

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!)

Run a mile, and time it.

1 mile = 4 laps around a track

Jump rope for 5 minutes.

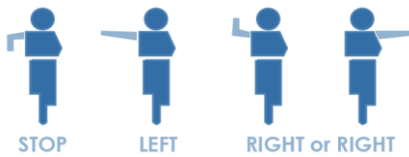
Wash your bike. Make it shine!

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!"

Decorate your bike helmet or walking shoes.

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



Dare: Go for a neighborhood walk in your pajamas.

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

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

Have a **Fast WALK Race**. (No running!)

Read a book about your favorite sport or hobby.

Learn the sign for BICYCLE in American Sign Language



Look online to learn more signs!

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.

First!

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