

GOING FOR A RIDE

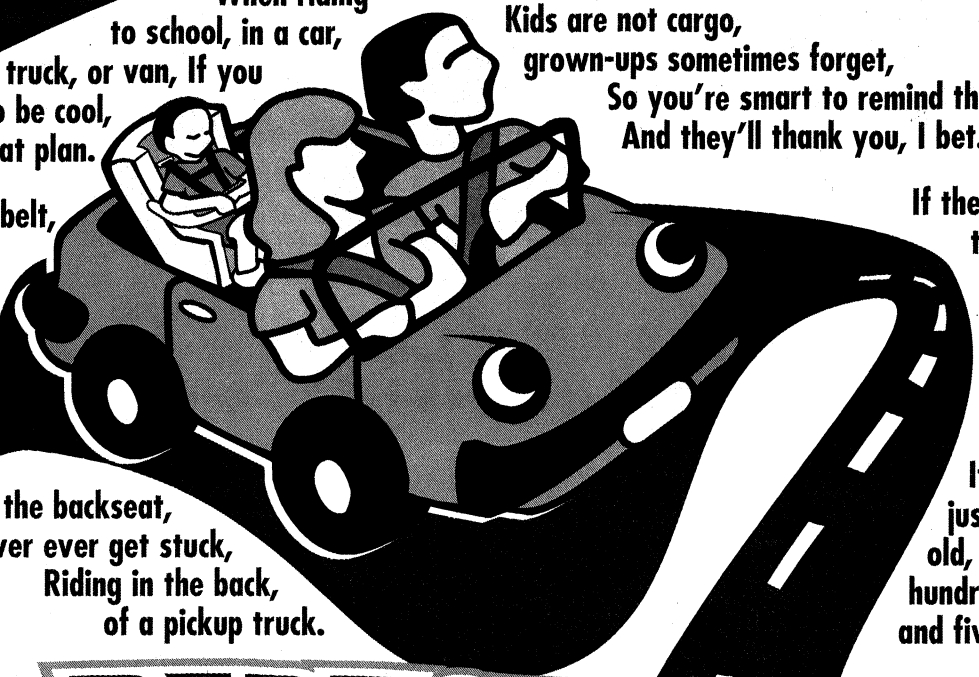
When riding to school, in a car, truck, or van, if you want to be cool, here's a great plan.

Kids are not cargo, grown-ups sometimes forget, So you're smart to remind them, And they'll thank you, I bet.

Buckle up your seatbelt, Wear it low and tight, Shoulder belt on your shoulder, Make sure it's done right.

Sit in the backseat, Never ever get stuck, Riding in the back, of a pickup truck.

If there's one thing I know, Seat belts save lives, If you're just a day old, Or a hundred and five.



PEDESTRIAN MARCH



"Atten-SHUN!" When you're walking on foot, You're your own marching band. Just pick up your feet, And start clappin' your hands...



"Atten-SHUN! Stop!" Look left, look right, look left-right-left. Look left, look right, look left-right-left. If it's clear then we can cross, Hold a grown-up's hand, So they don't get lost.



The corner's where you cross the street, The crosswalk is made just for your feet.



If it says 'DONT WALK', then don't go, It may look clear but you never know.



When it's dark, our clothes will glow, Reflectors on our heads and toes.

At train tracks we stop, look, & listen, For moving trains, pumping & hissing. Train tracks are no place for messin' round, When we want to hang, we hit the playground.



One more thing to shout about, Before school starts plan your daily route. Then walk that path with Mom or Dad, Knowin' where you're goin' will make you glad.



Boost America!

