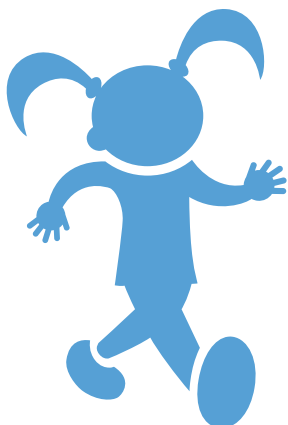




EAST CENTRAL WISCONSIN

WALK *and* ROLL LET'S GO!

Activity Book



BIKE *and* WALK TO SCHOOL



HOW TO USE THIS BOOK

Be a walking and bicycling role model!

KIDS

.....

This book is for you! Your parents and teachers want you to learn safe bicycling and walking skills.

Complete these activities with your parents, teachers, or on your own. You will have a lot to teach your parents and teachers too!

PARENTS

.....

You will ultimately decide when your child has the skills and experience needed to safely bike or walk without you or an adult.

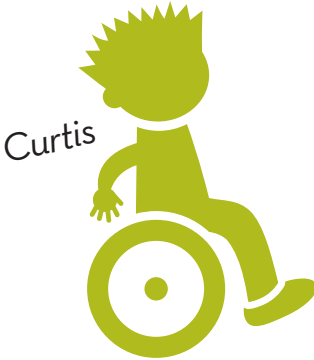
Use this guide to begin a dialogue with your child and help them engage in smart, life-long walking and bicycling safety behaviors.

TEACHERS

.....

You have an important role to play in the classroom.

You can incorporate individual sheets from this book into lesson plans and activities to help your students develop safety skills that will carry them through the rest of their lives.



ACTIVITY SHEETS

for ELEMENTARY STUDENTS

These educational activities and informational sheets were designed to introduce families to safe walking and bicycling. Parents and children are encouraged to do these activities together!

WHAT ACTIVITIES ARE INSIDE?

1

STEP IT UP! LET'S WALK AND BIKE

Why I Walk and Bike

2

WHAT TO WEAR WHEN WALKING OR BIKING TO SCHOOL

It's Warm and Sunny Outside

It's Cold and Snowy Outside

3

RULES OF THE ROAD

Fill in the Blank

Game Ideas

Plan a Route

Word Scramble

4

BASIC BIKE MAINTENANCE & SAFETY TIPS

Label the Bike Parts

Helmet Fitting

Hand Signals

ABC Quick Check



STEP IT UP! LET'S WALK *and* BIKE!



MY PARENTS USED TO WALK TO SCHOOL WHEN THEY WERE MY AGE.

*In 1969, **50%** of children walked or bicycled to school. Today, fewer than **15%** of school children walk or bicycle to school.*



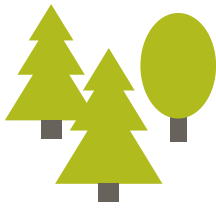
I LIKE WALKING AND BICYCLING TO SCHOOL BECAUSE I GET TO HANG OUT WITH MY FRIENDS AND IT MAKES ME FEEL GOOD!

Walking **ONE MILE** to and from school each day is **TWO-THIRDS** of the recommended **60 MINUTES OF PHYSICAL ACTIVITY** a day.



**AFTER WALKING, I'M FOCUSED
AND READY TO LEARN!**

After **20 MINUTES** of physical activity, students **TESTED BETTER IN READING, SPELLING AND MATH** and were more likely to read above their grade level.



Curtis



Suzie



WALKING AND BICYCLING ARE GOOD FOR THE ENVIRONMENT AND ARE FUN!

Returning to 1969 levels of walking and bicycling to school would save **3.2 BILLION** vehicle miles and **1.5 MILLION** tons of carbon dioxide—equal to keeping more than **250,000** cars off the road for a year.

WALKING AND BICYCLING

are fun activities that can be done year round! Ask your friends and family members to go for a walk or bicycle ride with you and get moving!



