WALK, BIKE & ROLL with STREET SMARTS SAFETY

CCTA
CONTRA COSTA TRANSPORTATION AUTHORITY

POWERED BY CCTA
Street Smarts
CONTRA COSTA

Start with a Pop Quiz

True or **False?**

1. _____ Traffic signs and signals are just for people in cars.

2. _____ To be safe when crossing the street, the only thing you need to do is use a crosswalk.

3. _____ Making eye contact with drivers before crossing the street is an important Street Smarts habit.

4. _____ Helmets are required for bike riding, but not for riding a scooter or skateboard.

5. _____ Walking and biking to school are great ways to get exercise.

Answers: 1. False, 2. False, 3. True, 4. False, 5. True

Color the places you could walk or bike to.

I like to walk and bike!

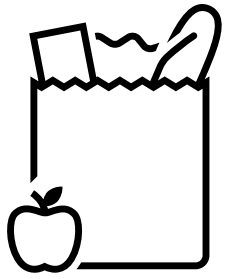
My name is _____.

I am _____ years old.

My favorite place to bike or walk to:

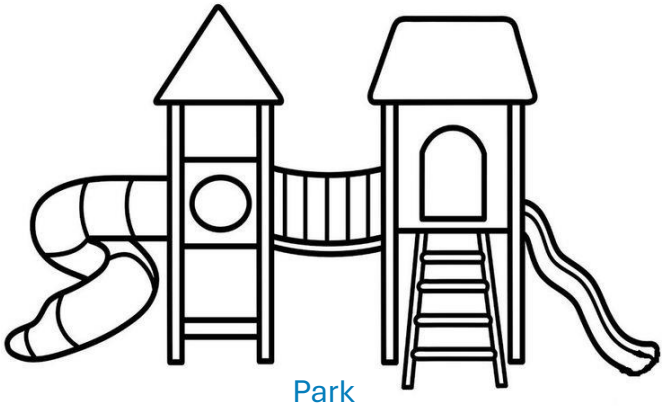
_____.

Soccer field

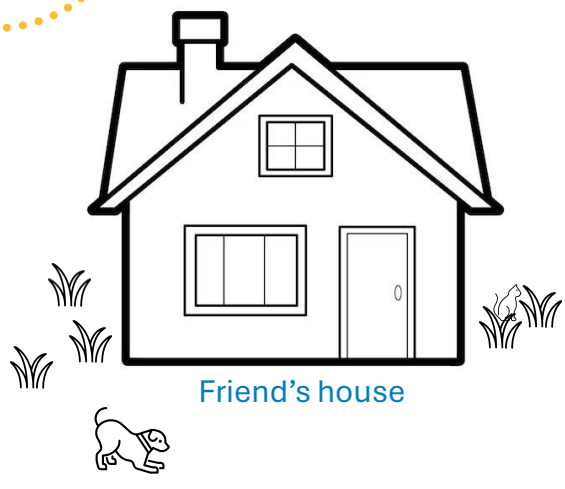


Store

School



Park



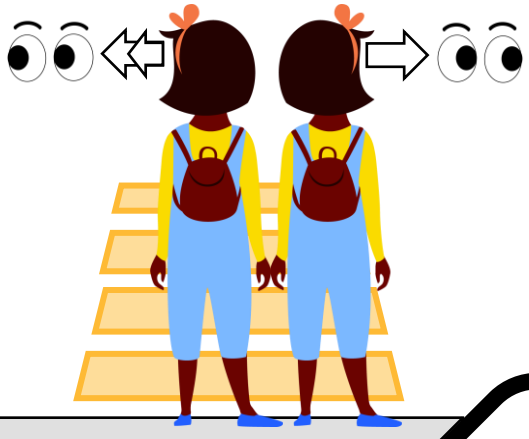
Friend's house

Be a Street Smart Cookie

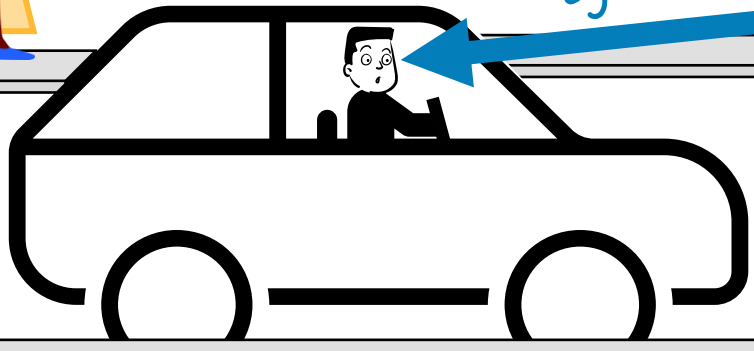
To bake cookies, you need ingredients like butter, sugar, and flour. To walk safely, you need Street Smarts ingredients like crosswalks, eye contact, and looking both ways.
Color all the **Street Smarts ingredients** you see below.