Raising kids with safety in mind
www.boostamerica.org



Activity **1**

Your Car Safety Size-Up

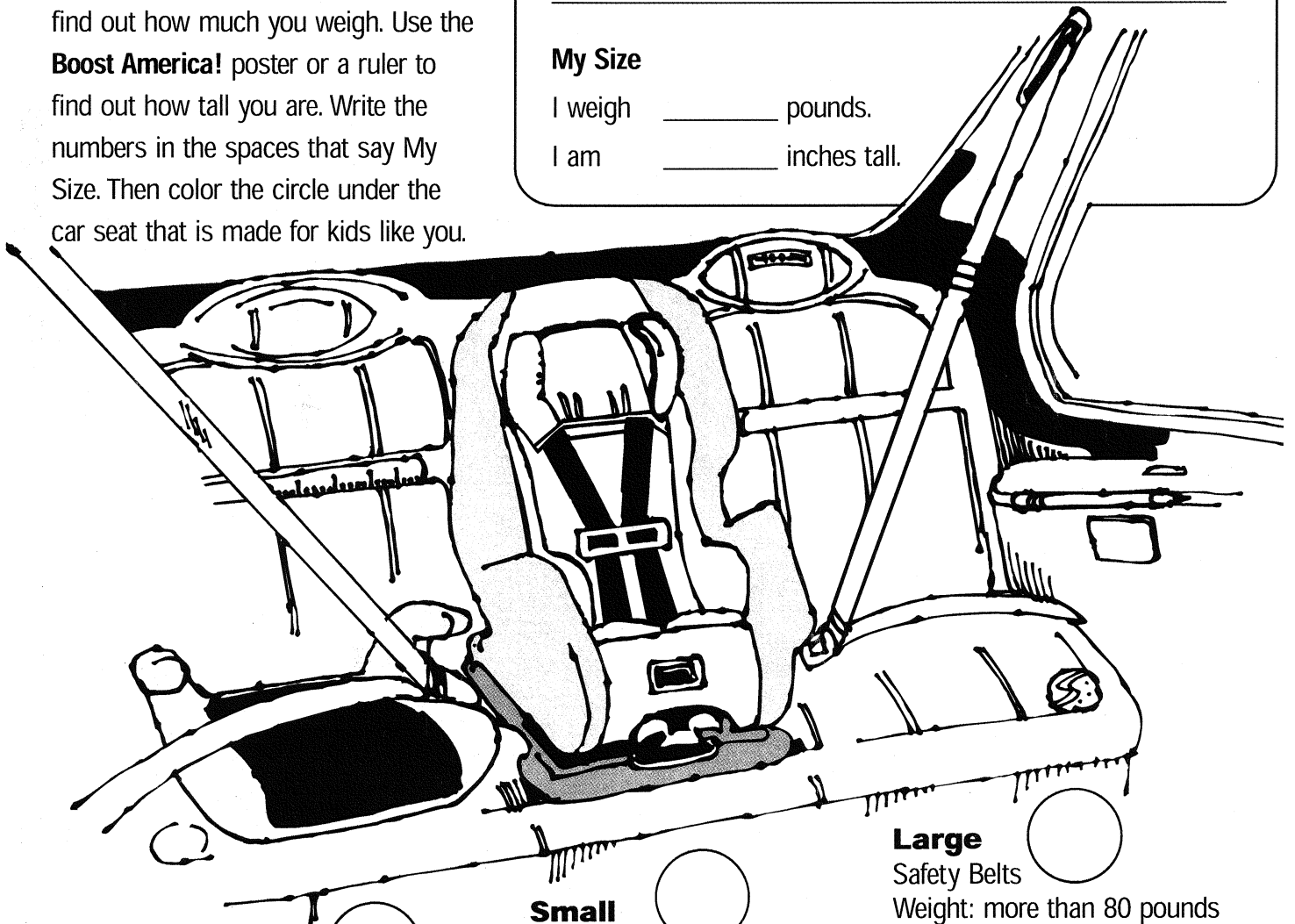
Which car seat is right for you? It depends on your size. Use a scale to find out how much you weigh. Use the **Boost America!** poster or a ruler to find out how tall you are. Write the numbers in the spaces that say My Size. Then color the circle under the car seat that is made for kids like you.

My Name _____

My Size

I weigh _____ pounds.

I am _____ inches tall.

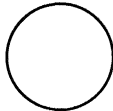


Medium

Booster Seat

Weight: between 40 and 80 pounds

Height: usually less than 57 inches

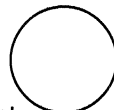


Small

Toddler Seat

Weight: between 20 and 40 pounds

Height: usually less than 42 inches



Large

Safety Belts

Weight: more than 80 pounds

Height: usually more than 57 inches



Take a Second Look

Some things are lost in the back seat of this car. Can you find them? Draw a circle around the things you find.



