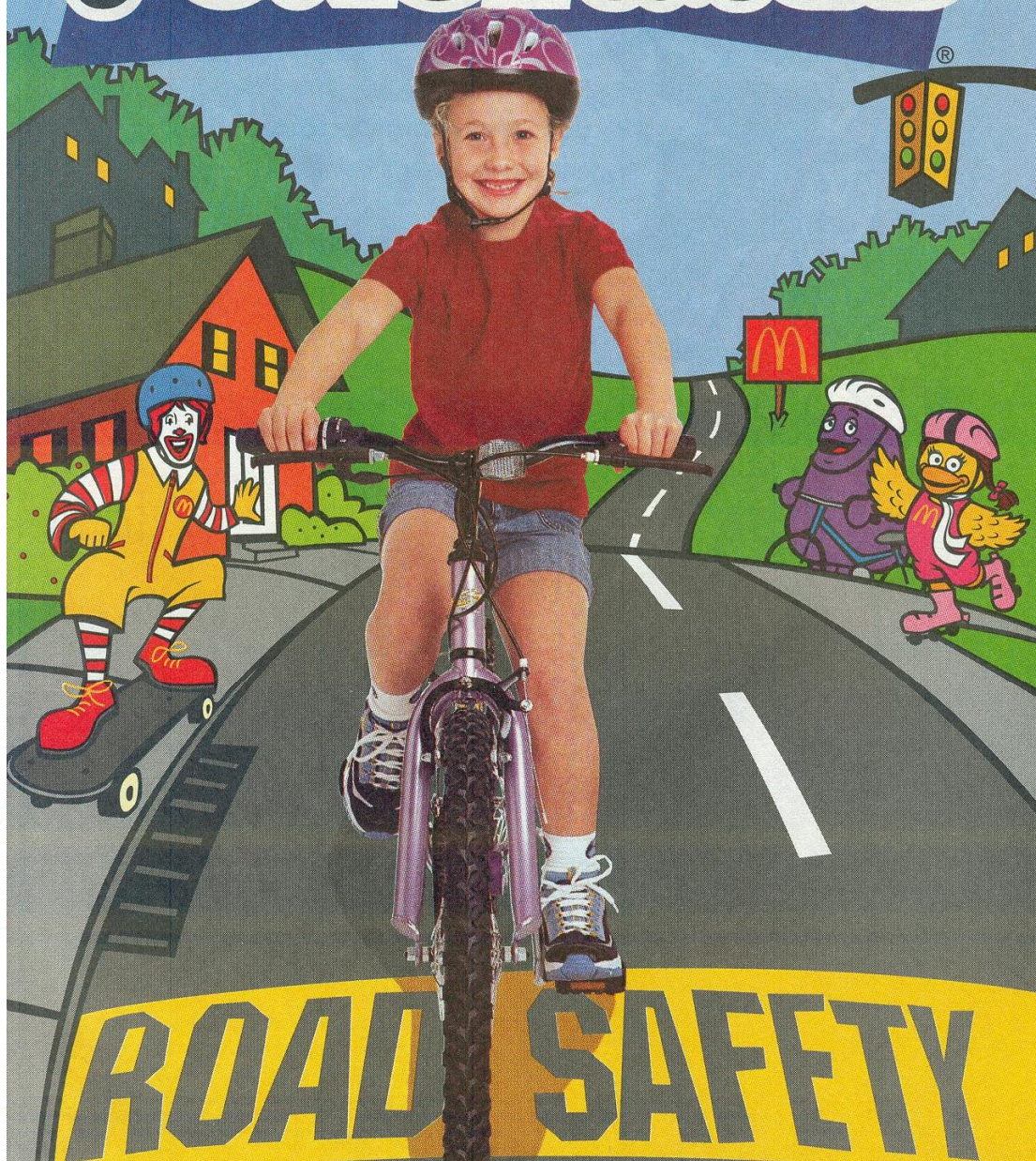


FUN TIMES

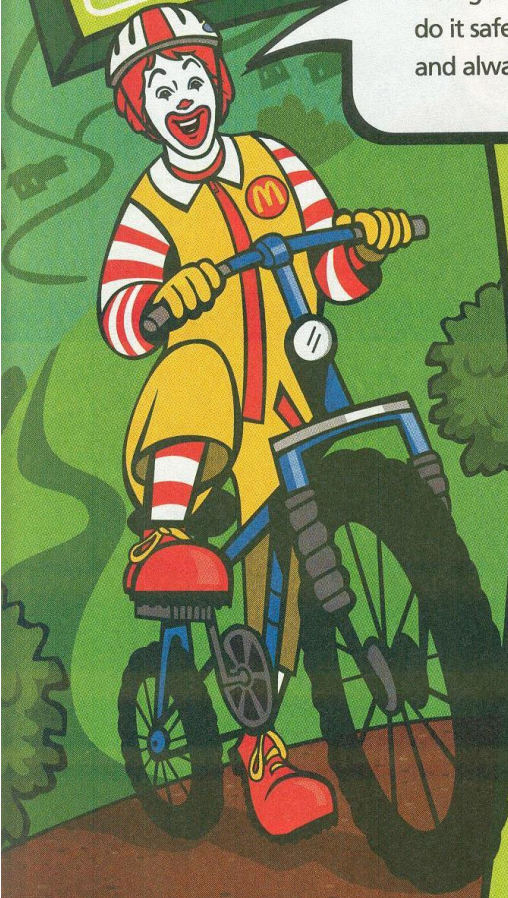


2

Playing outdoors is cool!

Just remember to play safely when you are riding your bike, skateboard or scooter. This activity book has some great reminders on how to keep safe!

Riding a bike is always more fun when you do it safely. Remember to watch for cars and always wear a helmet!



Way to go, go, go!

1. Go with gear.
Smart riders always wear a helmet. If you're on a skateboard or in-line skates, don't forget to wear other protective clothing like knee pads, elbow pads and wrist guards.



2. Go with glow.
Wear bright colors and clothing with reflective fabric or trim. Put reflectors and reflective tape on your bike. It's hard for cars to see you at night, so remember to attach a light to the front and back of your bike.



3. Go with care.
It's important to follow all STOP signs and traffic lights. When crossing a street, use a corner or crosswalk. Remember not to ride through an intersection. Walk across when it's safe to do so.



4. Go solo.
That means no doubling! Riding two on a bike or skateboard can be unsafe—they're only built for one!



5. Go with your size.
Being bigger isn't always better. Pick a bike that's the right size for you.



Light Lesson

Look at the traffic lights below. Fill in the blanks with the correct answer.



Means _____ .
(STOP, RUN, BARK, SLEEP)



Means _____ .
(EAT, JUMP, CAUTION)



