



ACTIVITY #1: SAFETY BASICS

Top Bicycle Safety Rules

1. Always wear a properly fitted bicycle helmet to protect your head - every time you ride.
2. Use a bicycle that is the appropriate size for you, not one that is too big.
3. Before you ride make sure you don't have any loose clothing, drawstrings, or shoelaces; they can get caught in your chain and make you fall.
4. Have an adult check the air in your tires and that your brakes are working before you ride.
5. Wear bright clothes so others can see you at all times of the day.
6. Stay alert at all times; never listen to music when riding. Pay attention and watch for cars, people, and other bicyclists around you.
7. Don't bicycle at night. If you must ride, make sure your bike has reflectors and lights and wear retro-reflective materials on your ankles, wrists, back and helmet.
8. Before you enter any street or intersection check for traffic by looking left-right-left to make sure no cars or trucks are there.
9. Learn and follow the rules of the road.

Rules of the Road

1. When riding in the road, always ride on the right hand side (same direction as traffic).
2. Obey traffic laws, including all the traffic signs and signals.
3. Ride predictably—ride in a straight line, don't weave in and out of traffic.
4. When riding on a sidewalk -- show respect for the people walking on the sidewalk. Ring your bell to let them know you are coming and always pass them on the left.
5. Look for debris on your route that could cause you to fall off your bicycle, like trash, stones, toys.