Cookie



Banana



Pencil



Ruler



Football



Activity **2**

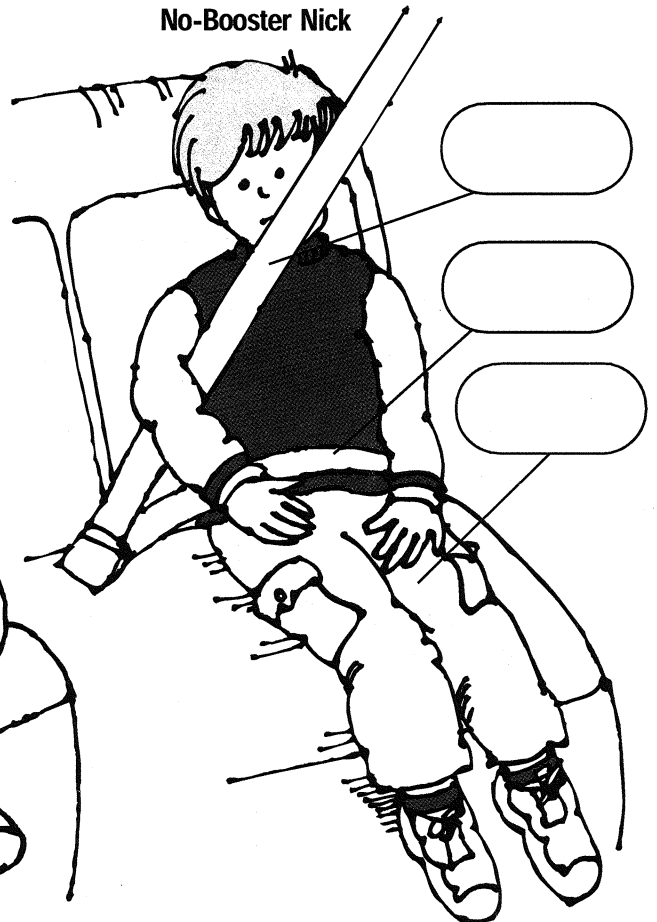
Be a Safety Detective

Why are booster seats the right way for kids to ride? Take a close look at these two pictures to find out.

Booster Brad



No-Booster Nick



Safety Detective Checklist

Use this checklist to spot the safety clues in each picture. Write the number of each clue in the correct answer space on one of the pictures.

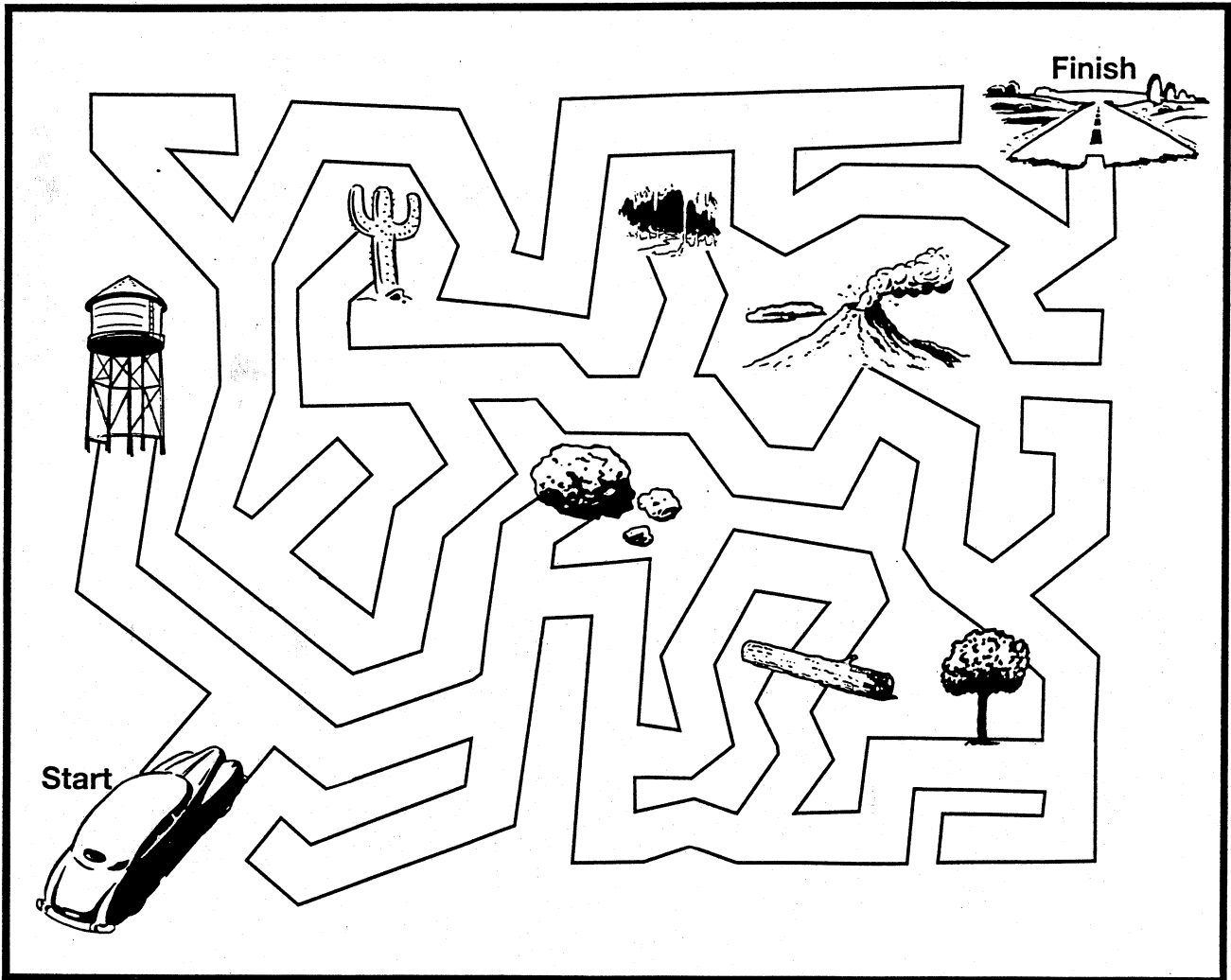
- | | |
|--------------------------------------------|----------------------------------------|
| 1. Shoulder belt crosses chest. | 4. Shoulder belt rubs neck and throat. |
| 2. Lap belt rests on hips. | 5. Lap belt pushes on stomach. |
| 3. Child sits up straight with knees bent. | 6. Child slides down in the seat. |

Now use these clues to figure out why Brad is happy and Nick is not. How do they feel when they ride in the car? What could happen if the car crashed? Make up a skit in which Brad tells Nick why it is cool to ride in a booster seat.

