

# Bike CHECK

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

Check this to make sure it doesn't wiggle around.

2

1

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 stopping the wheels.

## BONUS

What should you wear every time you ride your bike or scooter?



# Word HUNT

How many street safety words can you find?

BICYCLE  
BUS  
CARS  
CROSSWALK  
GO  
HEAD  
HELMET  
PLAY

SAFETY  
SCHOOL  
SEATBELT  
SIGNAL  
SIGNS  
STOP  
WALK  
YIELD

|   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|
| T | K | L | O | O | H | C | S |
| E | L | C | Y | C | I | B | L |
| M | A | E | D | L | E | I | Y |
| L | W | Y | B | P | O | T | S |
| E | S | U | P | T | E | D | N |
| H | S | R | L | F | A | A | G |
| Y | O | W | A | L | K | E | I |
| G | R | S | Y | C | Y | H | S |
| K | C | L | A | N | G | I | S |

# Construction SAFETY STORY

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 about being safe near construction.

Last \_\_\_\_\_, \_\_\_\_\_ 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 saw construction workers \_\_\_\_\_ sidewalks and digging up \_\_\_\_\_.

There was no way we could \_\_\_\_\_ on the sidewalk—it would be too unsafe.

We turned around, crossed the \_\_\_\_\_ at the crosswalk and made it to school

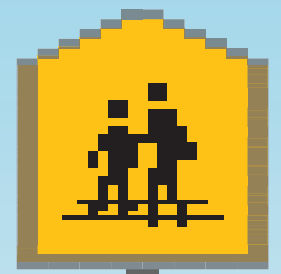
safely. Tomorrow, we will \_\_\_\_\_ to school again. It was \_\_\_\_\_!



A UDOT Program

# BEAT the STREET

## Activity Book



# Safety Signs SEARCH

Do you know the traffic signs and signals that can help you when you are walking or biking to school? Fill in the blanks and then find those words in the word search.



This sign has eight sides and is red. When you're walking or riding your bike or scooter, it tells you to \_\_\_\_\_.



A traffic light has three colors: \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_. The colors tell you what to do. \_\_\_\_\_ means go slow; \_\_\_\_\_ means stop; and green means \_\_\_\_\_.



Every time you cross a street you should always \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.



Be alert while crossing the street. When a car is present, always \_\_\_\_\_ eye \_\_\_\_\_ with the driver before crossing.



Being ready to Beat the Street means wearing your \_\_\_\_\_ when you bike, scooter, hover or skate.

# Safety SCRAMBLE

Unscramble the following words to remind you of the things you know about safe walking and biking.

- 1. asefyt \_\_\_\_\_
- 2. xseireec \_\_\_\_\_
- 3. ssocr trale & dyera \_\_\_\_\_ & \_\_\_\_\_
- 4. ksaroslcw \_\_\_\_\_
- 5. kbie hcek \_\_\_\_\_
- 6. mlehte \_\_\_\_\_
- 7. hribtg scloor \_\_\_\_\_
- 8. olok tboh sway \_\_\_\_\_
- 9. taeb het retes \_\_\_\_\_



## Note to Parents

The UDOT Safe Routes Utah program educates students on how to walk and bike safely to school. These activities are meant to facilitate the discussion of safe walking and biking habits with your child. We encourage you to learn and show your child the safest walking/biking routes on their school's Safe Routes Map. You can find your school's map, free tips and resources at [saferoutes.utah.gov](http://saferoutes.utah.gov).



# Safe Route ADVENTURE

Walking to school can be an adventure, especially if you know the rules of the road and follow your Safe Routes 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:



**First:**  
Color the house green.



**Fourth:**  
Color the school blue.



**Second:**  
Draw two crosswalks near the school where it is safe to cross the street.



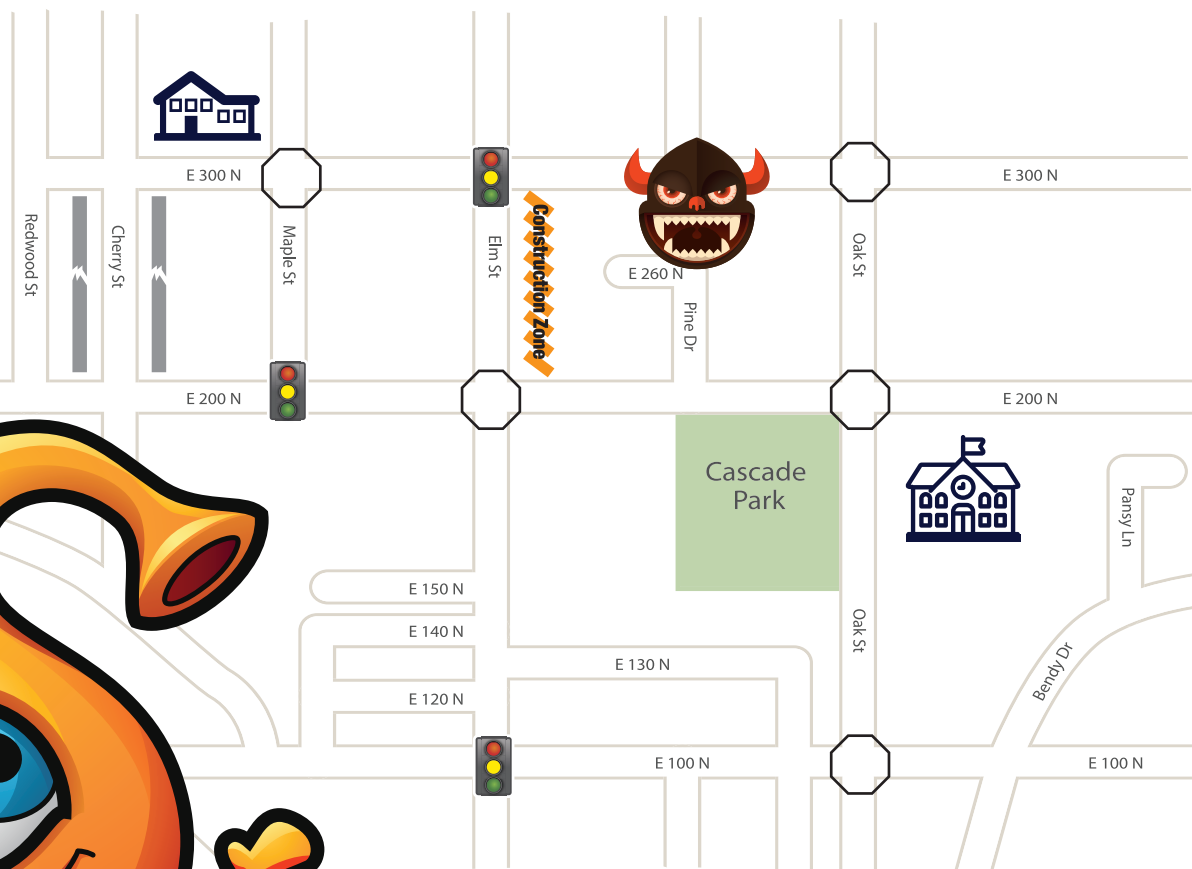
**Fifth:**  
Circle all of the traffic lights where you need to wait to cross until you see a pedestrian crossing signal.



