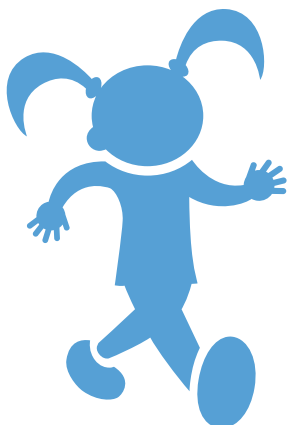




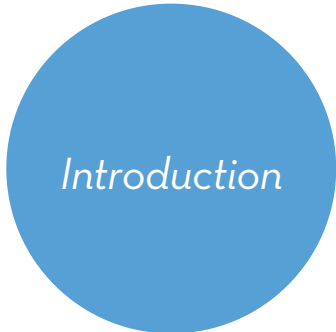
EAST CENTRAL WISCONSIN

# 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.**

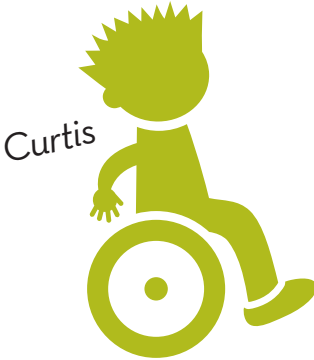
Use this guide to begin a dialogue with your child and help them engage in smart, life-long walking and bicycling safety behaviors.

### 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.*



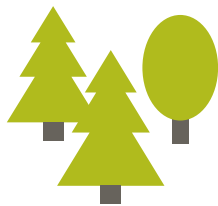
**I LIKE WALKING AND BICYCLING TO SCHOOL BECAUSE I GET TO HANG OUT WITH MY FRIENDS AND IT MAKES ME FEEL GOOD!**

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.

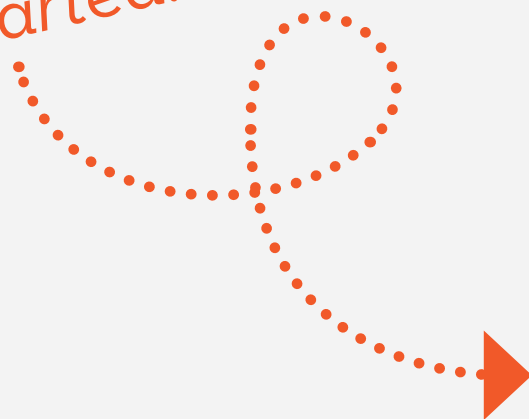
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**BE BRIGHT! BE SAFE! BE SEEN!**

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

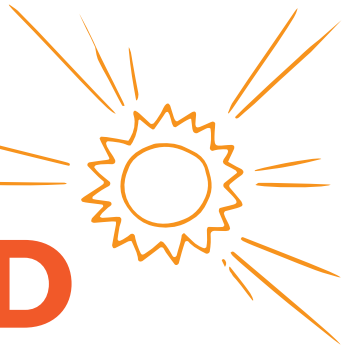


Let's get started!



It's

# WARM AND SUNNY OUTSIDE



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

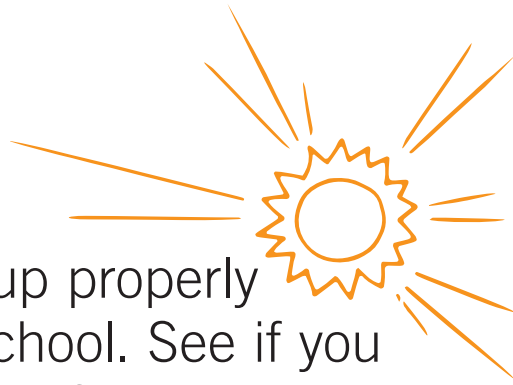


Answers!



# Answers:

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

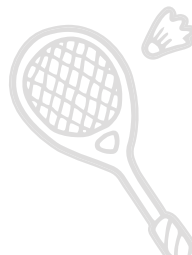


**WEAR REFLECTIVE GEAR SO YOU CAN BE SEEN.**

**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:

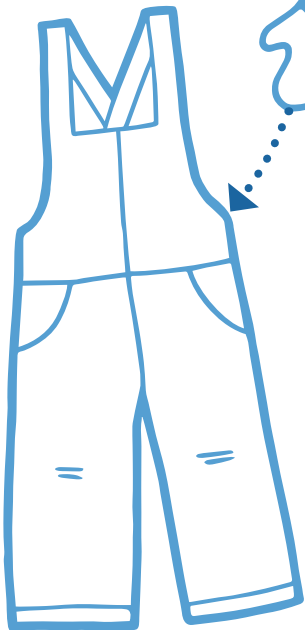
Sarah is now dressed properly and ready to go to school. See if you can memorize these safety tips:



**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.**



**WHEN IT'S DARK OUTSIDE, BRING A LIGHT WHEN WALKING.**



**WATERPROOF BOOTS ARE BEST!**



# 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

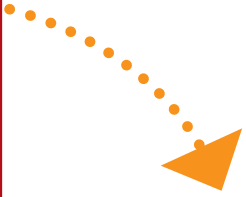
continue. Now it's your friend's turn. I spy with my little eye something

\_\_\_\_\_ 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**



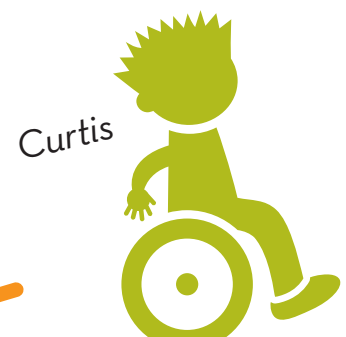
and more

# 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

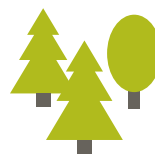
Do you see any of these objects along your route? **ADD THEM TO YOUR MAP.**



Lake or River



Stop Sign



Trees



Crossing Guard



Stop Light



Building



Crosswalk

Start!



Home



Friend's house

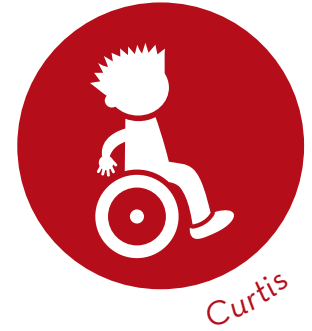


School



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>	<b>SIDEWALK</b>	<b>RIGHT</b>	<b>SIGNS</b>
	<b>DRIVERS</b>	<b>TRAFFIC</b>	<b>SAME</b>
	<b>AGAINST</b>	<b>STOP</b>	<b>LIGHTS</b>

Write your answers:

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

---

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

---

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

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

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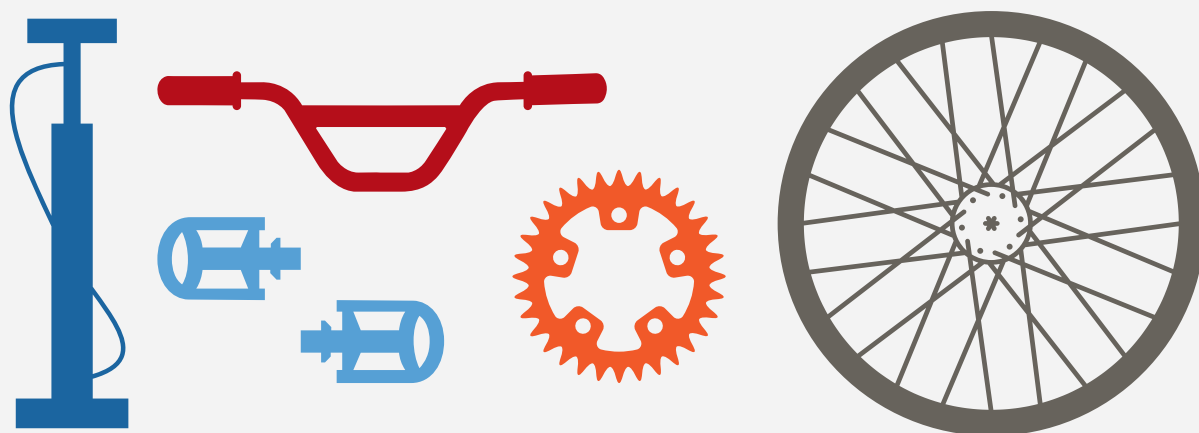
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**5** Always stop at stop **SSING** and stop **CSIHLT**.

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# BASIC BIKE MAINTENANCE & SAFETY TIPS

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**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?