Take a Second Look

Did you notice that Brad and Nick are dressed almost alike? See if you can spot three differences in the clothes they are wearing. Good luck!

Activity **Maze**



Help Vince and Larry® find their way to the **highway**

Bike Word Search

D K A I R P R E S S U R E T R A U L
 B O O N B I C Y C L E O G Q C A C B
 T L F C E E G M J H W Z W D P R E S
 H E A D L I G H T Y S L A D E P R G
 S S A E K I B N I A T N U O M A E M
 I Q N R O H W R S S X E F F B C F E
 D S T R E E T W I W E H F E D H L C
 E B R A K E S X N D W V L A C A E H
 W E B U T R E N N I E D O M S I C A
 A G D T S I L C Y C N C R L P N T N
 L C R P L V E V O A H E N A G B O I
 K U Y I P D V D H F P I D A I Q R C
 M Q A X P R T D U A J S N K L S S S
 I P E D E S T R I A N S E S I A B P
 S P O K E S K R A E I L M G T L B P
 V O E M E D N A T I A S N N Z R L M
 Y T H E L M E T Z N L A W M K U A A
 P S C L E E H W E L L S U U W P E P

AIR PRESSURE
 BALANCE
 BICYCLE
 BIKE LANE
 BRAKES
 CHAIN
 CHIN STRAP
 CYCLIST
 GEAR

GLOVES
 GRIPS
 HANDLEBARS
 HEADLIGHT
 HELMET
 HORN
 INNERTUBE
 MECHANICS
 MOUNTAIN BIKE

PADS
 PEDALS
 PEDESTRIANS
 REFLECTORS
 REPAIR
 RIDE
 SAFETY
 SIDEWALK
 SIGNAL

SPOKES
 STOP
 STREET
 TANDEM
 TRAIL
 WHEEL

If you're hoppin' on your bike,
And riding 'round town,
Make sure what you're wearing,
Won't pull you down!

Shoe laces, big pants,
a strap, or a sash,
Might catch in your chain,
And cause a big crash.

When you're out on the street,
You're now *driving* your bike,
Eyes up, looking round,
Helmet buckled on tight.

With that helmet on straight,
V-straps around each ear,
Covering your forehead,
You've nothing to fear.

Draw out a special map,
With your parents tonight,
Plan out your route,
With each bump, stop, and light.