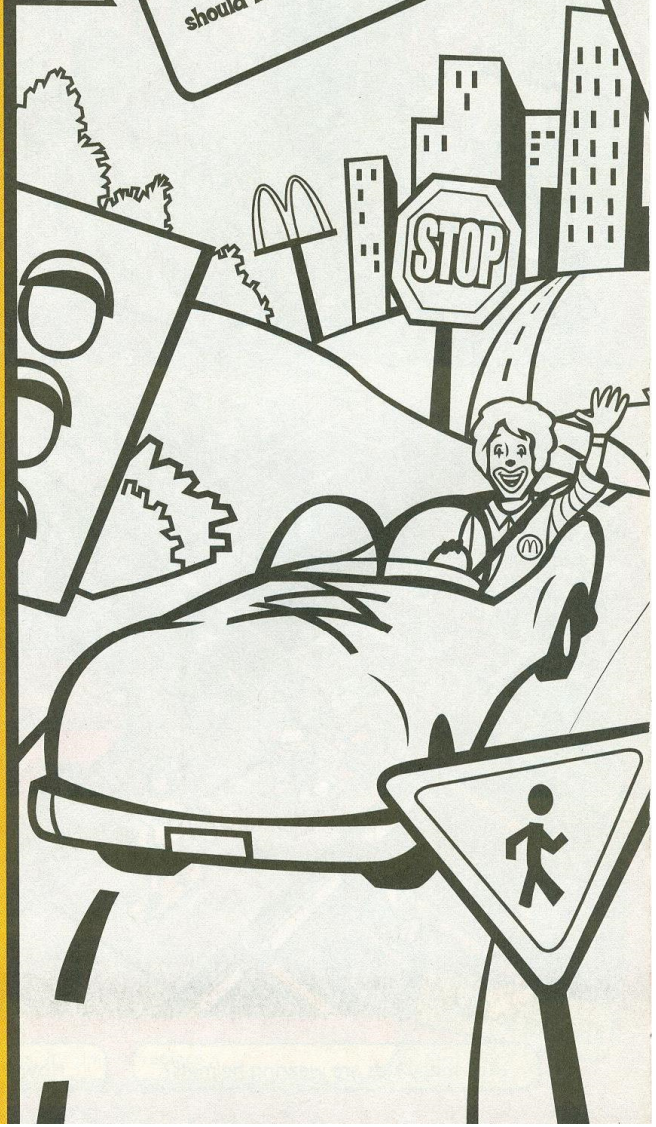
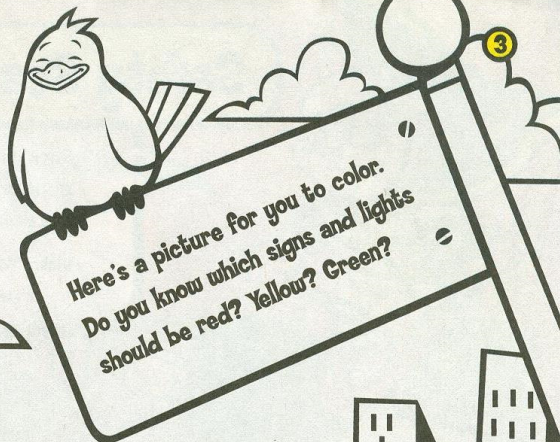
Means carefully _____
across the street.
(HOP, WALK, DANCE)



Means DON'T _____
now. (RUN, JUMP, WALK)

Answers on page 10.

