

BICYCLE AND PEDESTRIAN SAFETY LESSON PLAN TK-3



SUBJECT

Teaching elementary school children the importance of bicycle and pedestrian safety at a young age.



AGE LEVEL

This plan is recommended for transitional kindergarten to third grades (ages 4-8).

BACKGROUND

Most young kids between the ages of 4-8 do not yet fully grasp the dangers of traffic. At this age, kids may be impulsive and still learning to use their peripheral vision and decision making skills to process information, like fast moving traffic. In addition, young kids may have trouble locating sounds and may not be able to tell where a car is coming from while they are walking or riding a bike. The California Office of Traffic Safety encourages educators, parents and guardians to teach kids traffic safety habits at a young age to help prepare them to be as safe as possible as they continue to grow into young adults.

GOAL

The purpose of this lesson plan is to prepare young kids to walk and bike safely when in areas where cars, trucks and other motor vehicles are all on the road. It's imperative that young children realize that there are very real dangers associated with walking and riding a bike.

PEDESTRIAN SAFETY

Activity: Start by asking kids: What is a PEDESTRIAN?

Q: Raise your thumb if you know what a **pedestrian** is?

> **A:** A person who is walking.

Q: Am I a pedestrian if I am walking on a sidewalk? Show me a thumbs up if you think I am a pedestrian.

> Students should show thumbs up.

Q: If I am riding in the back seat of a car, am I a pedestrian?

> Students should show thumbs down.

Q: If I am riding in a car and then I pull up to a store and I park the car and then walk to the store, am I a pedestrian?

> Students should show thumbs up.

Q: Raise your hand if you have been a pedestrian today.

> All students should raise their hands.

Teaching Young Kids How to be Safe Pedestrians

Kids learn real life experiences when they learn from adults. Teach kids:

- 1 To hold hands with an adult in parking lots or while walking anywhere a car might be.
- 2 That drivers may not be able to see them due to their smaller stature/size.
- 3 To make eye contact with drivers and look left, right and left again before crossing the street.
- 4 To be especially alert for cars that are turning or backing up.
- 5 Not to run out into the street, or dart between parked cars.
- 6 Put phones, headphones and other distracting devices down while crossing the street.
- 7 To always cross the street at a crosswalk or intersection with a stop sign or signal to ensure drivers can see them.
- 8 Follow the rules of the road, and obey signs and signals.
- 9 Be visible at all times. Wear bright clothing during the day, and wear reflective materials at night.
- 10 Walk on sidewalks, whenever they are available.
- 11 That it is difficult to judge the speed of cars, how far away they are and which direction traffic sounds are coming from.

Activity:

Ask the children who can help them to cross the street safely and have them draw a picture (i.e. parent, guardian, older sibling, or crossing guard).

ROAD SIGNS



Stop Sign: Cars and bikes must stop at the intersection. But, always make sure drivers and bicyclists obey this sign before you cross the street.



Don't Walk Signal: It is not safe to cross the street because cars are still moving where you need to cross.



Walk Signal: It's your turn to walk. But, even if you see this symbol, ALWAYS look both ways for cars before crossing.



Railroad Crossing: You are at a railroad crossing. Look both ways, and listen carefully for trains. Remember, they move extremely fast!



School Crossing: You are near a school. Look carefully for nearby cars and follow directions if you see a crossing guard.

Videos

Show the following pedestrian safety videos to the class:

- > ["Walk Safely" Info Video](#) (California Office of Traffic Safety) *May require teacher to narrate*
- > [Pedestrian Safer Journey Video](#) (Federal Highway Administration)

Worksheets

Distribute the following pedestrian safety worksheets to the class:

- > [Spot the Safe Behavior](#)
- > [Go Safely Activity Book](#)

BICYCLE SAFETY

Activity: Start by asking kids: How many of you know how to ride a bike?

- > Give me a thumbs up if you know how to ride a bike?
- > Give me a thumbs up if you ever ride your bike alone?
- > Give me a thumbs up if you ever ride your bike with a friend, sibling or parent?
- > Give me a thumbs up if you already know that bikes are considered vehicles? If you didn't already, give me a thumbs down.
- > Give me a thumbs up if you know that in California, you **MUST** wear a helmet if you aren't 18. Raise your hands if you already knew that. Put your thumbs down if you didn't already know that.