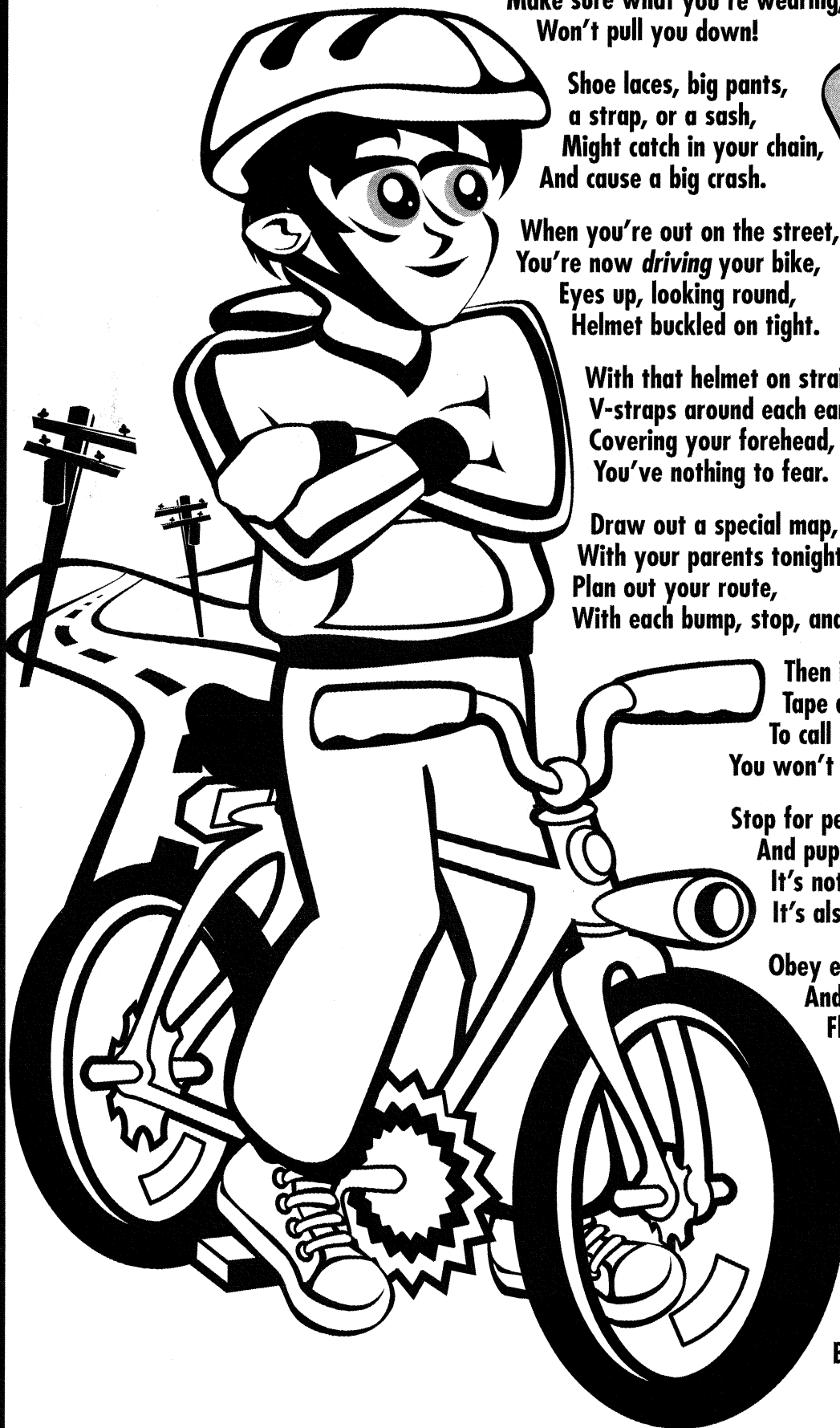
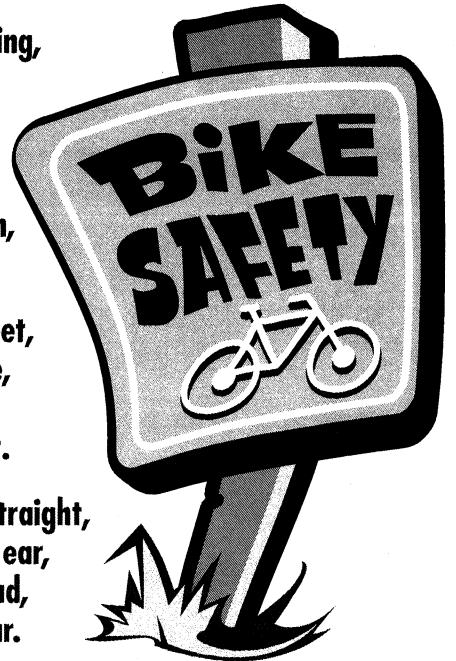
Then inside your helmet,
Tape a quarter and a dime,
To call home in case,
You won't be on time.

Stop for people on foot,
And puppies on paw,
It's not just polite,
It's also the law.

Obey every stop sign,
And each signal light,
Flow with the traffic,
Please stay to the right!

Riding your bike,
Is the very best fun,
As long as you learn,
How it's supposed to be done.

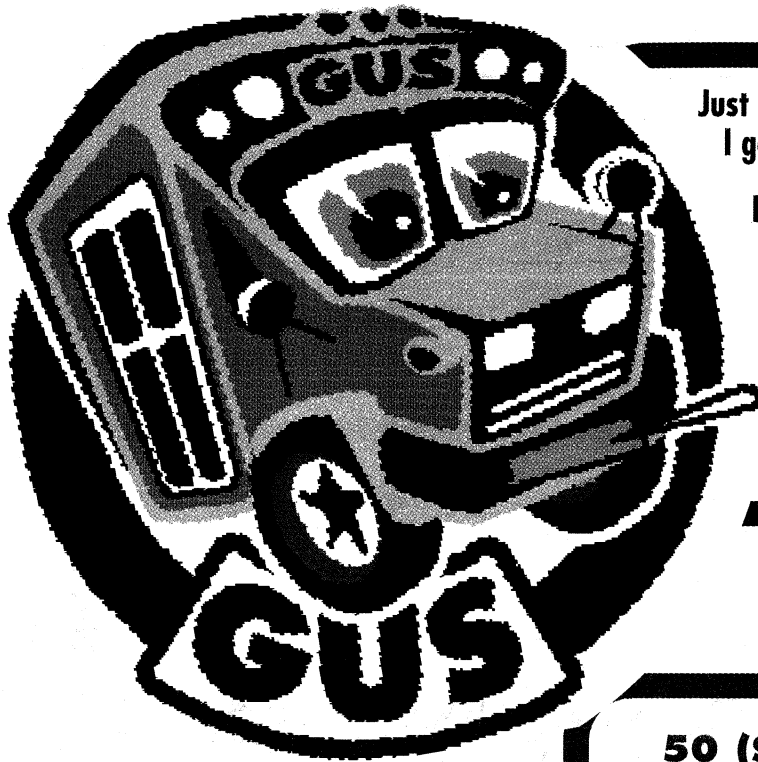
Show that you're able,
To master each rule,
You'll be like the smart kids,
Biking to school.