WHAT TO WEAR *when* WALKING *or* BIKING TO SCHOOL.

BE BRIGHT! BE SAFE! BE SEEN!

Circle or color the items Sarah and Will should wear on their walk and bike ride to school.

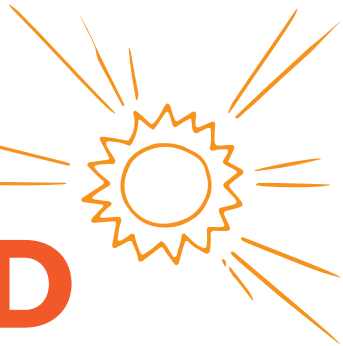


Let's get started!



It's

WARM AND SUNNY OUTSIDE



Circle or color the items you and Will should bring on your bike ride to school:

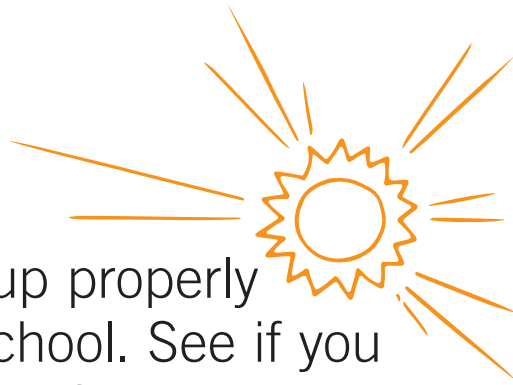


Answers!



Answers:

Will is now dressed up properly and ready to go to school. See if you can memorize these safety tips:

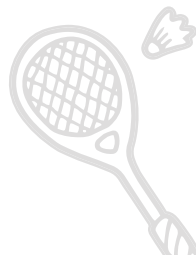


WEAR REFLECTIVE GEAR SO YOU CAN BE SEEN.

ALWAYS WEAR A BIKE HELMET IN ANY SEASON.

WEAR BRIGHT COLORS YEAR-ROUND.

PUT LIGHTS AND REFLECTORS ON YOUR BIKE— ESPECIALLY AFTER DARK AND IN RAINY WEATHER.



BRING WATER OR HEALTHY SNACKS FOR YOUR RIDE.

CLOSED-TOED TENNIS SHOES WITH LACES TIED ARE BEST!

It's

COLD AND SNOWY OUTSIDE



Circle or color the items you and Sarah should bring on your walk to school:



Answers!



Answers:

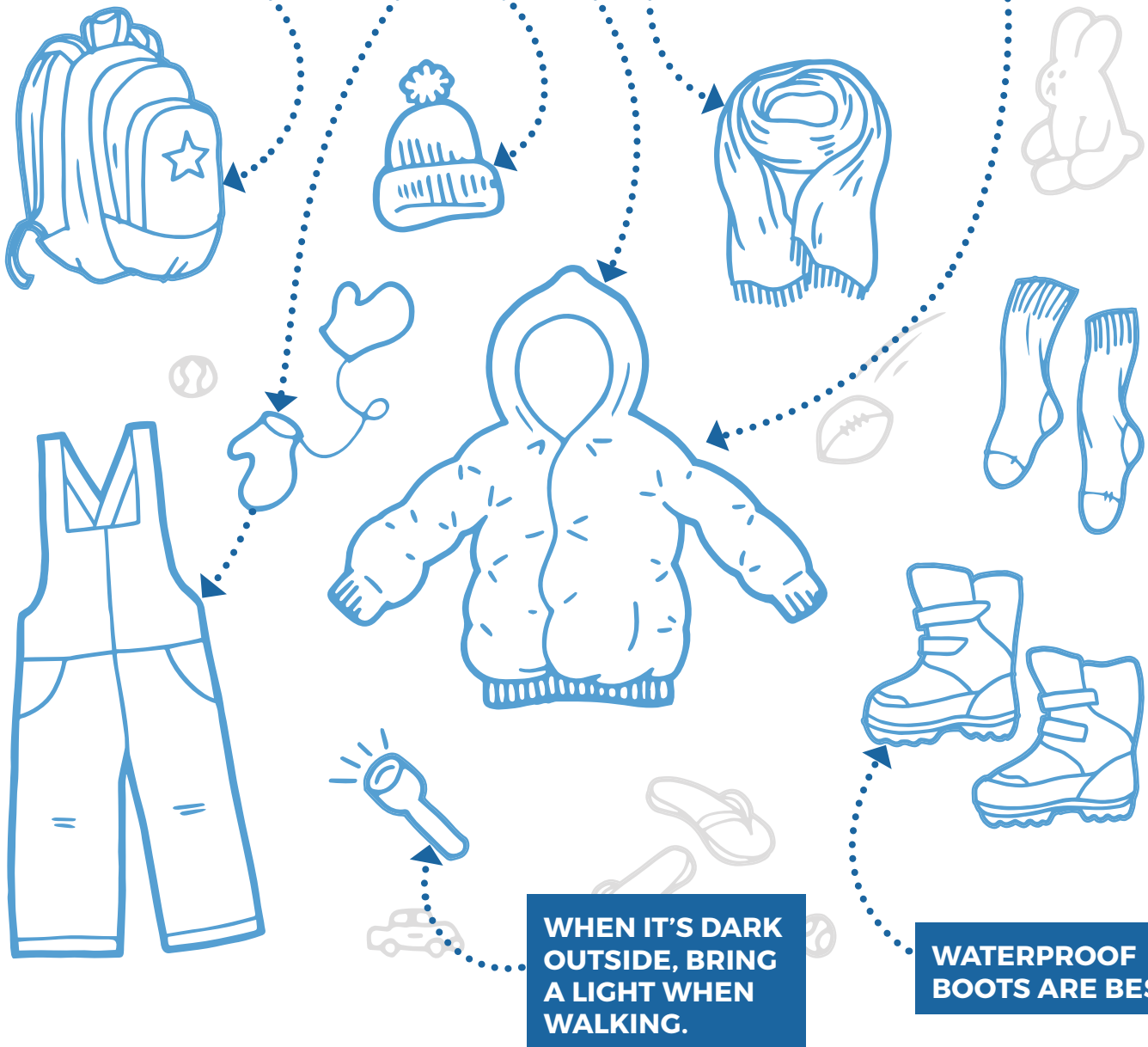
Sarah is now dressed properly and ready to go to school. See if you can memorize these safety tips:



WEAR REFLECTIVE GEAR SO YOU CAN BE SEEN.

ON COLD DAYS, WEAR WARM CLOTHES SUCH AS WARM JACKETS, SNOW PANTS, SCARVES, GLOVES OR MITTENS, AND HATS OR EARMUFFS.

WEAR BRIGHT COLORS YEAR-ROUND.





RULES *of* THE ROAD

LEARN THE RULES OF THE ROAD

and be a biking and walking role model!

Let's get
started!



Curtis



FILL IN *the* BLANK



FIND A FRIEND OR FAMILY MEMBER! Have one person read the bolded clues below and have the other person choose a word for each clue. After you fill in all of the blanks, read your story out loud and have a good laugh!