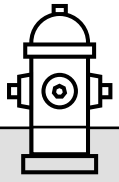
Obey Signs

Look LEFT, RIGHT, LEFT

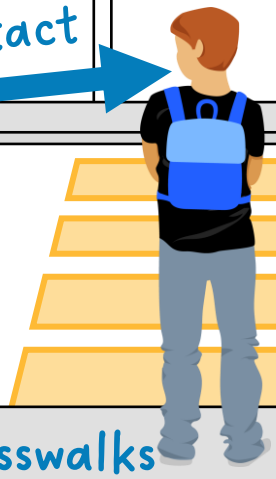


Eye Contact





Sidewalk



Crosswalks

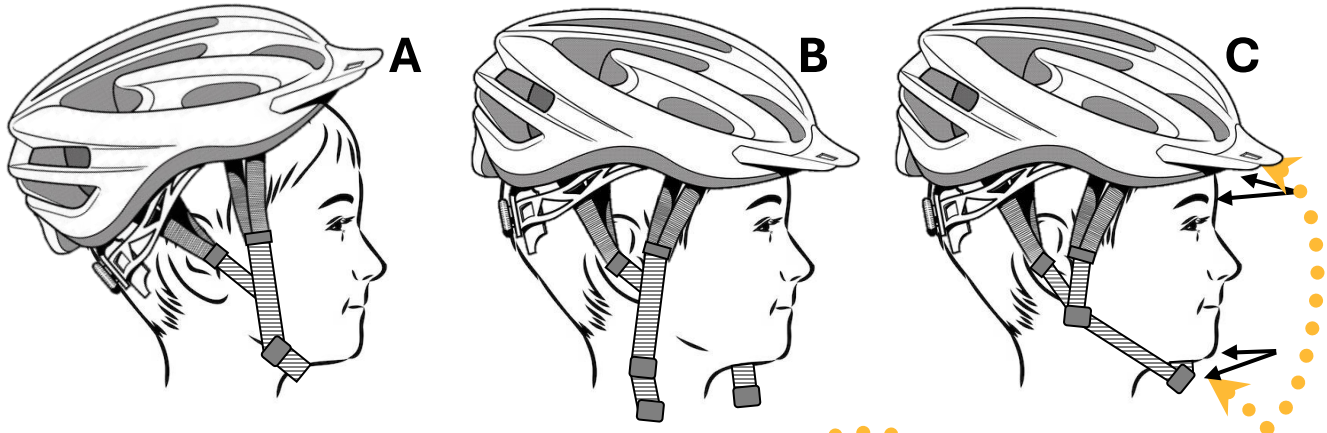
Sturdy shoes

Bright or Reflective clothes

Ride Safely

Before you hit the road...

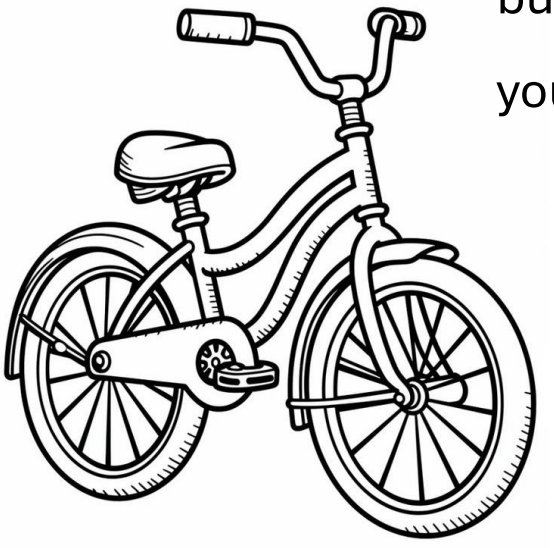
Wear a helmet every time you ride a bike, scooter, or skateboard. Circle the safest way to wear your helmet.
Hint: it should be snug, level, and buckled under your chin.



Measure 2 Spaces
Fill in the blanks:

Space **two fingers** between the helmet and your eye-_____.

Space **two fingers** between the buckled straps and your _____.



