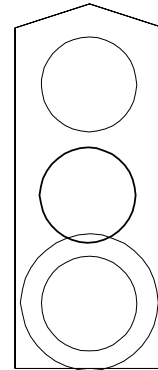


ACTIVITY #6: COLOR THE SIGNS

Color the sign using the correct color seen on these signs out on the road. Then in the space below the sign, write the name of the sign and what it means.










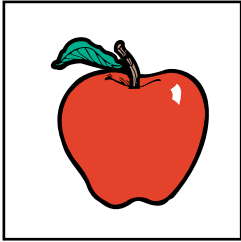
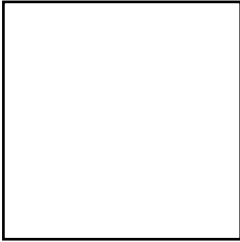

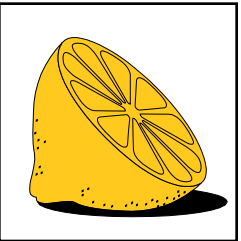
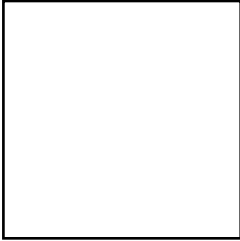
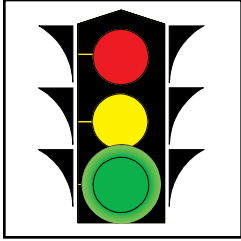
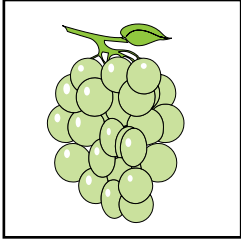
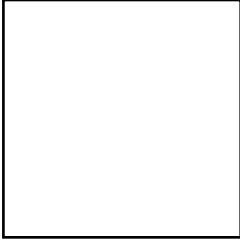

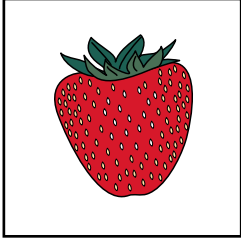
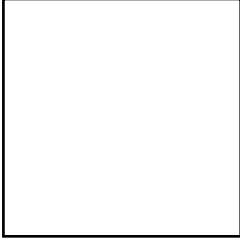
NAME: _____

AGE: _____



ACTIVITY #7: COLORS OF SAFETY

Write the name of each item under the picture. Draw something of the same color in the blank box.

RED				Draw something RED in your box.
YELLOW				Draw something YELLOW in your box.
GREEN				Draw something GREEN in your box.
RED				Draw something RED in your box.



NAME: _____

AGE: _____

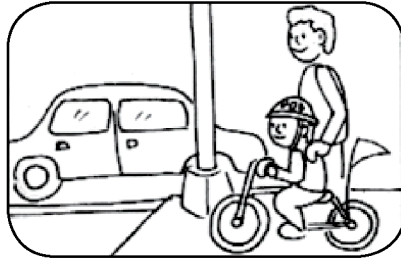


ACTIVITY #8: CROSS WITH CARE

Match the sentence on the left side of the page with a picture that shows the action.

Write the sentences in order.

Look left-right-left before crossing.



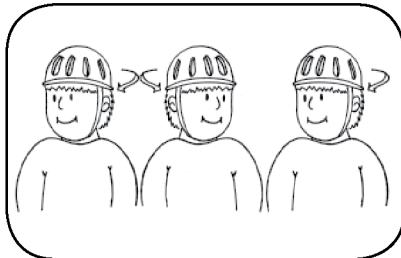
1. _____

Stop at the corner.



2. _____

Walk your bike across the street.



3. _____

Get off your bike.



4. _____



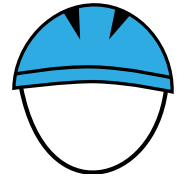
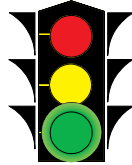
NAME: _____

AGE: _____



ACTIVITY #9: WORD FIND

Find the words listed on the left in the group of letters on the right.
Circle the word when you find it.