MY BIKE RIDE TO SCHOOL

You and your friend _____ are biking to school today!
FRIEND'S NAME

You both eat a healthy _____, put on your _____
FOOD **FAVORITE COLOR**

bike helmets, and say goodbye to your pet _____. You start biking
ANIMAL

along the right side of the street on your favorite bicycle route. Along the way, you

decide to play a(n) _____ game called I Spy. You start: I spy with my
ADJECTIVE

little eye something _____. Your friend looks around.
ADJECTIVE

Is it a(n) _____? No. Is it a(n) _____? No. Is it a(n)
NOUN **ANIMAL**

_____? Wow, yep, you got it! You come up to a stop sign and
NOUN

stop to wait for a _____ car to go through the intersection. You both
COLOR

look left, right, and then left again to make sure there is no more traffic and you

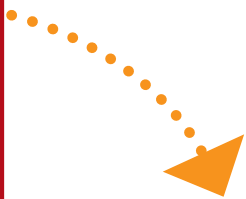
continue. Now it's your friend's turn. I spy with my little eye something

_____ feet tall. Is it a(n) _____? No. Is it a(n) _____?
NUMBER **NOUN** **NOUN**

_____, yes! You both stick out your left arm to show you are turning
EXCLAMATION

left and look over your shoulder for cars. You arrive at school, lock up your bikes,

and head to _____ class. What an awesome way to start the day!
SCHOOL SUBJECT



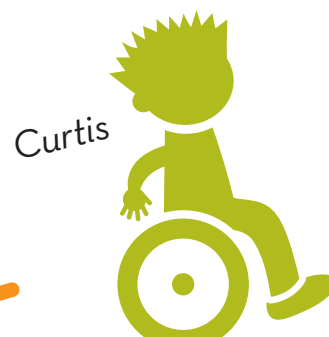
and more

GAME IDEAS



In addition to **I SPY**, here are some fun games you can play when you go for a family walk or bike ride.

- 1 20 QUESTIONS:** Pick an object you see and have others ask questions to guess the answer.
- 2 FOLLOW THE LEADER:** Everyone has to copy the leader!
- 3 SPELLING GAME:** Challenge your friends to spell an object you see.
- 4 COUNT IT:** Pick something to count along your route such as trees or birds.
- 5 SMILING GAME:** See how many people you can make smile on your way to school.
- 6 NAME THAT TUNE:** Sing or hum a song to see who can guess the name.
- 7 WHAT'S THAT LANDMARK?** Shout out interesting buildings, statues, or signs you see along the way.



PLAN a ROUTE

Where would you like to go walking or biking?

To school, to the park, or to your friend's house? If you need help, ask an adult. Use the following steps to get you started:

- 1 THINK ABOUT YOUR ROUTE** and describe it out loud.
- 2 DRAW THE ROUTE** you take when you bike or walk to school, the park, or your friend's house.
- 3 ADD ANY BUILDINGS**, places, or objects you might see along your route.
- 4 COLOR YOUR MAP!**

TIPS: Look for the following when choosing your route:

- ★ Sidewalks, paths, or bike lanes
- ★ Cars driving slowly
- ★ Not many cars
- ★ Stop lights & pedestrian crossing signals
- ★ Clearly marked crosswalks
- ★ Other people walking or biking
- ★ Bright lighting when it's dark
- ★ Safe drivers
- ★ Neighbors watching out for each other

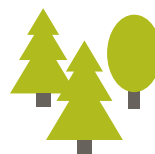
Do you see any of these objects along your route? **ADD THEM TO YOUR MAP.**



Lake or River



Stop Sign



Trees



Crossing Guard



Stop Light



Building



Crosswalk

Start!



Home



Friend's house

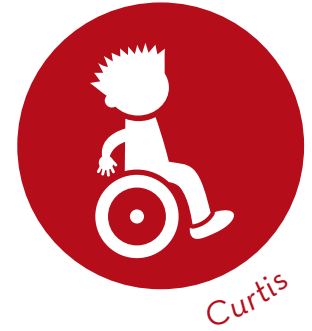


School



Park

WORD SCRAMBLE



Curtis is ready to go to school.

Help him reveal these important safety tips so you can both stay safe as you walk and bike. Can you solve the puzzle?