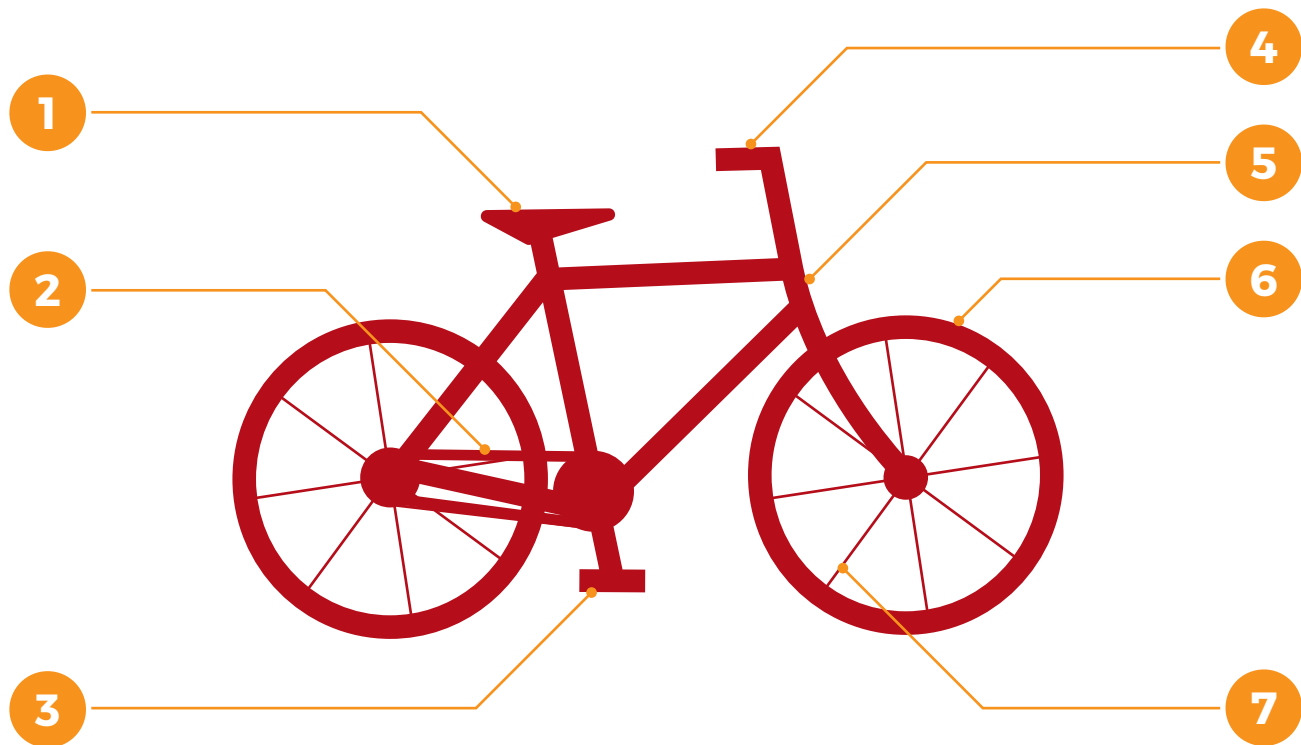
Let's get started!



# 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.



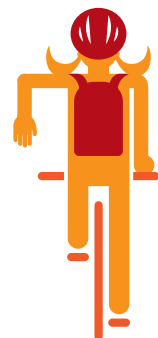
**LEFT TURN** (point left)



*or*



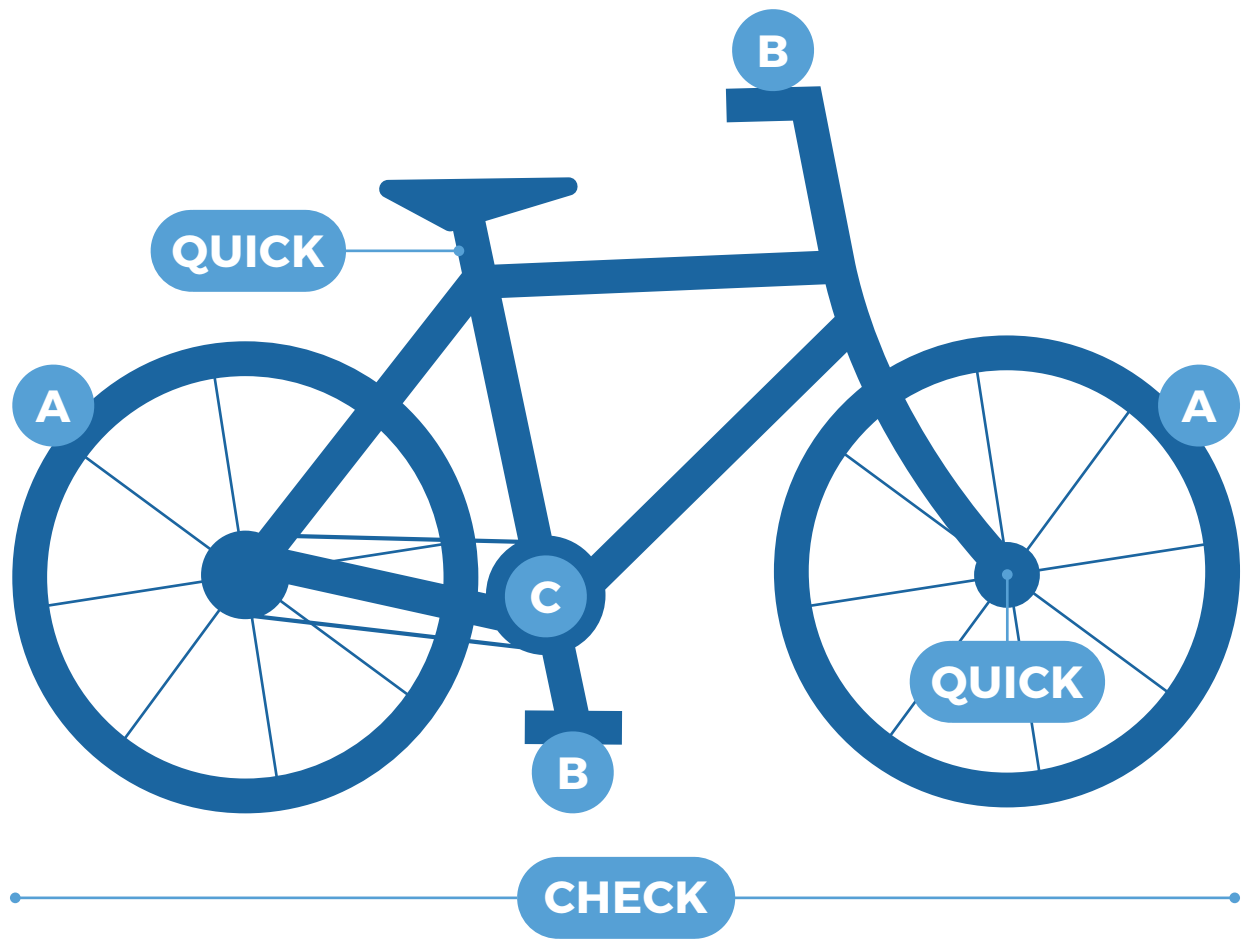
**RIGHT TURN** (point right)



