

ACTIVITIES

POSTER CONTEST

Help promote pedestrian and bicycle safety among your peers, parents, and community. Display the importance of following good safety practices and behaviors in traffic zones when walking or bicycling, such as: wearing a helmet and other safety gear, obeying traffic safety laws and avoiding distractions like texting and wearing ear buds in school zones.

PARENT ENGAGEMENT - BIKE SAFETY

- Choose slogan directed at parents in school zones
- Hang banner at your school.
- Talk to your parents/guardians about their own experiences with bicycle and pedestrian safety.
- Compile the stories and share with your classmates.
- Go for a walk or bike ride with your parents/guardians.
- Create awareness for National Bike Safety Month.
- Include a helmet fitting and distribution at school events.
- Have a local bike shop come do mechanical inspections.
- Develop a written test for bicycle safety and provide "Biker's License" to those who pass.
- Create posters for chalk messaging about bicycle safety around bike racks
- Encourage students to map out their safest route to bike to school.
- Create an obstacle course challenge to practice the rules of the road.

SEE AND BE SEEN - SAFE WALKING

- Establish a High Visibility Fashion Day and encourage students to wear bright clothing.
- Create posters to promote high visibility and making eye contact with drivers.
- Play eye contact games:
 - Throw a ball into a bucket without looking; Play catch blindfolded; In a circle, establish eye contact before you toss a ball to someone.
- Use chalk to write safe crossing messages on campus.
- Create posters with slogans and pictures encouraging distraction-free walking, walking on sidewalks, and using crosswalks and traffic lights.
- Distribute flyers with positive messaging to students who are seen exhibiting distracted behaviors.
- Map out the safest route for you to walk to school.

ADDITIONAL ACTIVITIES

- Draw safety themed cartoons to submit to the school or local newspapers.
- Decorate your classroom door with safe messaging
- Create a collage of all the safety tips you've learned and all the activities you've completed.
- Include safety messaging in your morning announcements
- Set up a safety station at school and sporting events to encourage safe behaviors.
- Create crossword puzzles or wordsearches using safety terms
- Use Safety Center's Pedal Kars to demonstrate hazards. Contact 916-438-3351 or molly@safetycenter.org for details.