<i>Possible Answers:</i>	SIDEWALK	RIGHT	SIGNS
	DRIVERS	TRAFFIC	SAME
	AGAINST	STOP	LIGHTS

Write your answers:

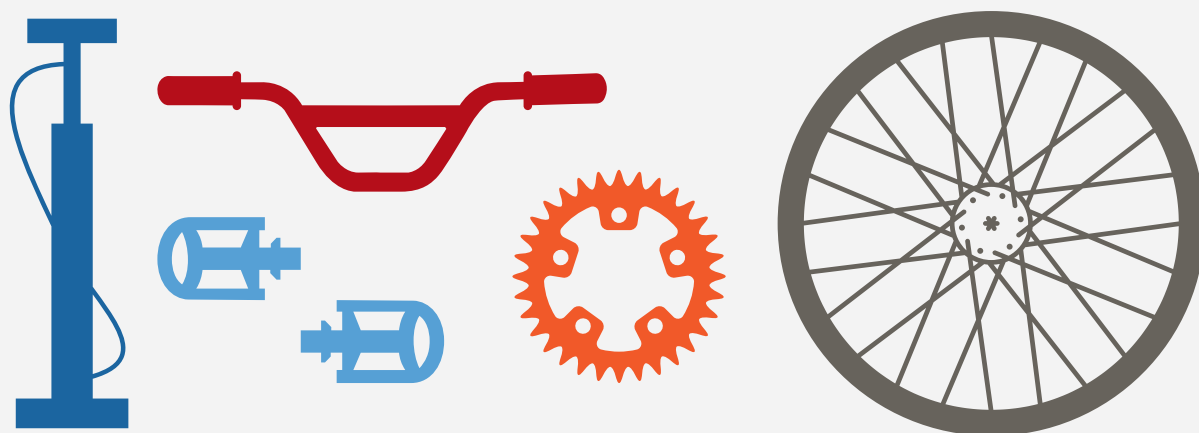
- 1** Stop. Look left, right, and left again to look for **RTIFAFC** before crossing the street.

- 2** Before crossing the street, make eye contact with **VIRESRD** to make sure they see you. Wait for cars to **TSPO** before you walk.

- 3** When possible, always walk on a **IDKALWES**. If there is no sidewalk, walk on the left side of the street **TGAIANS** traffic.

- 4** Ride to the **IRTHG**. When riding your bike on the street, always ride in the **AESM** direction that cars go.

- 5** Always stop at stop **SSING** and stop **CSIHLT**.



BASIC BIKE MAINTENANCE & SAFETY TIPS

WILL AND SARAH WANT TO RIDE THEIR BIKES TO SCHOOL. First, they must check to make sure their bikes are safe to ride. Can you help them?