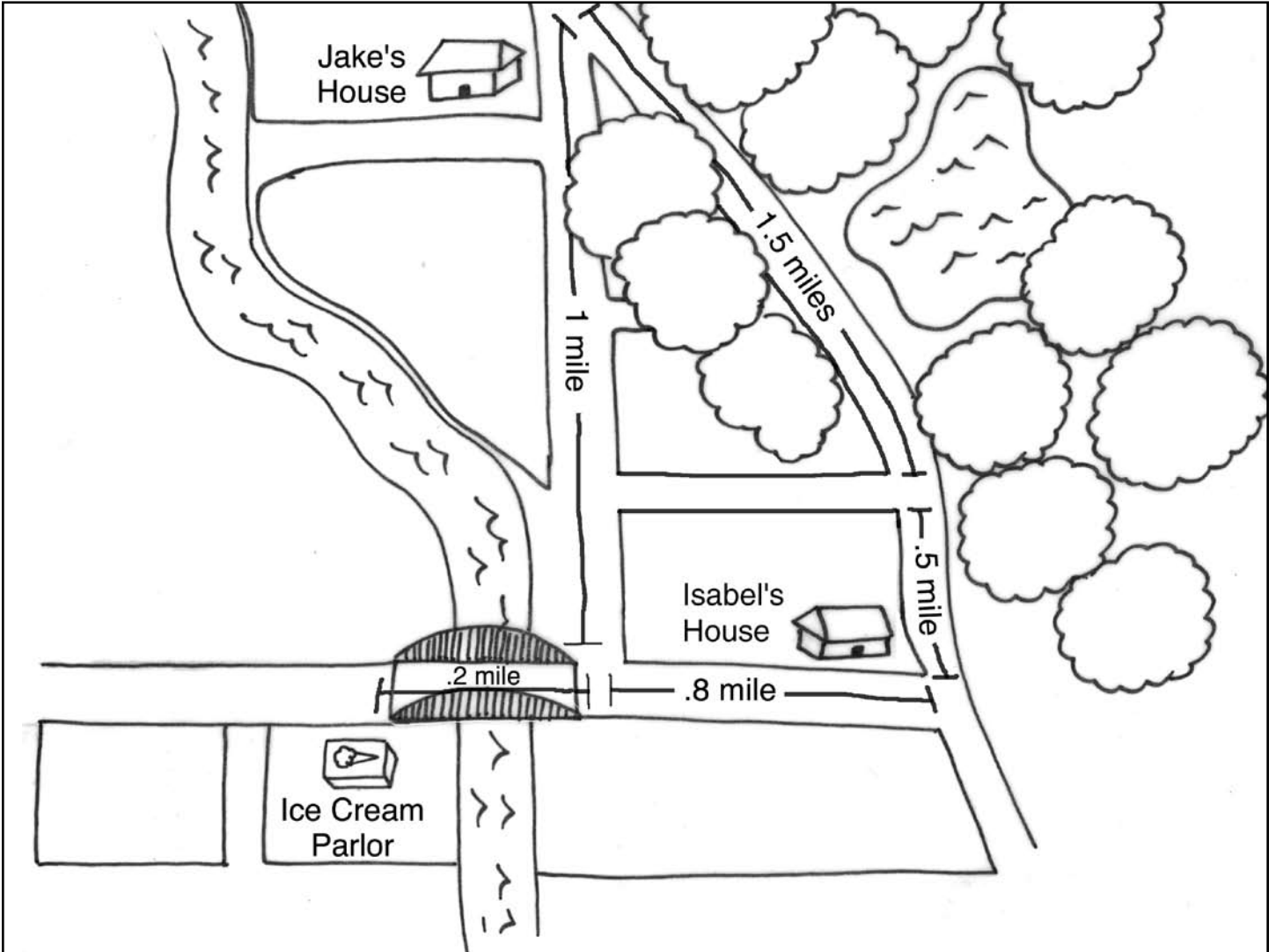
NAME: _____

AGE: _____



ACTIVITY #2: CLOSEST ROUTE

Add the miles on each route, answer the questions and find out which is the shortest route to the ice cream parlor.



Jake and his parents are going to ride their bikes to get ice cream.

How far is Jake's house from Isabel's house if they take the route through the park _____

How far is Jake's house from the ice cream parlor if they take the route by the river _____

How far is Isabel's house from the ice cream parlor _____

Which is the shortest route to the ice cream parlor if Jake and his parents must stop to get Isabel first _____



NAME: _____

AGE: _____



ACTIVITY #3: WORD FIND

Find the words listed on the left in the group of letters on the right. Circle the word when you find it.

| | | | | | | | | | | |
|-------------------|---|---|---|---|---|---|---|---|---|---|
| BICYCLE | N | T | I | Q | N | S | L | Y | A | L |
| SAFETY | A | O | B | C | R | I | D | T | F | I |
| HELMET | M | H | I | N | D | G | O | E | R | S |
| SIGNS | F | T | C | T | X | N | U | F | I | K |
| FUN | E | A | Y | T | C | S | H | A | E | L |
| FRIENDS | R | P | C | R | A | E | M | S | N | Z |
| CAUTION | Y | A | L | A | L | K | T | C | D | S |
| PATH | D | R | E | M | O | Y | C | O | S | M |
| PROTECTION | S | P | E | S | N | A | V | T | R | E |
| SMART | Y | T | C | A | U | T | I | O | N | P |



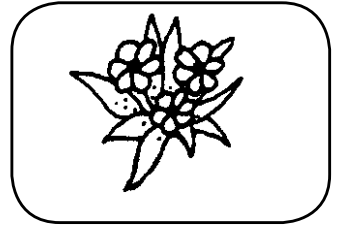
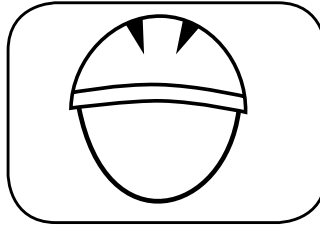
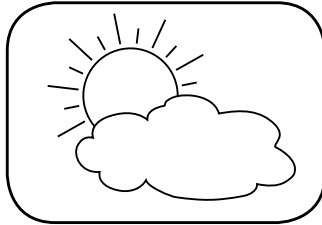
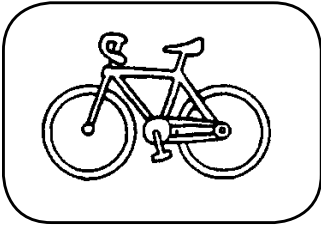
NAME: _____

AGE: _____



ACTIVITY #4: DRAW A SAFETY SCENE

Draw a scene using the images below. Write two complete sentences that describe what you have drawn.