Check Your Bike

1. Are your tires hard?
2. Do your brakes stop the wheels?
3. Are your shoelaces tied?
4. Can you touch the ground with both feet while sitting on the bike?

Answers: Helmet C is safest. Fill in the blanks: eyebrows, chin.

Find a Word

Look Right to Left, Up to Down, and Diagonal

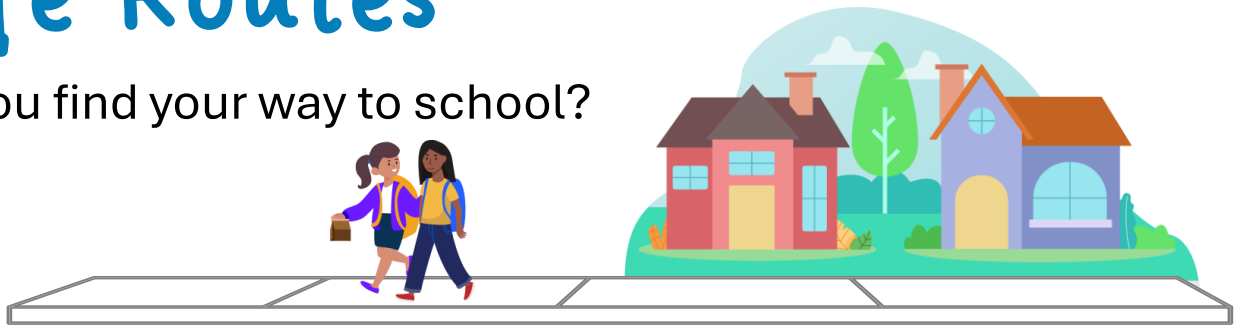
B	P	E	D	E	S	T	R	I	A	N	C
S	U	F	L	O	Y	I	E	L	D	H	U
T	P	S	T	C	C	N	V	M	K	D	S
O	C	C	M	R	B	E	E	P	S	V	K
P	Q	L	O	O	K	V	C	M	F	D	A
X	J	L	E	S	I	G	N	A	L	E	T
R	B	N	F	S	M	Z	A	O	R	B	E
S	I	D	E	W	A	L	K	D	B	S	B
E	C	W	A	A	E	U	K	Q	D	B	O
R	Y	C	S	L	I	S	T	E	N	D	A
Y	C	S	D	K	Y	W	R	T	H	J	R
I	L	V	F	N	K	C	B	A	L	T	D
M	E	J	W	H	E	L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

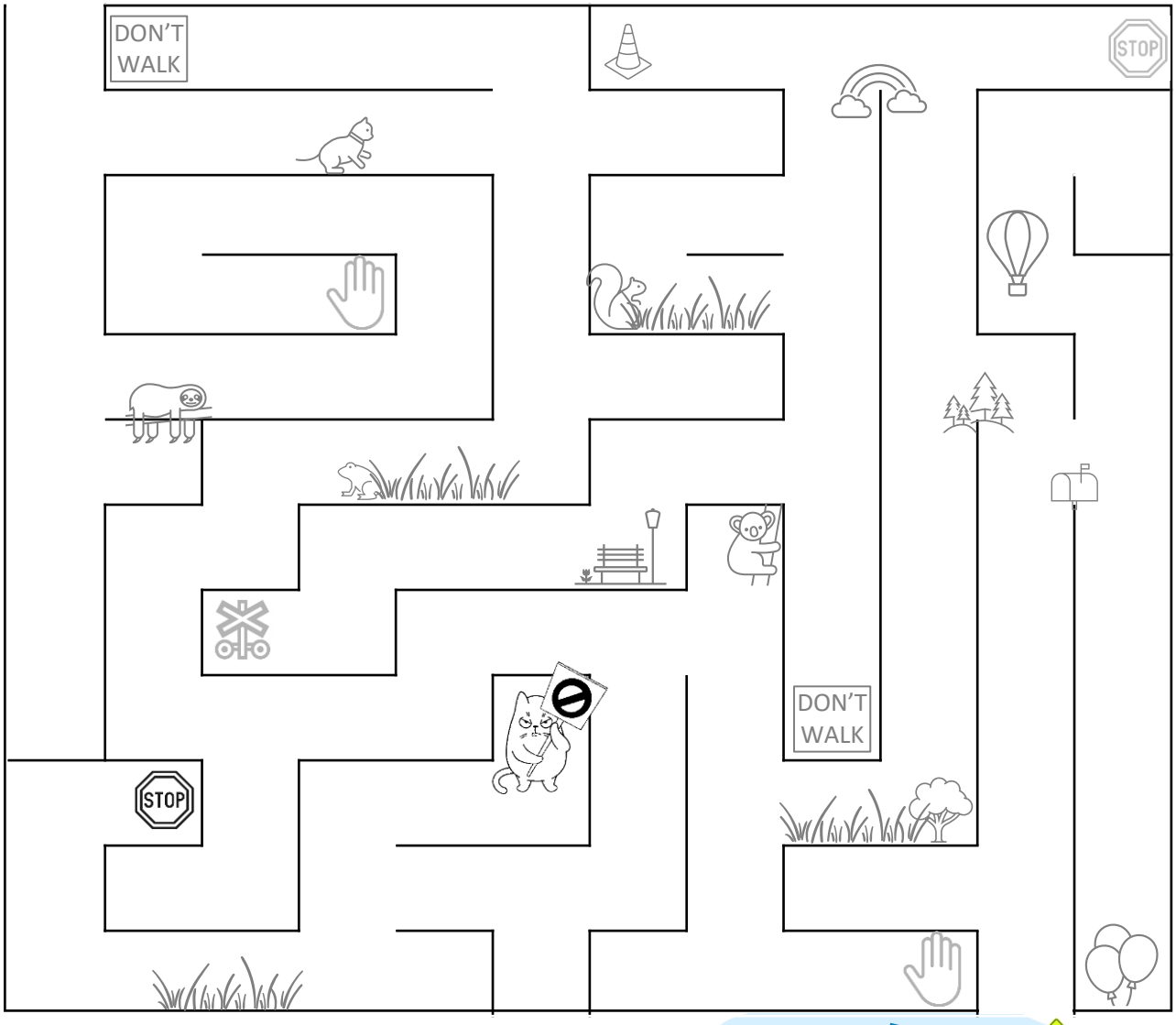
Bus
Yield
Pedestrian
Stop
Look
Cars
Listen
Sidewalk
Crosswalk
Bicycle
Skateboard
Scooter
Reflective
Helmet
Traffic
Signal
MrBeeps

