Safe Routes Start at Home

Bye-bye Boredom
Get active. Get outside. Get going!

Make it
1. Cut out each square.
2. Fold each one.
3. Place folded squares in a jar or cup.
4. When you feel like doing something fun, pick a square from the jar and get busy!

Count how many animals you see on a 15-minute walk. (Don’t forget to look up!)

Decorate your bike helmet or walking shoes.

Have a Fast WALK Race. (No running!)

Run a mile, and time it.
1 mile = 4 laps around a track

Practice hand signals. Try using them on a bike while riding in a park or quiet street.

STOP  LEFT  RIGHT or RIGHT

Read a book about your favorite sport or hobby.

Learn the sign for BICYCLE in American Sign Language.
Look online to learn more signs!

Bike with a buddy to the closest field or park. Have a footrace when you get there. GO!

Walk to your school and count how many bikes you see along the way.

Wash your bike. Make it shine!

Dare: Go for a neighborhood walk in your pajamas.

Walk to the park that is nearest to your home. Bring a picnic!

Make a map of your community. Add your house, parks, schools, bus stops, and more!

Draw a map of your community. Add your house, parks, schools, bus stops, and more!

Have a SLOW Bike Race. Mark START and FINISH lines. See who can bike it the slowest!

Make RED LIGHT and GREEN LIGHT hand signs. Then play “Red Light Green Light!”

Draw a picture about why you like to ride a bike.

First!
Get permission from a parent or caregiver before starting these activities.

At Home Activity

At a park or on a quiet street, practice riding a bike in a straight line while quickly glancing behind you to check for cars.