Draw a scene using these images.

A large, empty rectangular box with rounded corners, intended for drawing a scene using the provided images.

Write 2 complete sentences that describe the scene.



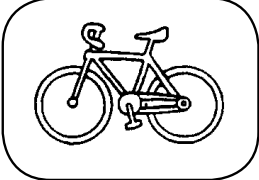

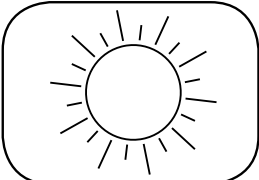

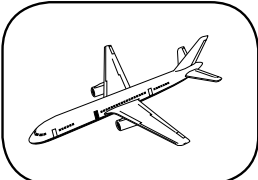
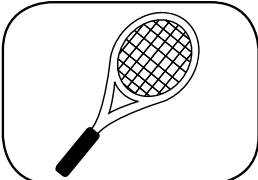

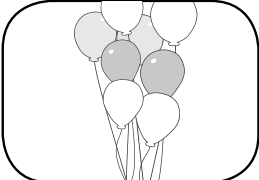
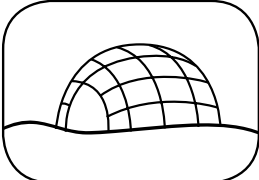
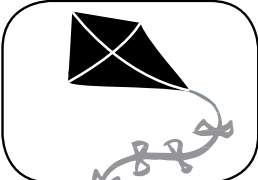
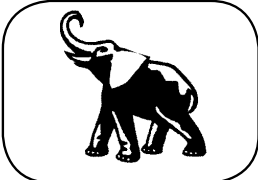
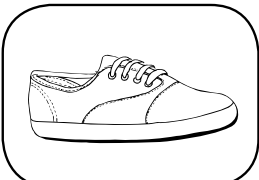
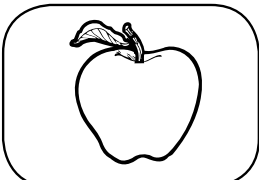
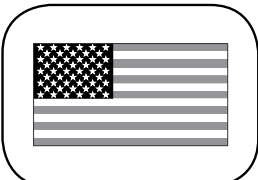
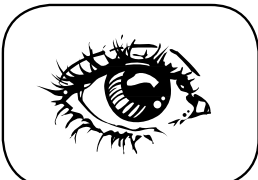
NAME: _____

AGE: _____



ACTIVITY #5: FIND THE SAFETY MESSAGE

First name each picture. Then write the first letter of each word in the space provided. A safety message will appear.

| | | | | |
|---|---|---|--|---|
|  _____ _____ |  _____ _____ | | | |
|  _____ _____ |  _____ _____ |  _____ _____ |  _____ _____ |  _____ _____ |
|  _____ _____ |  _____ _____ |  _____ _____ |  _____ _____ | |
|  _____ _____ |  _____ _____ |  _____ _____ |  _____ _____ | |