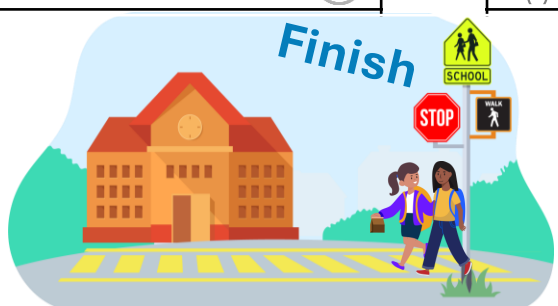
Answer Key on page 14

Safe Routes

Can you find your way to school?







Fill in the Blanks

Brian is getting ready to ride. Can you help him figure out these Street Smarts safety tips before he leaves? Use the words below to fill in the blanks. Look for clues in **BOLD**.

driveways	**straight**	**clothing**	**right**	**air**	**helmet**
eye	**lane**	**hand**	**red**	**brakes**	**lights**
cars	**walk**				

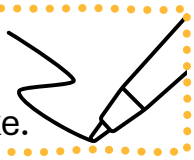
1. Wear a __ __ __ __ __ __ on your **head**.
2. Before starting, make sure your **tires** have enough __ __ __ and your __ __ __ __ __ __ work to **stop** your bike.
3. Ride on the __ __ __ __ __ **hand side** of the road, with the flow of traffic.
4. **Don't weave**, try to ride in a __ __ __ __ __ __ __ __ line instead.
5. **Stop** at stop signs and __ __ __ lights.
6. Be **visible** by wearing bright __ __ __ __ __ __ __ __ and using __ __ __ __ __ __ when it's **dark**.
7. Learn and practice using __ __ __ __ **signals** before turning, stopping, or changing lanes.
8. In **crosswalks**, be sure to get off and __ __ __ __ your bike.
9. Pay extra attention when passing __ __ __ __ __ __ __ __ __ because cars could be **pulling out** and crossing your path.
10. Make __ __ __ **contact** with drivers at intersections and driveways.
11. When riding in the **bike** __ __ __ __, watch out for **parked** __ __ __ __, because the doors might open in your path.

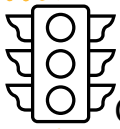
Answers: 1. helmet 2. air, brakes 3. right 4. straight 5. red 6. clothing, lights 7. hand 8. walk 9. driveways 10. eye 11. lane, cars

At home: Get active, get outside, get going!

Close your eyes, point to a square, and do the activity. **Get permission from a parent or guardian before going on a walk or bike ride.** How many can you do?