HELMET

G B R H K Q R R

RED

Y R W G B I K E

STOP

E O E R U A L D

GREEN

L Y H E L M E T

BIKE

L W V O N G R S

YELLOW

O U B I S T O P

W X K R E N J K



NAME: _____

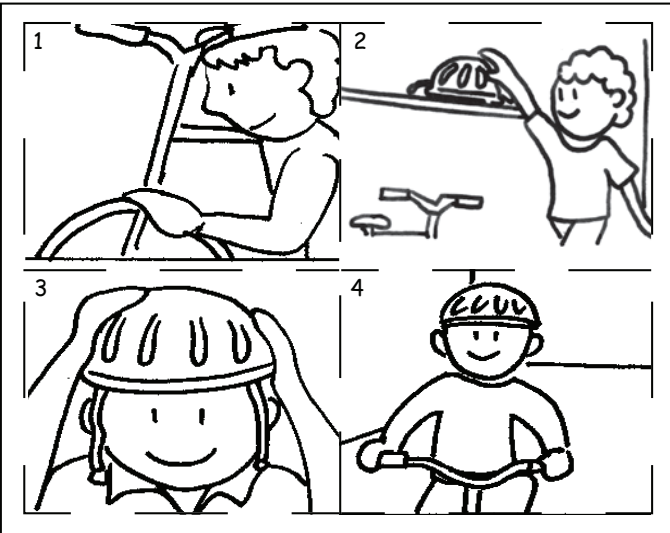
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ANSWER KEY SHEET