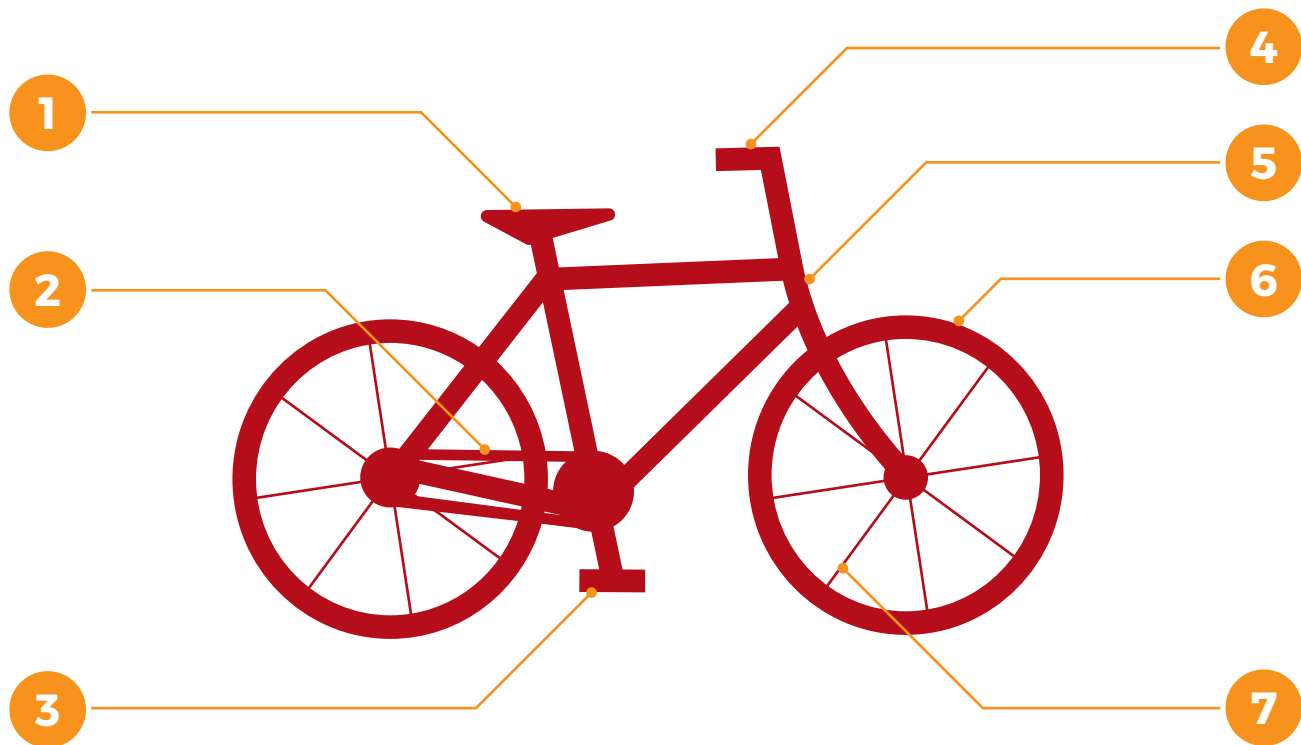
Let's get started!



LABEL *the* BIKE PARTS



Can you help Will make sure his bike is safe to ride? Fill in the blanks with the correct bike parts.



Bike Parts:

HANDLEBAR
SPOKE
FRAME
SEAT
TIRE
PEDAL
CHAIN

BIKE TIP: Did you know there are two different types of bicycle brakes? Circle the type of brakes you have on your bike.

- ★ **BACK PEDAL BRAKES:** When you press backwards on your pedals, your wheels will stop turning.
- ★ **HANDLEBAR BRAKES:** When you squeeze the brakes on your handlebars, your bike will stop.

Answers: 1. Seat 2. Chain 3. Pedal 4. Handlebar 5. Frame 6. Tire 7. Spoke

HELMET FITTING

Make sure your helmet fits correctly and you're wearing it every time you go for a ride!

Step 1

FIT & POSITION: Your helmet should fit snugly. Some helmets have a turn dial on the back—adjust the snugness as needed.

Step 3

EYE CHECK: Only the width of 2 fingers should fit above your eyebrows.

Step 2

EAR CHECK: Straps form a V under your ears.

Step 4

MOUTH CHECK: Only 1 finger should fit between your chin and strap.



HAND SIGNALS

When riding your bike, it is important to let motorists know where you plan to go. Use these hand signals to show drivers when you are turning or stopping.



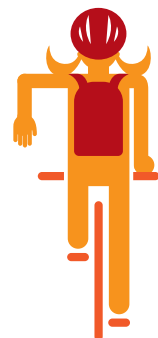
LEFT TURN (point left)