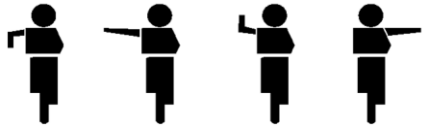
Draw a picture about why you like to ride a bike.





Play Red Light Green Light.

Practice hand signals.



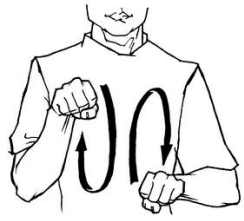
Have a ***SLOW Bike Race.*** Mark START and FINISH lines. See who can bike it the ***slowest!***

Have a ***FAST Walk Race.*** (No running!)

Jump rope for 5 minutes.

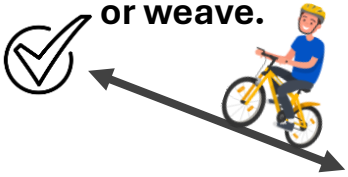
Walk to your school with your family and count how many bikes you see along the way. How many animals? *Don't forget to look up!*

Learn the sign for BICYCLE in American Sign Language

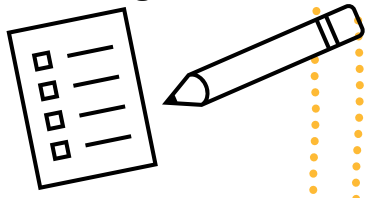


At a park or other place without cars, practice riding your bike **in a straight line** while *quickly* glancing behind you to "check for cars."

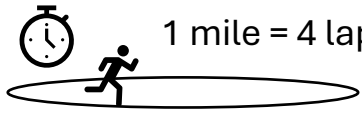
Try <u>not</u> to swerve or weave.



List 5 reasons why walking or biking to school is a good idea.



What's your **Mile Time**? Walk or bike to your local high school. Run a mile at the track and time it.



1 mile = 4 laps

Wash your bike. Make it shine!

Decoding Safety

Can you break the code?

1 = Q	6 = Y	11 = A	16 = H	21 = X	
2 = W	7 = U	12 = S	17 = J	22 = C	
3 = E	8 = I	13 = D	18 = K	23 = V	
4 = R	9 = O	14 = F	19 = L	24 = B	
5 = T	10 = P	15 = G	20 = Z	25 = N	26 = M

Even in a __ __ __ __ __ __ __ __ __, you still have to look all around while crossing.
22 4 9 12 12 2 11 19 18

__ __ __ __ __ __ __ __ __ __ __ with drivers by making eye contact, waving, pointing in the direction you want to go. Wait for the driver to
22 9 26 26 7 25 8 22 11 5 3

__ __ __ __ back before crossing.
2 11 23 3

__ __ __ __ __ __ stepping in the street, always **look left**, **right**, and
24 3 14 9 4 3

__ __ __ __ __ __ __ __ __.
19 3 14 5 11 15 11 8 25

Stop, look, and __ __ __ __ __ __ for cars before crossing.
19 8 12 5 3 25

Walking with a friend or family member is __ __ __ __ safer (and more
26 7 22 16

__ __ __) than walking alone.
14 7 25

Don't use a cell __ __ __ __ __ or play __ __ __ __ __ while walking to school, so you can stay alert to traffic.
10 16 9 25 3 15 11 26 3 12

Answers: crosswalk, communicate, wave, before, left again, listen, much, fun, phone, games

Walk America

Can you imagine walking or biking across the entire United States of America? Try it! Color one state each time you take a walk or ride a bike to school or in your neighborhood. Happy travels!

ONE walk = color 1 state

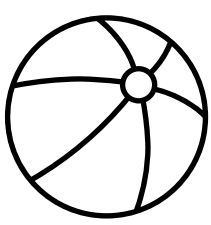
ONE bike ride = color 1 state

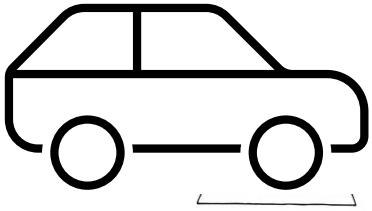
Bonus Challenge! Name each state

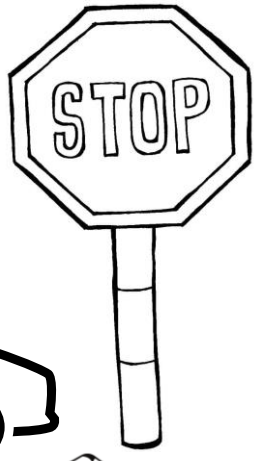
Forget a suitcase, but pack your street smarts!

