

# Safe Routes Start at Home

## WALK



Walk the route from home to school. Live too far? Walk part way there.

Adjust your helmet straps so that only 1-2 fingers fit between your chin and the straps.

Look Left, Right, and Left again before entering the street.

Keep focused on your surroundings. How many signs do you pass while walking or rolling to school?



## ROLL



Ride on the right side of the street. Try a bike trail: Iron Horse, Delta de Anza, Canal Trail, or other!

Oak trees are native to Contra Costa. Can you spot one in your neighborhood?



Listen for birds while taking a walk. Learn to whistle.

List 5 reasons why walking & biking are better than driving.

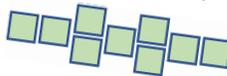


## SCHOOL

Stash a snack, scout a route to the park & score a spot for a mini picnic.

Carry a backpack with a frisbee, ball, or kite. Take a play break at a nearby park.

Hopscotch! Chalk it. Hop it.



Orange is a happy color! Count every orange thing on your route to school.

Look for people walking dogs. Take a walk and count how many you see.



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CCTA

Street Smarts  
CONTRA COSTA

# At Home Activity