FIND THESE HIDDEN SAFETY MESSAGES:

- | | |
|----------------------------|-------------------------|
| 1. BE CAREFUL | 9. OBEY CROSSING GUARDS |
| 2. BE COURTEOUS | 10. READ THE SIGNS |
| 3. BICYCLE HELMETS ARE RAD | 11. SHARE THE ROAD |
| 4. BOOSTER SEATS ARE COOL | 12. SIDEWALKS ONLY |
| 5. BUCKLE UP | 13. STOP AT RED LIGHT |
| 6. CROSS AT THE CORNER | 14. USE SAFETY SEATS |
| 7. LOOK LEFT-RIGHT-LEFT | 15. WATCH FOR CARS |
| 8. OBEY BUS DRIVERS | |



Just call me Gus, I'm a yellow school bus.
I get to school safely, I'm the one to trust.

Knowing the rules, is how I keep cool,
When taking my friends to and from school.

But before we go, and start our safety show,
There's a few rhymes, my kids need to know.

So dig my jive, if you want to stay alive,
Stay quiet in your seat, and enjoy the drive!

50 (SAFE) WAYS TO LEAVE YOUR SCHOOL BUS



When waiting for the bus, Gus,
You need to make a plan, Stan,
No need to discuss much,
Get there 5 minutes early.

Get at the right place, Grace,
5 giant steps from the curb, Herb,
Bright clothes on your back, Zack,
You'll be inside happily.

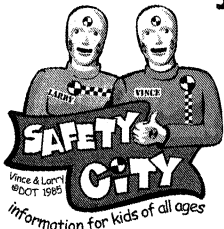


Behind the bus is the Danger Zone, Joan,
Where the driver can't see you, Lou,
When you're riding off to school, Raoul,
Please listen to me.

Stay put in your seat, Pete,
Don't make no noise, boys,
Quiet near train tracks, Max,
So the driver can stop, listen and see.



Careful getting off the bus, Russ,
So nothing snags on the door, Lenore,
Tell the driver if you drop books, Brooks,
She'll help you get them back, Jack,
Just like she used to help me.



She'll tell you when
to cross, Ross,
5 big steps before you do, Chu,
Look both ways twice, Brice,
Cross the street when it's clear, Shabbir,
And you're halfway home to safety.

Now you're walking on your own, Simone,
Here's a few things to get you home.
Watch for cars backing out of lots, Scott,
In the middle of the block? Not!
Don't cross if you hear a siren, Brian,
If it says 'DONT WALK', don't go, Flo,
It's so easy, can't you see?



Cross tracks where they're marked, Clark,
Not when gates are down, Suzy Brown,
Or when lights are red, Ted,
It's all about safety.

Stay on the sidewalk when you can, Fran,
Grown-ups help with the rules, Jules,
Show you how to do it right, tonight,
And every day you will be,
Home safe with your family.

www.nhtsa.dot.gov/kids

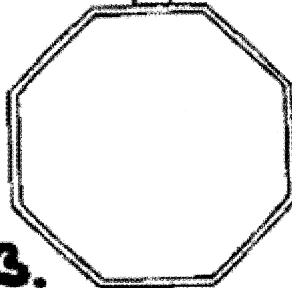
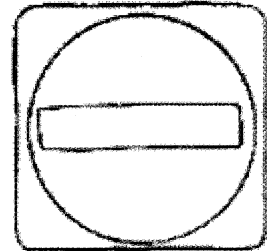
CAN YOU MATCH THESE SIGNS WITH THEIR CORRECT MEANINGS?