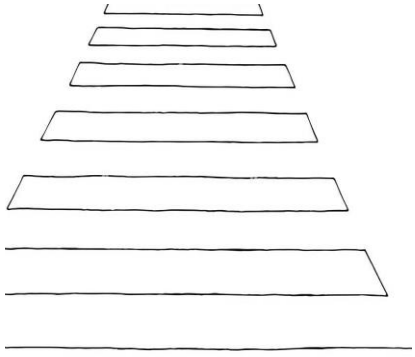
Alert: Eyes Up!

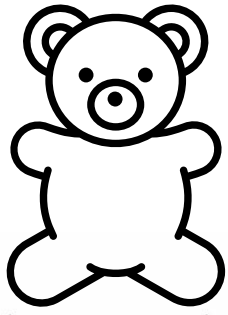
Circle each item you should pay attention to when walking or biking. ~~Cross out~~ the items that could distract you and make you less safe.

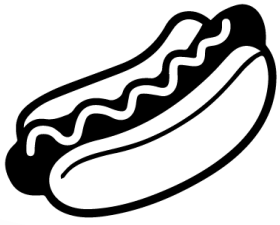


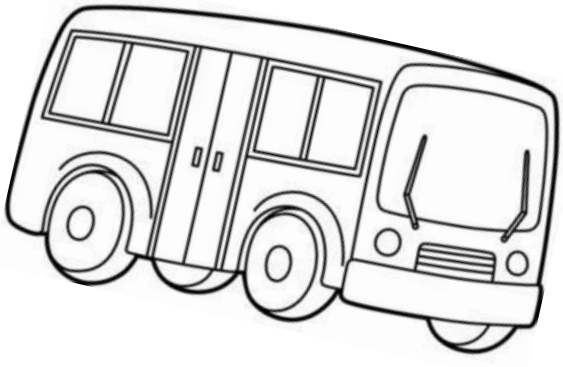


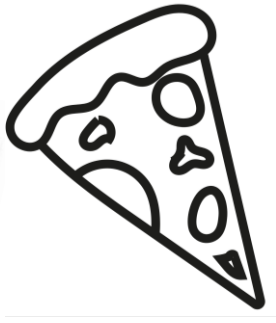


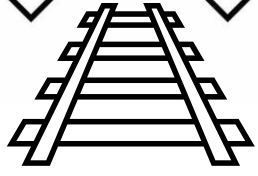


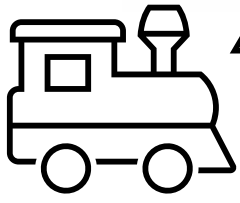








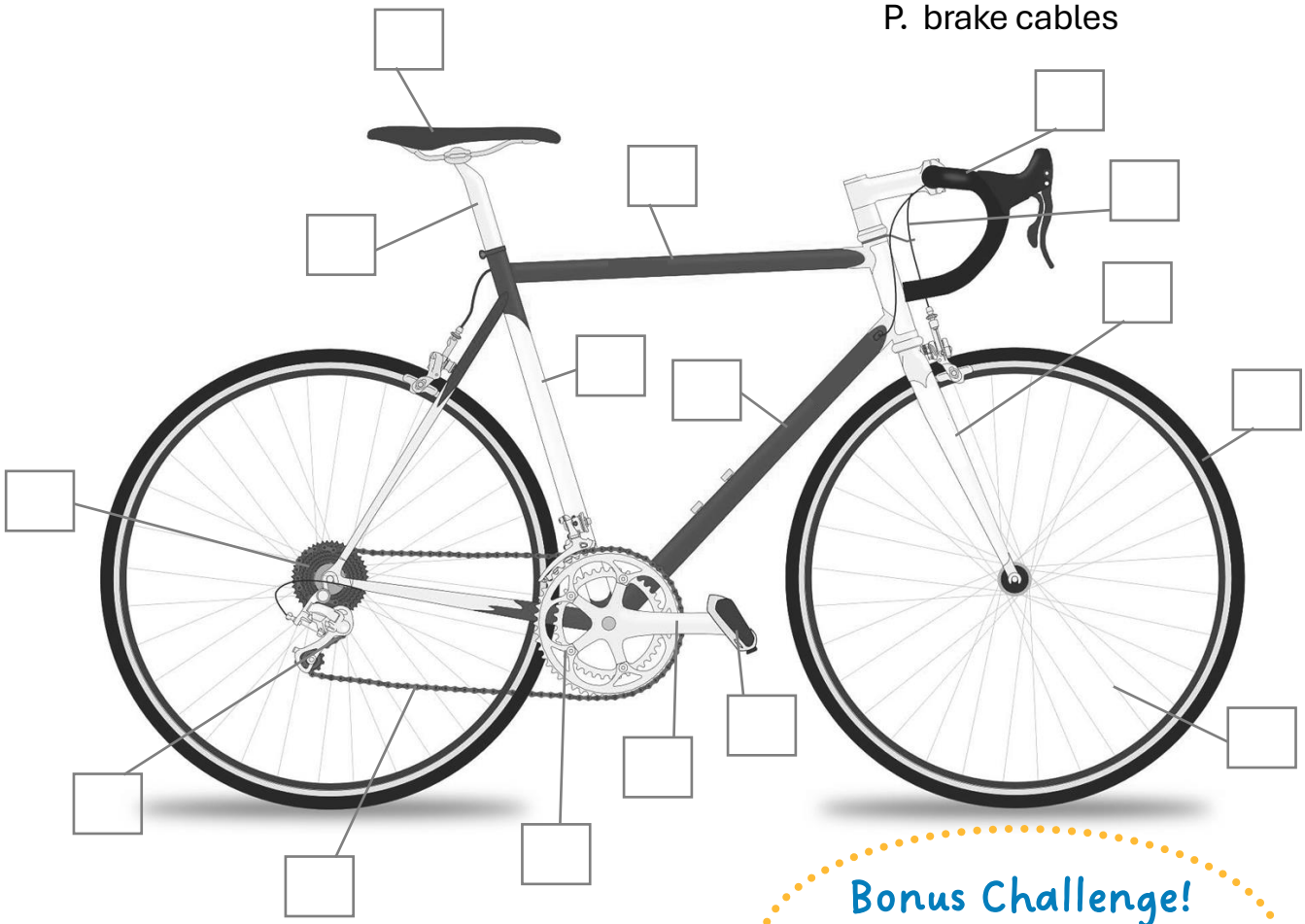




Know Your Bike

Learn the parts of your bike to understand how it works. Fill in the boxes with the correct bike part.

A. top tube
B. down tube
C. seat tube
D. front fork
E. pedal
F. cranks
G. rear hub
H. chain ring
I. rear derailleur
J. chain
K. tire
L. spokes
M. seat
N. seat post
O. handlebars
P. brake cables

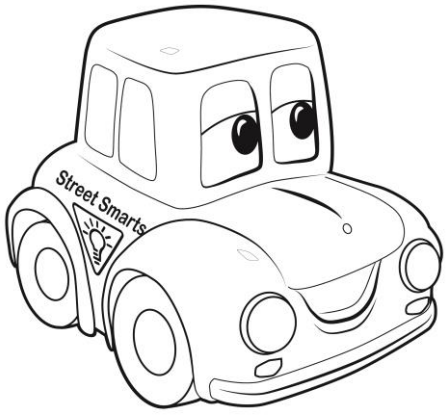


Bonus Challenge!
Find these parts on *your* bike.

Answer Key on page 14

Street Smarts & Cars