**Third:**  
Color all stop signs on the map red.

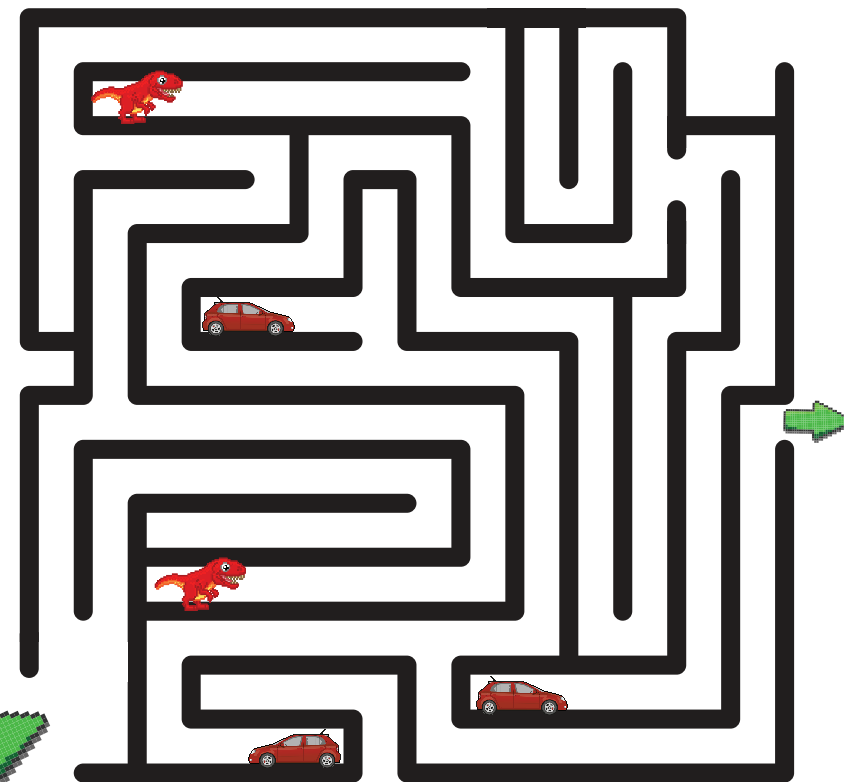
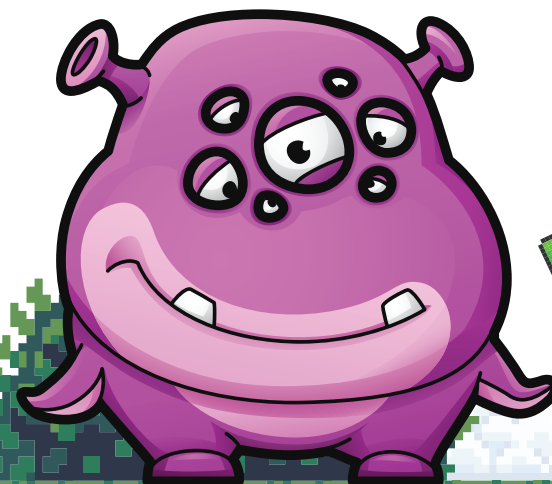


**Sixth:**  
Draw a red X on danger areas on the map where you should avoid walking or biking to school.



# Solve the MAZE

Can you help our friend find his way through the maze? Avoid cars and other hazards to Beat the Street.



Danger areas that should be marked with an X.  
BROKEN SIDEWALK, BOSS MONSTER, CONSTRUCTION ZONE.

ANSWERS: TRUE, FALSE, TRUE, TRUE



# Jumpstart Your Day QUICK QUIZ

TRUE or FALSE

Walking or biking to school is good for your body.

TRUE or FALSE

Riding in a car gives you exercise and keeps you healthy.

TRUE or FALSE

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.