



Brain Injury Alliance

NEW JERSEY

The Voice of Brain Injury in New Jersey Since 1981

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GR. K - 3

Dear Educator,

Today your students attended a Helmet, Bike and Pedestrian Safety Program presented by *Safe Kids of Southern New Jersey* and the *Brain Injury Alliance of New Jersey*. We hope that they found the presentation interesting and engaging and that they learned some important tips on how to be safe when riding and walking.

We would appreciate your assistance in helping us to evaluate our programs. We are gathering feedback from students who have attended our presentations. Please complete the attached student survey with your class after they have attended our presentation. **Please read each question aloud** for your students and ask them to circle the letter of the correct answer.

After your class has completed the survey, please clip your surveys together and return them to your principal. Thank you for helping us to evaluate the effectiveness of our programs. We look forward to partnering with you in the future.

Best regards,

Maureen Donnelly
Coordinator
Safe Kids Southern NJ

Susan Quick
Public Education Coordinator
Brain Injury Alliance of New Jersey

ADVOCACY ■

SUPPORT ■

EDUCATION ■

OUTREACH ■

PREVENTION

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Pedestrian Safety

K-3rd grade

Key Points:

- Definition of pedestrian, reflective and intersection
- Everyone is a walker
- Walking is a fun, healthy activity that is great for us and the environment.
- To be safe pedestrians, we want to make sure that drivers can see us:
 - Walk with an adult or older brother or sister
 - Wear bright or reflective clothing.
 - Drivers will have a harder time seeing pedestrians in bad weather or at dark
 - Walk on sidewalks. Stop at driveways.
 - Cross at crosswalks or intersections
 - Stop at the curb and look left, right and left again before crossing
- Know and obey traffic signs and signals

Materials:

- Reflective Vest or Brightly colored shirt
- Wax paper
- Traffic Signs

Directions:

1. Begin by asking the question, "What is a pedestrian?" Solicit answers from the students and explain that a **pedestrian is a person who walks**. Ask children to raise their hands if they walk to show that everyone is a pedestrian. We all walk.
2. Explain that walking is a fun, healthy activity that is great for us and the environment, but we want to make sure that we do it safely. Today we are going to learn some tips to help keep us safe while we are walking.
3. **In order to be safe pedestrians, we want to make sure that drivers can see us.** Let's talk about some of the ways that we can make sure that drivers can see us.
4. Ask for a volunteer to come to the front of the room (Pick a smaller child as a volunteer). Ask the child's name and then have the child stand next to you. Have the other children pretend that they are drivers in their cars. Ask, "Who is easier for you to see, child's name or me?" Explain to the students that it is easier for drivers to see someone who is tall. This is why it is so important to **always walk with an adult** or an older brother or sister. Tell the volunteer that he/she can sit down and ask the audience to give him/her a big round of applause for helping.
5. Ask for two more volunteers to come to the front of the room (Pick two volunteers of about the same height; one wearing a dark or black shirt, the other wearing a white, bright or reflective shirt). Ask for the children's names and then have the other children to again pretend that they are drivers in their cars. Ask, "Who is easier for you to see, child's name (in dark shirt) or child's name (in bright shirt)?" Explain to the students that it is easier for drivers to see pedestrians who are wearing light, bright or reflective clothing. Ask students, "Who knows what reflective

clothing is?" Solicit answers from students and explain that **reflective clothing shines brightly at night and when light is shone on it**. Show the reflective vest to the students. Put on the vest and ask them if it makes you easier to see. **Wearing bright or reflective clothing makes it easier for drivers to see you**. Tell the volunteers that they can sit down and ask the audience to give them a big round of applause for helping.

6. Explain to the students that **in bad weather or at dark, it is harder for drivers to see**. Ask for a few more volunteers to come to the front of the room. Give each volunteer a piece of wax paper and then ask them to pretend that they are drivers. Ask each volunteer to look out to the back of the room and ask, *"Are you able to see the students sitting in the back clearly?"* Then ask the students to put the wax paper up to their face and again look out to the back of the room. *"Are you still able to see the students in the back clearly?"* Elicit from the student volunteers that they are not able to see the students in the back of the room as easily when they hold wax paper up to their faces. Explain that this is the same problem that drivers have when they try to look out of their windshields during bad weather or at night. Pedestrians are not as easy to see. **Wearing bright or reflective clothing makes it easier for drivers to see us**. Tell the volunteers that they can sit down and ask the audience to give them a big round of applause for helping.
7. Ask the question, *"Where is the safest place to walk?"* Elicit the answer that **sidewalks are the safest place for us to walk**. When we walk on sidewalks, we should always remember that other people might be using the sidewalks, too, and that we should watch out for other pedestrians, bicyclists, or people on skates, scooters or skateboards. Also, when we come to driveways, we should make sure that we look both ways to make sure that cars are not coming in or out of the driveway.
8. Ask the question, *"Where is the safest place to cross the street?"* Elicit the answer that the **corner or at a crosswalk is the safest place to cross the street**. Ask the question, *"What is an intersection?"* Explain that an **intersection is where two streets cross**. Intersections, or corners, are the safest place to cross the street, because drivers will be able to see you easily. Ask the question, *"Is it safe to cross the street in the middle of a street?"* Explain that crossing in the middle of a street is not safe because drivers will not be expecting for you to cross there and will not be able to see you very easily. Always cross at an intersection or in a crosswalk.
9. Explain to the students that there is a safe way to cross the street. Stand with your back to the audience and have the students watch as you pretend to cross the street. Begin walking and do not stop or look both ways. Ask the question, *"Is this a safe way to cross the street?"* (No). Ask, *"What did I do that was not safe?"* Children should answer that you did not stop or look both ways. Guide them in a discussion of the proper way to cross the street. First we must stop at the curb, and then we need to look both ways. Ask, *"Which way should we look first?"* Explain that **we should stop at the curb, look left, right, then left again and if no cars are coming then we can cross the street**. Looking left again helps us to make sure that no cars started to come while we were turned looking right. We should always make sure to **walk, not run, across the street**. If we run, we might trip and fall. With your back to the audience, lead the group in practice stopping at the curb, looking left, right, and left again and then crossing the street.
10. Hold up the traffic signs and ask the students to tell you what each one means. Explain to the students that **it is important to obey all traffic signs when they are out walking**.
11. End with a brief review of the key points of the lesson. Ask a few questions and tell children to raise their hands to answer. Ask if anyone has any questions and then thank the students for being such good listeners and for taking time to learn some tips that will help to make them safer when they walk. Tell them to go home and share what they learned with their families.

Name _____

Helmet/Bike Safety- Circle the Correct Answer

1. What should you wear on your head when riding a bike, skateboard, skates, scooter or any wheeled sport?
 - a. Helmet
 - b. Hat
 - c. Nothing
2. How do you know if your helmet fits right?
 - a. It sits very high on your forehead
 - b. It sits evenly between your ears and rests low on your forehead
 - c. It feels loose on your head and moves from side to side as you ride
3. What should you have on your bike to make sure that drivers can see you?
 - a. A mirror
 - b. A light or reflectors
 - c. A horn or bell

Pedestrian Safety

4. Who should you be with when you walk down or cross the street?
 - a. A friend
 - b. An adult
 - c. Your pet
5. Where should you look before crossing the street?
 - a. Left, right, left
 - b. Up and down
 - c. Right, left
6. Where is a safe place to cross the street?
 - a. Between parked cars
 - b. In the middle of the street
 - c. At a corner or crosswalk
7. Which color is best to wear when walking down the street?
 - a. Black
 - b. Brown
 - c. Yellow