- ONE WAY
- FIRE STATION
- DO NOT ENTER
- PEDESTRIAN CROSSING
- YIELD
- RAILROAD CROSSING
- STOP
- SCHOOL CROSSING

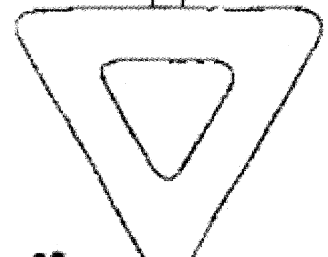


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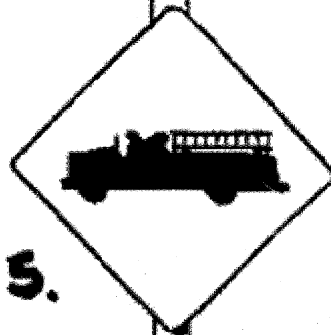
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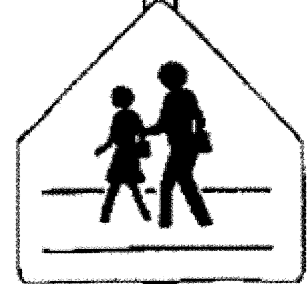
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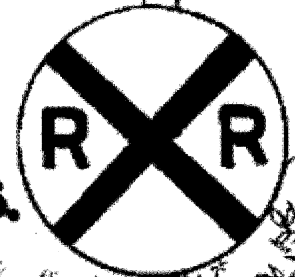
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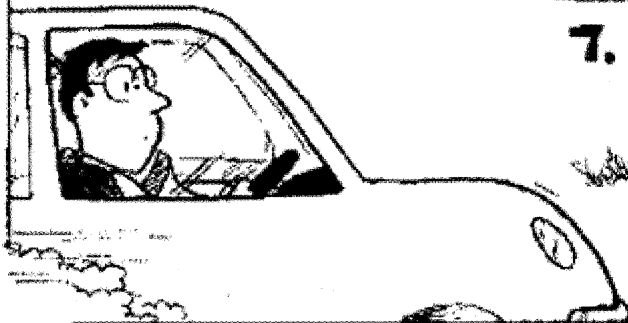
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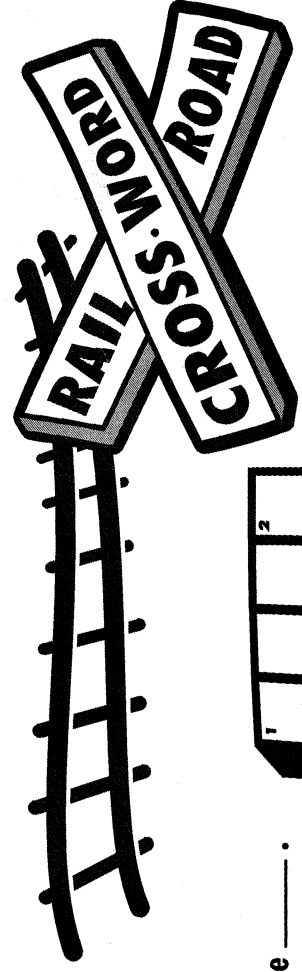


7.



8.





1. Hold a grown-up's _____ when you cross the street.

4. Tell the driver if you drop some _____.

10. Careful getting off the bus so nothing snags in the _____.

11. Look left, look right, look _____!

12. Don't cross if you hear a _____.

13. Flow with the traffic, please stay to the _____.

16. Draw out a special _____ with your parents tonight.

17. Seat belts save _____.

19. Inside your helmet tape a _____ and dime.

21. _____ tracks mean we stop, look, and listen.

22. When riding to school in a truck or a car, _____ your safety belt.

2. Before school starts plan your _____.

3. A Shoulder belt should be worn on the _____.

4. Call me Gus, I'm a yellow school _____.

5. A bus driver's main concern is _____.

6. The _____ is the area behind the school bus where the driver can't see you.

7. Always cross the street at the _____, or the corner.

8. Be _____, be seen.

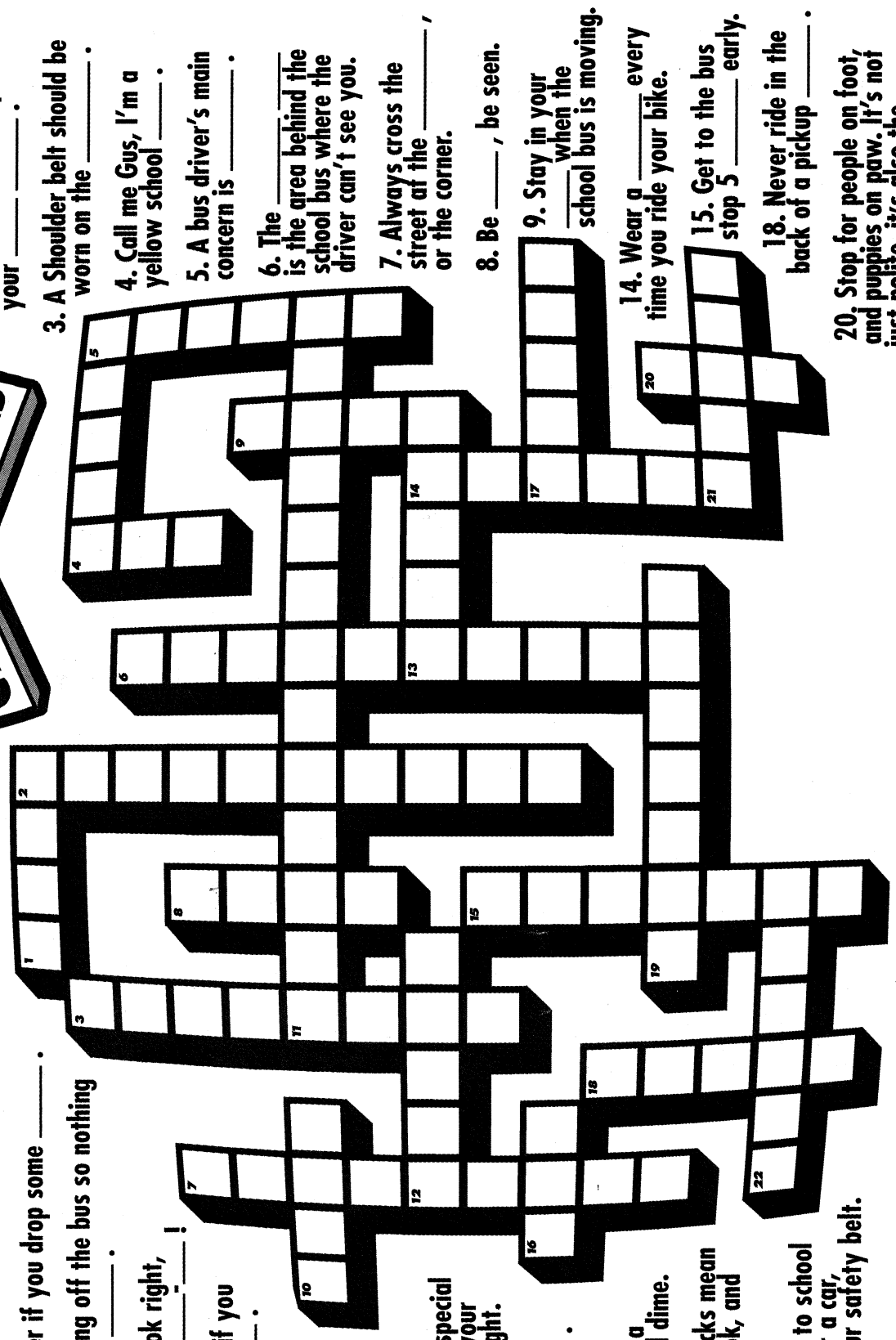
9. Stay in your _____ when the school bus is moving.