Walking or biking to school is a great way to start the day. It provides healthy outdoor exercise and it's great for the environment.



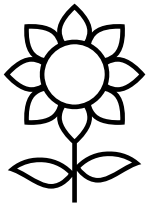
If you get to school in a car:
Try getting dropped off a few blocks away from school and walking the rest of the way!

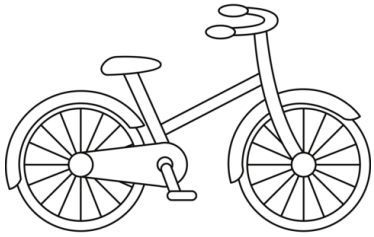
Check the boxes if you know your **Car Smarts:**

- ❑ I always **wear my seat belt**. I ask for help if I can't find it or need help.
- ❑ I never open the car door **until the car has stopped moving**.
- ❑ At school, I get into and out of the car on the right-hand side. It's the **sidewalk side**!
- ❑ I **do not walk between cars**, because they could start moving. I use sidewalks and crosswalks instead.
- ❑ My family and I follow my school's drop off and pick up **rules**.
- ❑ I **carpool** with neighbors when I can. It reduces air pollution!

Just for fun

Which one has PEDALS, and which one has PETALS?





Why did the bike fall over?

*Because it was **two tired**.*

Why did the kid put his bike in the bed?