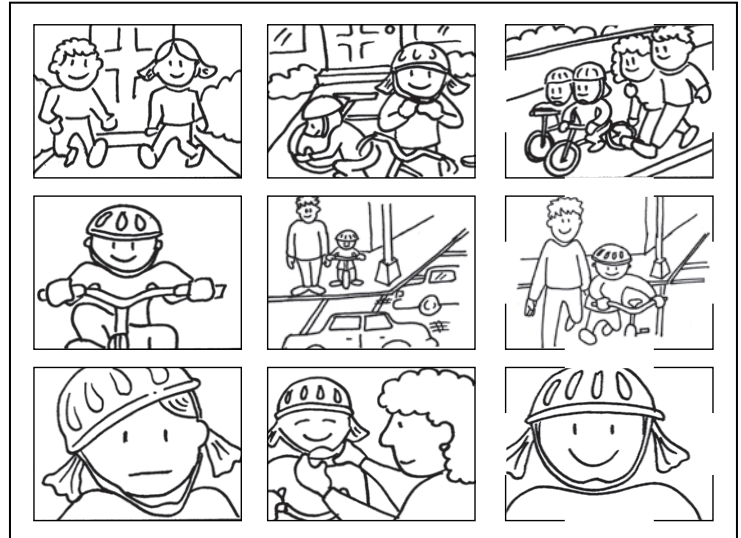


AGES 4-7

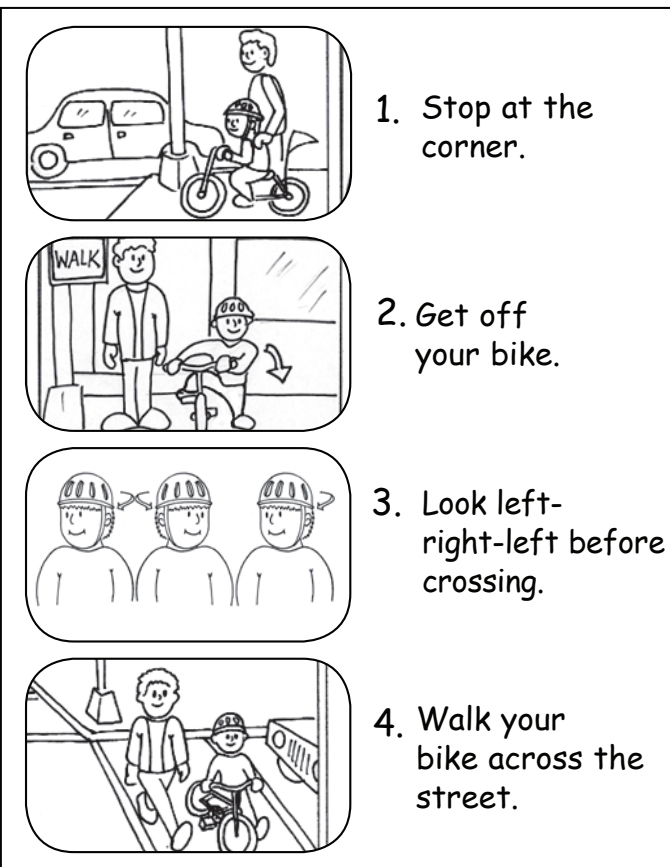
ARRANGE SAFETY STEPS



COMPLETE THE SAFETY LESSON



CROSS WITH CARE



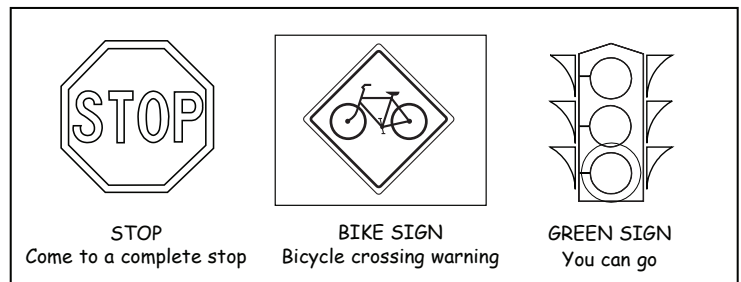
1. Stop at the corner.

