You should always perform a bike check before riding to school. Use if you know all the steps to make sure your bike is ready to ride.

1. Check to make sure it doesn’t wobble around.
2. Shake the bike with these to make sure no parts are loose.
3. Squeeze these to make sure they are hard and full of air.
4. Check these to make sure they’re not loose.

Bike CHECK

BONUS

Word HUNT

How many street safety words can you find?

BICYCLE
CARS
CROSSWALK
GO
HOLD
HELMET
PLAY

SCHOOL
SIDEWALK
SHOULDER
STOP
WALK
YIELD

Sometimes, even when you’re following your Safe Routes Map, you may come across things you don’t expect when walking or biking to school. Use the clues below each line to fill in the blanks with any words you choose, and then read the story aloud about being safe near construction.

Last ___ (day of the week) ___ (name of a friend) met me at my house so we could walk to school together. We were following the safest route on our Safe Routes Map when we saw a ___ (construction truck) drive by. We looked down the ___ (sidewalk) and ___ (pavement) and saw construction workers ___ (driving an excavator) and ___ (digging up a sidewalk). There was no way we could ___ (cross) the street— ___ (the sidewalk) would be too unsafe. We turned around, crossed the ___ (street) at the crosswalk and made it to school ___ (safely). Tomorrow, we will ___ (walk) to school again. It was ___ (wet).

Construction SAFETY STORY

BEAT the STREET

Activity Book
Safer Route ADVENTURE

Walk to school can be an adventure especially, if you know the rules of the road and follow your Safe Route Map, which you can get from your principal. Follow the directions in the key to identify things on this sample map that will help keep you safe.

Map Key:
1.  Text: Color all the house green.
2.  Text: Circle all the traffic lights when you read Read or in your map and put a picture of a signal light.
3.  Text: Color all the signs on the map blue.

 TRUE or FALSE
1. Riding in a car gives you exercise and keeps you healthy.
2. When you walk or bike to school, your body feels energized.

TRUE or FALSE
Walking or biking to school instead of riding in a car helps you feel more awake and do better in school.

Note to Parents
The Other Safe Routes Utah programs educate students on how to walk and bike safely to school. These activities are meant to help you plan the transportation (walking or riding) habits with your child, and encourage you to learn and share your child's school walking and biking routes on their school Safe Route Map. You can find your school's map, map tips, and resources at: www.utahsafetyroutes.org.