14. Wear a _____ every time you ride your bike.

15. Get to the bus stop 5 _____ early.

18. Never ride in the back of a pickup _____.

20. Stop for people on foot, and puppies on paw. It's not just polite, it's also the _____.



ACROSS: 1. HAND 4. BOOKS 10. DOOR 11. LEFT RIGHT LEFT 12. SIREN 13. RIGHT 16. MAP 17. LIVES 19. QUARTER 21. TRAIN 22. BUCKLE
DOWN: 2. DAILY ROUTE 3. SHOULDER 4. BUS 5. SAFETY 6. DANGER ZONE 7. CROSSWALK 8. SAFE 9. SEAT 14. HELMET 15. MINUTES 18. TRUCK 20. LAW

Getting To School Safely

THE TOP TEN STEPS TO KEEP KIDS SAFE

Motor Vehicles

- 1** Use the correct child safety seat or seat belt for every child. Even when transporting children a short distance, never allow anyone, including yourself, to ride unbuckled.
- 2** For children between 40-80 pounds, use a booster seat with a seat belt. Children age 12 and under should sit in the back seat where it is safest.

Pedestrians

- 3** Parents often overestimate their children's pedestrian skills. Children ages 10 and under should not cross an intersection without supervision. Children are at risk for pedestrian injury because they are exposed to traffic threats that exceed their thinking skills. Also, children are impulsive and have difficulty judging speed and distance.
- 4** Teach children to stop at a curb and look LEFT-RIGHT-LEFT for traffic before proceeding. Make sure children have safe play areas away from traffic such as fenced playgrounds and yards. Also, teach children to Stop, Look and Listen for trains before crossing railroad tracks and to never play on or near the tracks.

Bicycles

- 5** Always require children to wear a correctly fitted bicycle helmet. And be a role model; wear a bicycle helmet, too!
- 6** Make sure that children learn the bicycle "rules of the road" at the same time they learn how to ride a bicycle. Buy a bike that is the right size, not one that the child has to "grow into."

School Buses

- 7** Make sure children get to the bus stop at least five minutes early. Teach children to ask the bus driver for help if they drop something near the bus (if a

child stoops to pick up something outside the bus, the driver cannot see the child). Teach them to take "five giant steps" out from the front of the bus before crossing the street.

- 8** Work with local police to enforce and publicize school bus laws for motorists. Most states require motorists in both directions to stop when a school bus displays flashing red warning lights and extends the stop signal arm. Vehicles may not legally pass until the flashing lights are turned off and the stop arm is retracted.

School Drop-Off Zones

- 9** Work with school officials to create a safe school drop-off area. Arrange for crossing guards or help organize student safety patrols. Make crosswalks more visible by adding broad striped lines.
- 10** If the school drop-off zone has heavy traffic or a high speed limit, work with local officials to reduce speed limits and post flashing warning signs. Ask the police to hold high-profile enforcement actions in school zones and to alert the public about the laws and the dangers of driving too fast near schools.