or



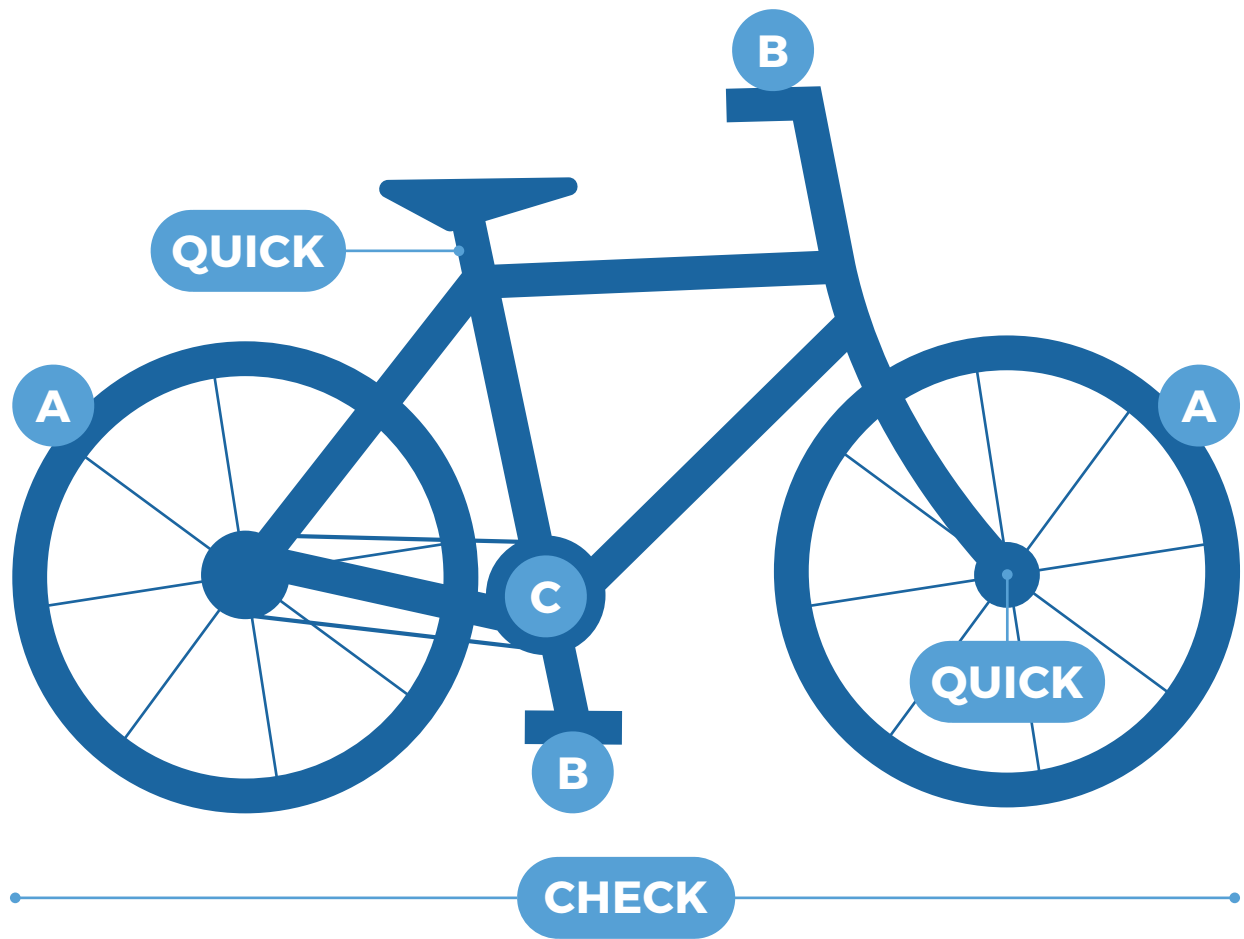
RIGHT TURN (point right)



STOPPING

ABC QUICK CHECK

Can you help Sarah do an ABC Quick Check before she rides to school?
What do you think A, B, C, and Quick stand for?



A is _____

B is _____

C is _____

QUICK is _____

Hints!
↪



Start!



Read each step out loud. Add a check mark to each box after you finish. Do this each time before riding your bike.

A is for Air.