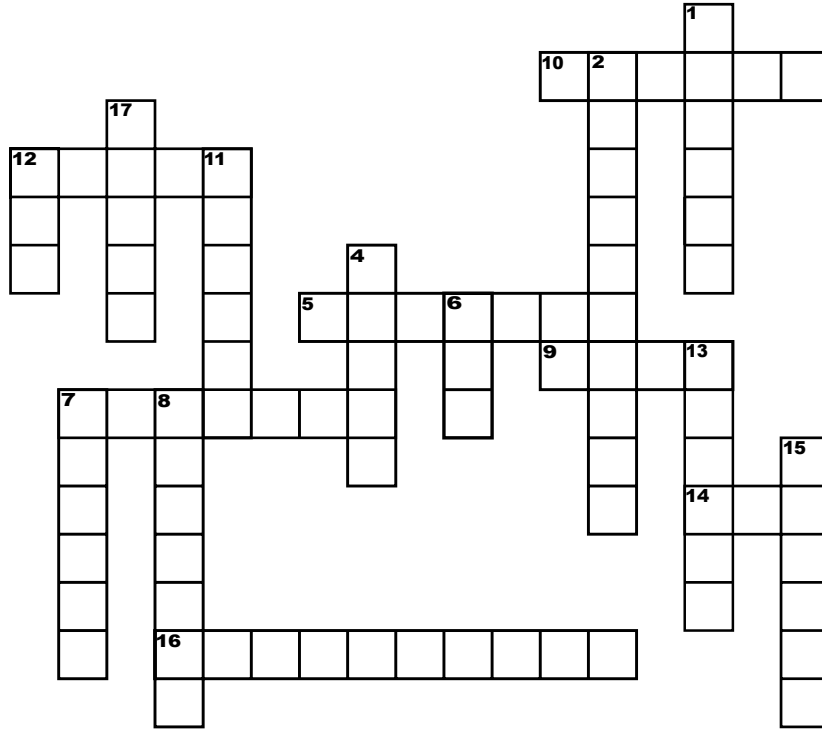
NAME: _____

AGE: _____



ACTIVITY #6: CROSSWORD PUZZLE

Answer the questions and write the word in the correct space for each number.



ACROSS

5. You must watch out for this when you enter a street
7. This book is about _____ safety
9. Red sign with 6 sides (called a hexagon) means that you must _____ when you see it
10. When you're riding together, tell your _____ what you learned today
12. You must follow these on the road and at school
14. Check this in your tires before you ride
16. You must always ride _____

DOWN

1. This is what you must wear to protect your head
2. If you must ride at night, place these on your bike
4. When the traffic light is _____ you can go
6. Riding your bike should be safe and _____
7. Wear _____ clothing when you ride your bike
8. You must approach corners with _____
11. Your main concern when riding
12. When the traffic light is _____ you must stop
13. You place your feet on these to make your bike move
15. Before you ride, check these on your bike too
17. On the road, and especially on cross streets, be _____ to traffic



NAME: _____

AGE: _____



ACTIVITY #7: WORD SCRAMBLE

Unscramble each word and write it in the spaces provided. Then create a sentence using three of the words.

FAYTES

EDAH

CIBLYEC

GIHRT

TOCRINETOP

LETMHE

Create a sentence using 3 of the words from the above exercise.



NAME: _____

AGE: _____



ACTIVITY #9: DRAW A MAP

Draw a map of your favorite bicycle route (to school, to a friend's, etc).

A large, empty rectangular box with a black border, intended for the child to draw their favorite bicycle route.