3



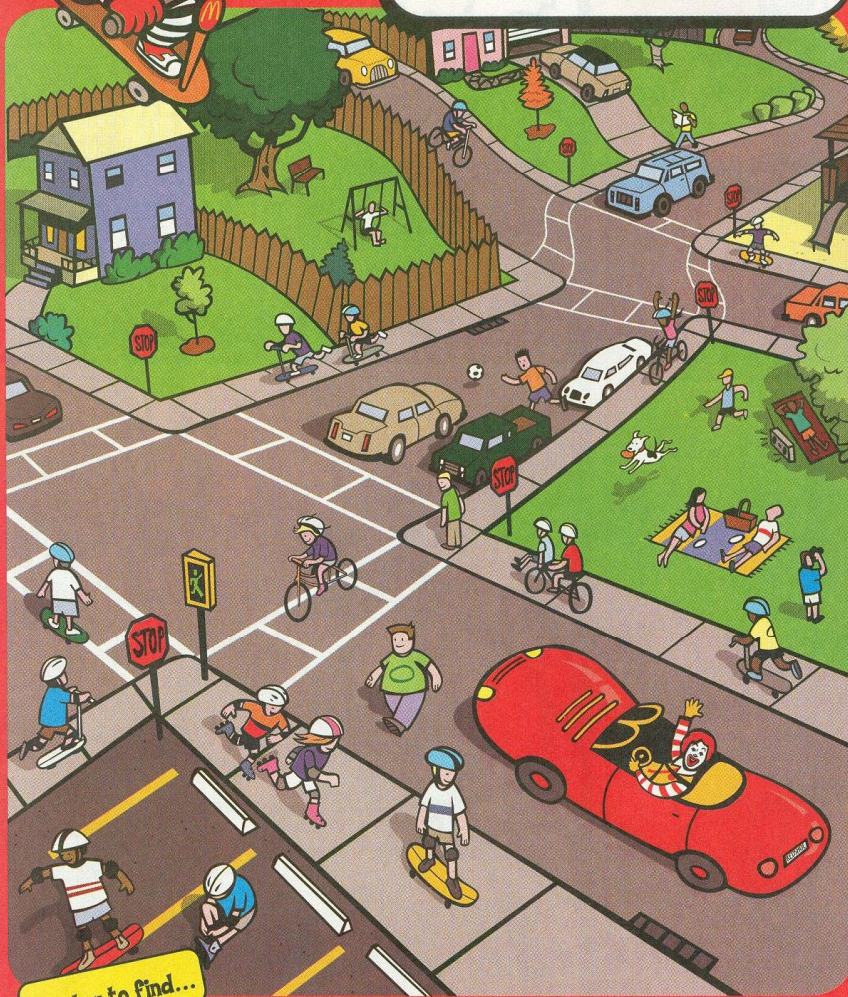
4

Safety Search

Answers on page 10.

Six kids in this picture aren't following good road safety. Circle the kids who are doing something unsafe.

Hint: You can find good road safety rules throughout the magazine.



Also, try to find...

How many kids are wearing helmets?

How many are in-line skaters?

5

Safety St.

Here are some things to think about before you head out on the road.

Eyes: Keep your eyes open for pedestrians and cars coming out of driveways.

Shoulder: When riding your bike, always shoulder-check before turning.

Elbow pads, kneepads and wrist guards: When out for a ride, pads will help protect you from serious injuries if you fall.

Shoelaces: Shoelaces should always be tied, or they might get caught in your bicycle chain or wheels.

Helmet: Always wear a helmet that fits you properly, when riding your bike.

Hair: If you have long hair, keep it in a ponytail and out of the way.

Ears: Listen for cars coming behind you and at intersections.

Arms: Use your arms for correct signals when turning or stopping on your bike.

Hands: When riding your bike, keep both hands on the handlebars unless signaling.

Brightly colored clothing: It's easier for drivers to see you, when you wear bright or neon colored clothing.

Heads Up! Here are some tips for good helmet fit:

- It fits snugly and sits level on your head – two finger widths above your eyebrows.
- It's not too far back. (If it is, the helmet won't protect the front of your head.)
- It's not too far forward. (If it is, the helmet won't protect the back of your head.)
- Once strapped on, your helmet shouldn't move forward, backward, or come off.
- It's important to wear an approved safety helmet every time you ride. Remember, a helmet that's damaged can't protect you! If your helmet is ever damaged in an accident, it's time to replace it.



6

#1

If your ball rolls into the street you should:

- A) Run out and grab it
- B) Climb a tree and wait for it to roll back
- C) Make sure the road is clear before you go get it

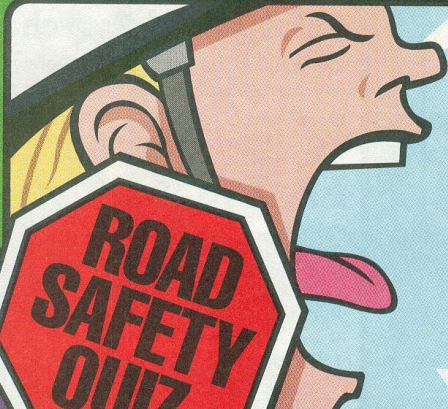


7

#6

If I'm turning left on my bike I should:

- A) Scream "I'm turning left"
- B) Shoulder-check for traffic and make sure it's clear
- C) Turn without looking, because any cars will stop for me



#2

If there is no stop sign or traffic light at an intersection, you should still:

- A) Look both ways before crossing
- B) Quack like a duck before crossing
- C) Check your hair before crossing

#7

When you ride your bike, you should always wear a:

- A) Helmet
- B) Tutu
- C) Smile

#3

You know your seat belt is securely fastened when you hear it:

- A) Whistle B) Click C) Moo

#4

I should wear my seat belt on:

- A) Short trips
- B) Long trips
- C) Every trip

#5

When you learn to ride your bike, you should be able to sit with:

- A) Both feet touching the ground
- B) Both legs crossed
- C) Both hands behind your head

Road Safety Quiz

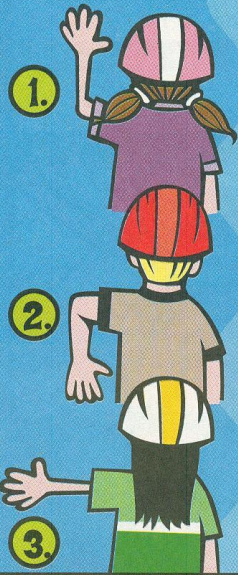
(turn upside down or stand on your head to find out the correct answers!)