**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*.

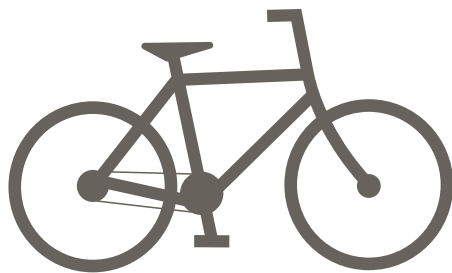
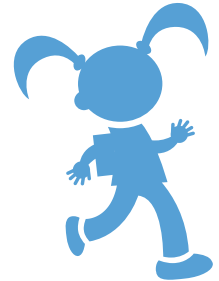
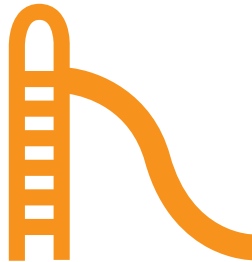
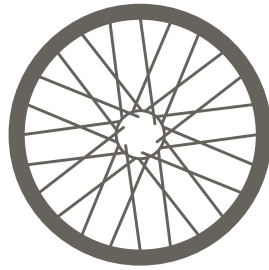
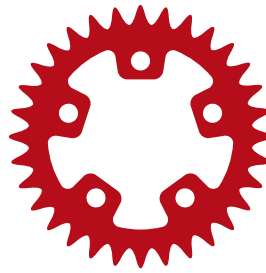
The chain should move freely, be lightly oiled, and be free of rust and gunk.

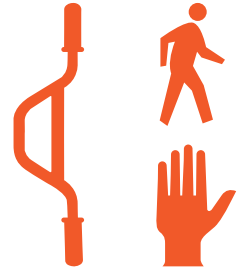
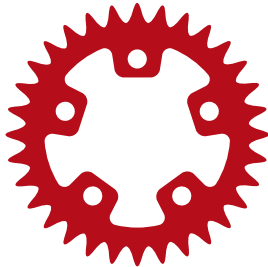
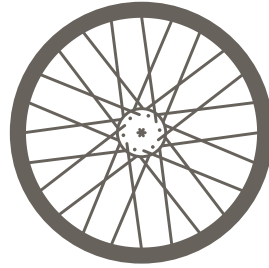
**QUICK** is for *Quick Release*.

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:

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East Central Wisconsin  
Regional Safe Routes to School Program  
[eastcentralsrts.org](http://eastcentralsrts.org)

East Central Wisconsin Regional Planning Commission  
[www.ecwrpc.org](http://www.ecwrpc.org)

Wisconsin Department of Transportation  
[wisconsin.gov](http://wisconsin.gov)

Wisconsin Bike Fed  
[www.bfw.org](http://www.bfw.org)

Federal Highway Administration  
[www.fhwa.dot.gov](http://www.fhwa.dot.gov)

National Center for Safe Routes to School  
[www.saferoutesinfo.org](http://www.saferoutesinfo.org)

Safe Routes to School National Partnership  
[www.saferoutespartnership.org](http://www.saferoutespartnership.org)



Funded by the East Central Wisconsin  
Regional Planning Commission  
and the Wisconsin Department of  
Transportation.