*Because he didn't want to **sleepwalk**.*

Alert

Visible

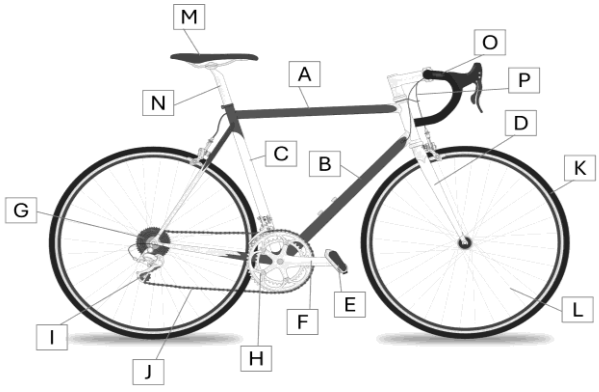
A+ Street Smart Safety Tips:

- ❑ Always tell your parents or guardians **where** you're walking or biking and **when** you'll be home.
- ❑ Always cross in a crosswalk or at an intersection. Never cross between parked cars.

Answer Key

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

Answer Key



Congratulations!

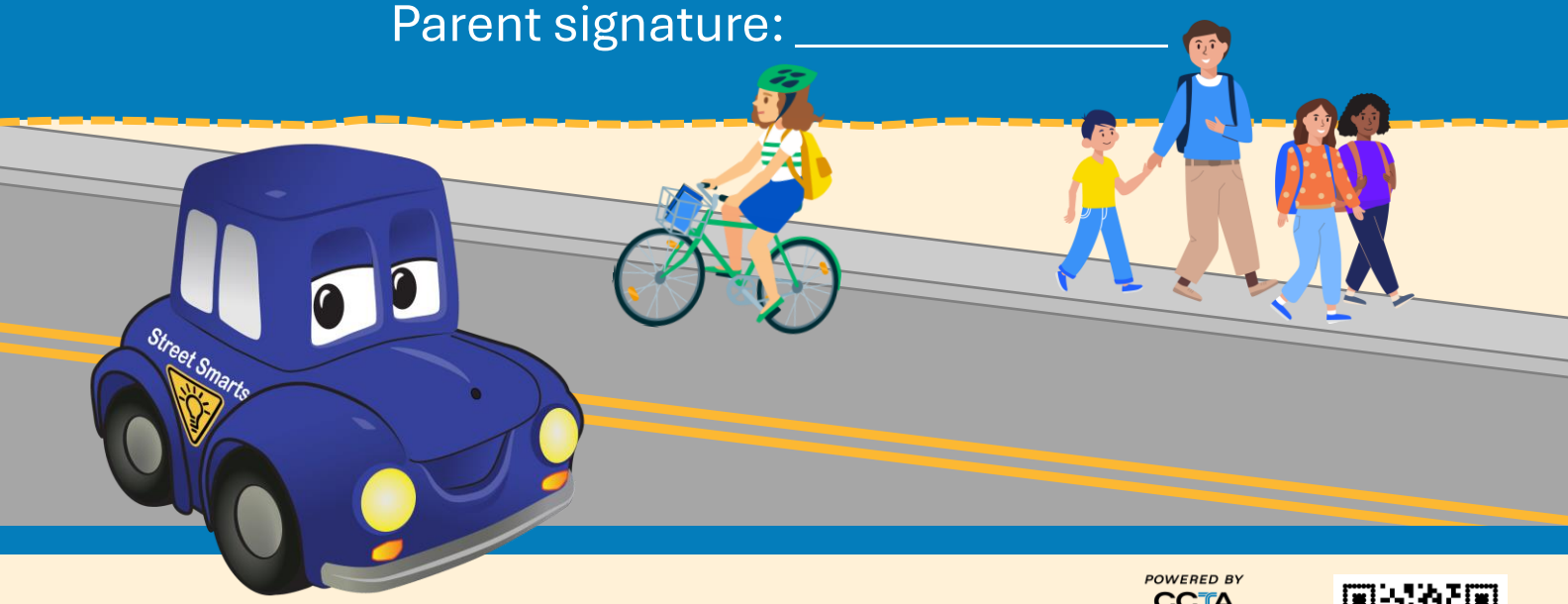
_____ has completed the **STREET SMARTS SAFETY** activity book and is ready to walk & roll. Way to go!

Student signature: _____

Parents:

Please review the contents of this activity book with your child. Continue your child's traffic safety education by modeling safe behavior when walking, biking, and driving.

Parent signature: _____



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