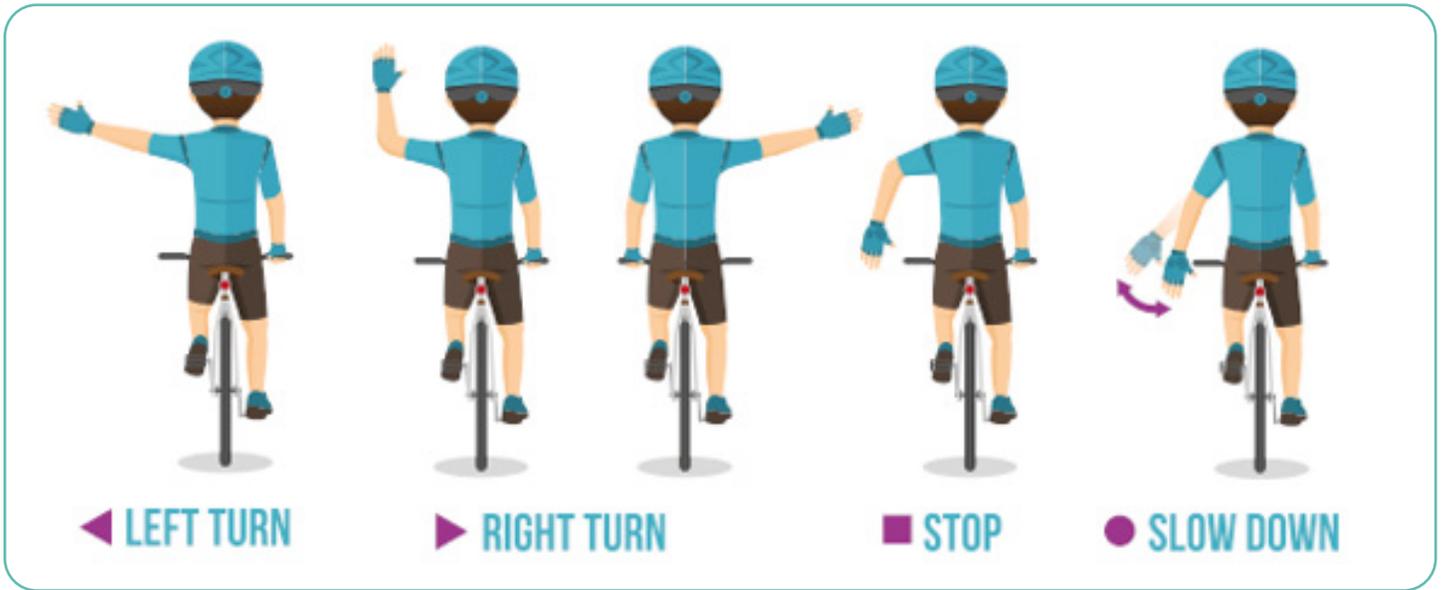
Teaching Young Kids to Ride Bicycles Safely

Teach kids:

- 1** Wear a properly-fitted helmet. It should be nice and snug. If it tilts back on your head or goes into your eyes, it is too loose. Have mom, dad or another adult help you tighten it.
- 2** Make sure you are comfortable. Have a parent or guardian check that the seat and handlebars are where they need to be. Your feet should be able to easily reach the pedals and ground.
- 3** Obey street signs, signals, and road markings.
- 4** If you aren't comfortable on a bike alone, ask an adult to go with you. Ride together until you are comfortable enough to ride without an adult.
- 5** Ask an adult to do an "ABC" Check
 - A. AIR.** Check to make sure there's enough air and the tires are not flat or worn down.
 - B. BRAKES.** Spin the wheel. There should not be anything rubbing against it. The brake pads should also not rub on the tire or spokes. Check hand brakes and foot pedal brakes to make sure they work.
 - C. CHAINS.** It should feel smooth and be slippery when you touch it.
- 6** Don't text, listen to music, use a phone or do anything that distracts you.
- 7** Keep your eyes on the road at all times.
- 8** Use hand signals so drivers know what to expect.

Activity:

Call on the kids one by one and have them show you hand signals.



Videos

Show the following pedestrian safety videos to the class:

- > [Bicycle Safety Video](#) (California Office of Traffic Safety) *May require teacher to narrate*
- > [Bicycle Safer Journey Video](#) (Federal Highway Administration)

Worksheets

Distribute the following bicycle safety worksheets to the class:

- > [Design Your Dream Helmet](#)
- > [Design Your Own Bike](#)

Additional Guides

- > [Best Practices for Safe Crossing](#)
- > [Walking in Bad Weather](#)
- > [Pedestrian Safety Infographic Card](#)
- > [Pedestrian Safety Poster](#)

Additional Resources

- > www.gosafelyca.org
- > www.ots.ca.gov

gosafelyca.org

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