Check the air pressure in your tires. Look on the side of the tire for the PSI number (this stands for pounds per square inch). Inflate the tire as close to the maximum limit as possible. If you don't have a pressure gauge, your tires should feel like a fully inflated basketball.

B is for Brakes.

Press down on the handlebar brakes or pedal brakes. Make sure they stop your bike when you push your bike forward or backward.

C is for Chain.

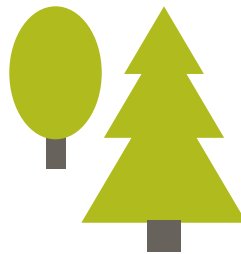
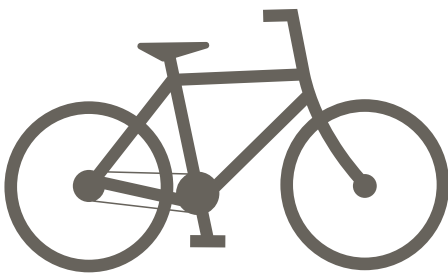
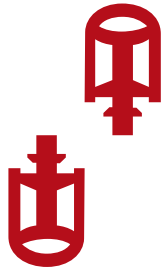
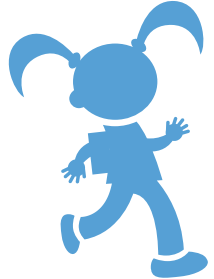
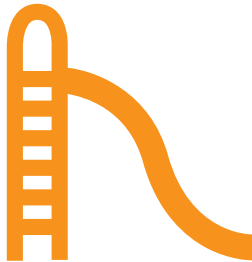
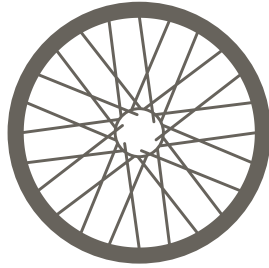
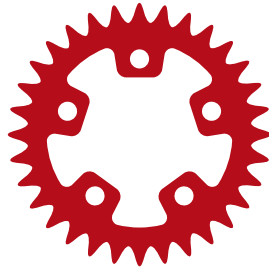
The chain should move freely, be lightly oiled, and be free of rust and gunk.

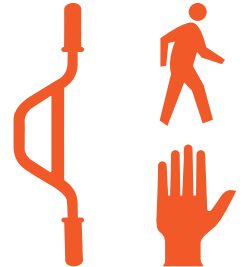
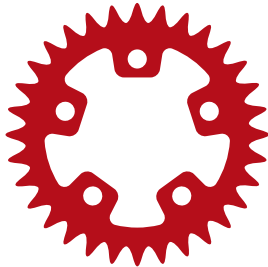
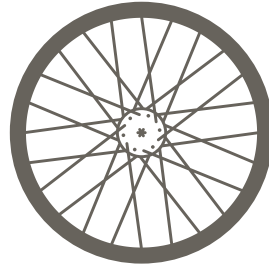
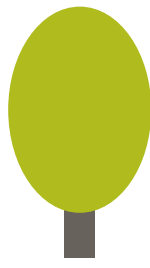
QUICK is for Quick Release.

If your bike has a quick release lever on the wheels or seat post, make sure they are tight and properly closed.

CHECK the whole bike.

Make sure there are no loose parts. Take a test ride in a safe area and check that your seat, handlebars, and wheels are not loose.





WALKING AND BICYCLING RESOURCES:



East Central Wisconsin
Regional Safe Routes to School Program
eastcentralsrts.org

East Central Wisconsin Regional Planning Commission
www.ecwrpc.org

Wisconsin Department of Transportation
wisconsin.gov

Wisconsin Bike Fed
www.bfw.org

Federal Highway Administration
www.fhwa.dot.gov

National Center for Safe Routes to School
www.saferoutesinfo.org

Safe Routes to School National Partnership
www.saferoutespartnership.org



Funded by the East Central Wisconsin
Regional Planning Commission
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Transportation.