NAME: _____

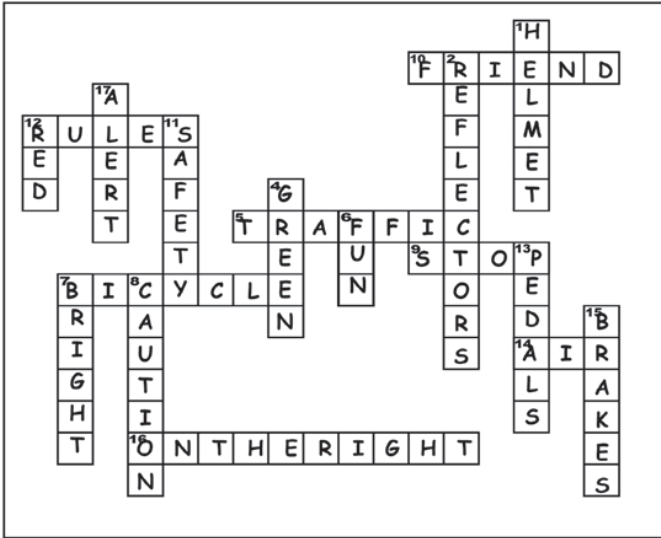
AGE: _____

ANSWER KEY SHEET



AGES 8-11

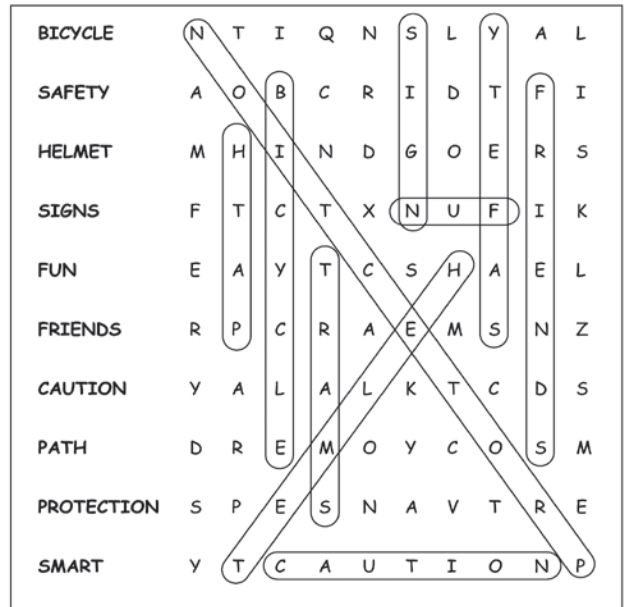
CROSSWORD PUZZLE



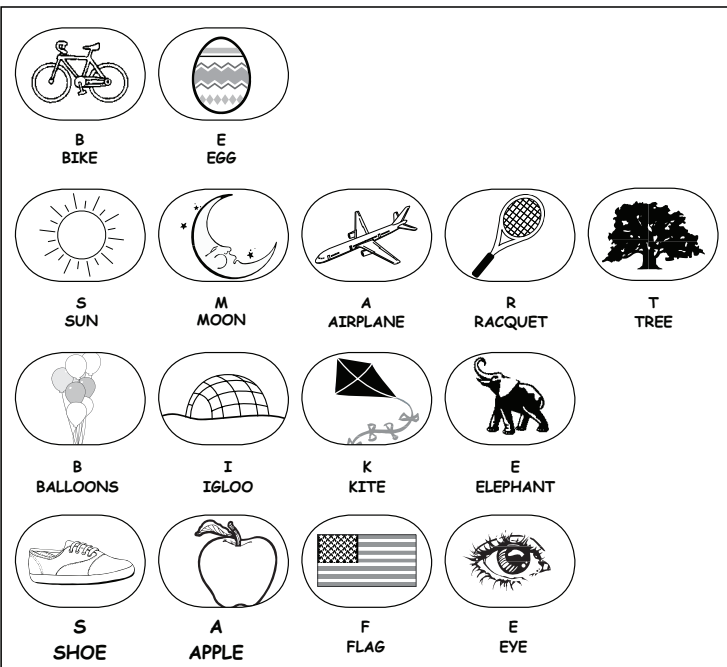
CLOSEST ROUTE

Jake and his parents are going on their bikes to get ice cream.
 How far is Jake's house from Isabel's house if they take the route through the park **2 miles**.
 How far is Jake's house from the ice cream parlor if they take the route by the river **1.2 miles**.
 How far is Isabel's house from the ice cream parlor **1 mile**.
 Which is the shortest route to the ice cream parlor if Jake and his parents must stop to get Isabel first **2 miles**. **Going by the river, picking up Isabel and then backtracking to the ice cream parlor.**

FIND THE WORD



FIND THE SAFETY MESSAGE



WORD SCRAMBLE