1. Never run into the street without making sure the coast is clear.
2. Even if there isn't a sign, always look both ways before passing through an intersection.
3. The trick is the click! That's how you know your seat belt is done up correctly.
4. It doesn't matter how long the trip is, wear your seat belt every time you get in the car.
5. If both feet can touch the ground when learning to ride, you're less likely to fall if you lose your balance.
6. Signaling lets drivers know you're about to turn.
7. Helmets prevent head injury. Wear one whether you're biking, in-line skating, scootering or skateboarding.

Mixed Signals

It's important to use the correct arm signals for turning and stopping on the road. Can you match up these signals?

Answer on page 10.



Jump up.

Left turn.

Right turn.

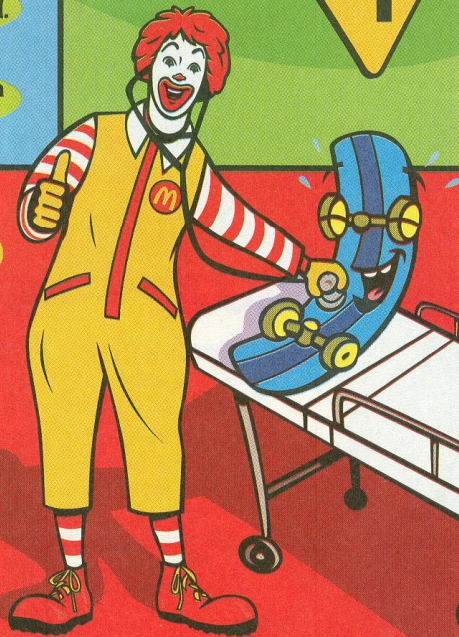
Spin around.

Move forward.

Slowing down or stopping.

Monthly Check-up

Your equipment needs check-ups too! Have a grown-up help you check your equipment at least once a month. Check the brakes and tires on your bike. Check brakes on skates and scooters too, and make sure none of the wheels on your skates, skateboards or scooters are loose.



Safety Word Search

Can you find the following road safety words in the word search?

- | | | | |
|--------|----------|------------|--------------|
| Green | Cars | Yield | Headlight |
| Walk | Driveway | Signs | Kneepads |
| Lane | Traffic | Helmet | Intersection |
| Safety | Brakes | Look | Reflector |
| Stop | Wheels | Pedestrian | |

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

Answers on page 10.



Crosstown Challenge

How to play: Begin by placing your finger at any Start path and answer True or False to the question on each square to get to the Park safely. Answer on page 10.

Start

Q. It's OK to run out into the street after a ball. **True**

Q. Always watch for cars coming out of driveways. **True**

Q. Riding a bike that's too big for you can be dangerous. **False**

Q. You should only cross the street at the corner or crosswalk. **True**

Q. It's safe to double up on a bike or skateboard. **True**

Q. Getting closer! **False**

Q. That's not right... start over!

Q. You're lost! Try again.

Q. You're lost! Try again.

the PARK

Finish Great job!

10

Get into Gear

One bike in each row is different. Can you spot which bike it is? Look closely!

Answer below.



1.



2.



3.

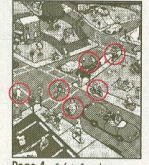


4.

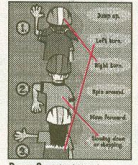


Answers

Page 3 - Light Lesson
STOP
CAUTION
WALK
WALK



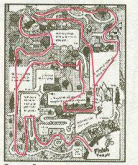
Page 4 - Safety Search
• 16 kids are wearing helmets
• 3 are in-line skaters



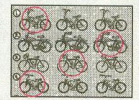
Page 8 - Mixed Signals



Page 8 - Safety Word Search



Page 9 - Crosstown Challenge



Page 10 - Get into Gear

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11

Your first name: _____ Age: _____



Use your creative energy and draw a picture of yourself playing safely.

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