2. Get off your bike.

3. Look left-right-left before crossing.

4. Walk your bike across the street.

COLOR THE SIGNS

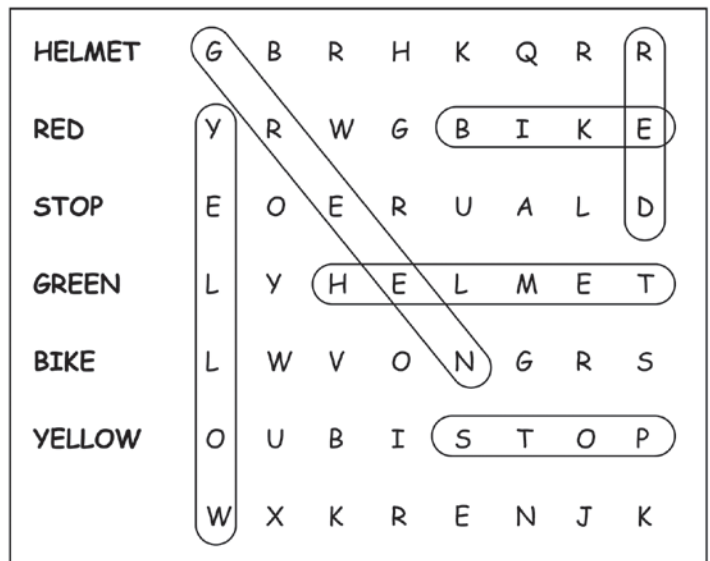


STOP
Come to a complete stop

BIKE SIGN
Bicycle crossing warning

GREEN SIGN
You can go

WORD FIND

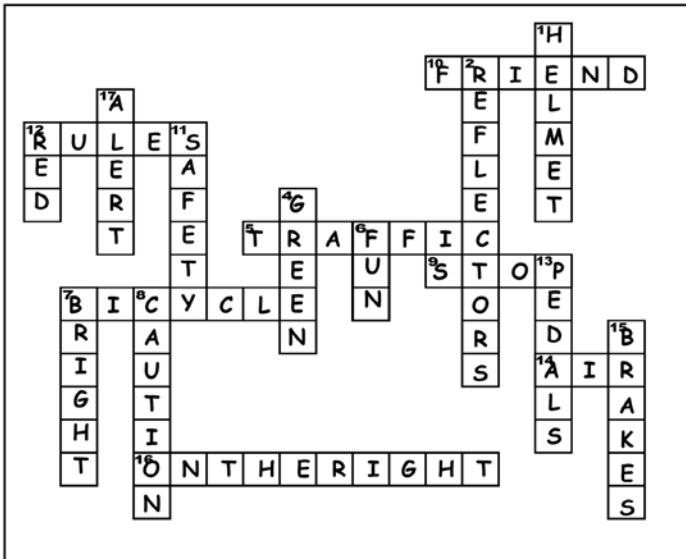


ANSWER KEY SHEET



AGES 8-11

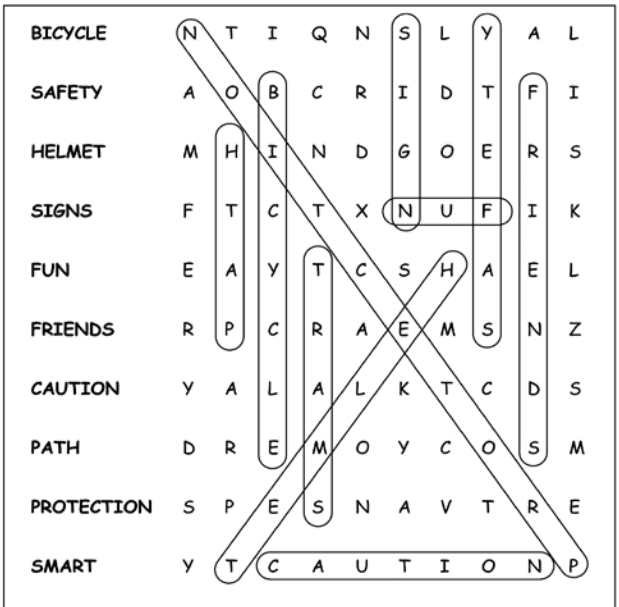
CROSSWORD PUZZLE



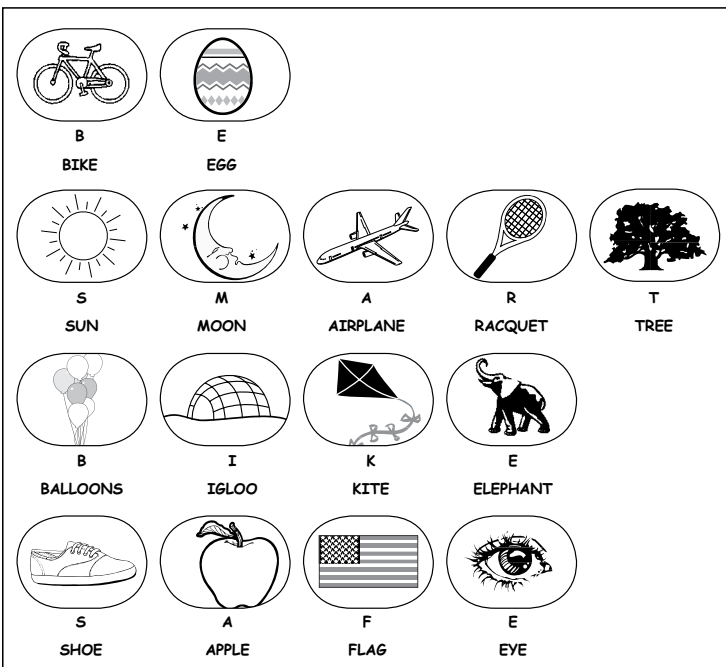
CLOSEST ROUTE

Jake and his parents are going on their bikes to get ice cream.
 How far is Jake's house from Isabel's house if they take the route through the park **2 miles**.
 How far is Jake's house from the ice cream parlor if they take the route by the river **1.2 miles**.
 How far is Isabel's house from the ice cream parlor **1 mile**.
 Which is the shortest route to the ice cream parlor if Jake and his parents must stop to get Isabel first **2 miles**. **Going by the river, picking up Isabel and then backtracking to the ice cream parlor.**

FIND THE WORD



FIND THE SAFETY MESSAGE



WORD SCRAMBLE

