



# Resources





Dear Parents,

Greetings! We will be focusing some of our lessons this week on your child's journey to school, encouraging walking and bicycling. Some of the themes that we will touch on include pedestrian and bicycle safety, environmental benefits and walking and bicycling in the community we live in. The lessons come from a Teachers Guide from the Safe Routes to Schools program, a program which works to increase the number of students walking and bicycling to schools.

We would love to have your help in reinforcing and practicing what your child has learned. I would like to encourage you to go over these valuable lessons with your child, as well as remembering the following:

- When it comes to crossing streets, your children need to be aware of all the different ways cars can cross their path. **Explain the rules of the road**, and give them real-life examples while you're out walking together.
- Explain to children over and over again about stopping at each curb before crossing the street. When they cross at a crosswalk, they should make **eye contact** with drivers close by, using **hand signals** to indicate that cars should stop for them when appropriate.
- Explain how **traffic signals** work, and make sure your children know how important it is to cross streets at the appropriate times, especially looking out for cars who run **yellow or even red lights**.
- If your kids are biking, make sure their bikes are the appropriate size and have fully operational brakes, chains, and reflectors.
- Make sure your child has a certified **bike helmet** and knows how to wear it properly.
- If your kids are old enough to ride their bikes with traffic, teach them hand signals. Keep in mind that kids younger than 10 years old should always ride on the sidewalks.
- Tell your kids how to deal with **strangers** and where to go for help if they need it on their route to school.
- **Walk and bike with your child often**. Remember, they'll follow the example that you set for them. Not only will you be showing them that physical activity is an important (and fun) part of life, you'll also be showing them how to walk and bike safely!

Thank you in advance for reinforcing these skills with your children and for taking the time to walk and bike with your child. Your efforts help to instill a healthy lifestyle in your children and reduce congestion and pollution around your neighborhood schools.

Sincerely,

P.S. When you do drive, please remember to drive **safely and look out for pedestrians and bicyclists!**





## Safe Pedestrian Practices



### Crossing a Street

- Stop at the curb (or first edge). If there is a second edge, walk to it and stop.
- If there is a visual barrier, like a car, find a better spot to cross.
- Look to the left, to the right, and again to the left for traffic.
- Cross only when it is safe, and scan to the left and to the right for vehicles as you cross.
- Walk in a straight line to the other side of the street, until you are out of the way of traffic.

### Do's and Don'ts for Crossing the Street

- Don't chase a ball into the street.
- Don't cross from between two cars.
- Don't cross alone.
- Don't cross at an angle.
- Don't run.
- If a car passes while you are looking left and right, start again.
- Cross with an adult.

### Crossing an Intersection

- Use the crossing button if the intersection has a traffic signal (and if a button is available).
- Wait for the walking person or "WALK" symbol before crossing.
- Look to the left, to the right, again to the left, and then BEHIND you before crossing.
- Scan to the left, right, front and behind you as you cross.
- Stop if you see a car turning into the crosswalk. Do not try to beat it.
- Stay in the crosswalk, if there is one.
- When finished crossing, step up onto the curb.

### Do's and Don'ts for Crossing the Intersection

- Don't run across the intersection.
- Wait for any turning car to pass. There is more room behind the car than in front of it.
- Don't cross alone.
- Don't cross at an angle.
- Do Cross with an adult when possible.



# Safe Bicycling Practices



## Important Rules for Kids

- No playing on the road.
- Choose the least busy route to ride on – the streets with the fewest cars.
- Stop for all stop signs.
- Ride with adults as much as possible, especially when riding on busier streets.
- Make your own decisions

## Equipment:

- ALWAYS wear a helmet to protect against head injuries, the most common serious injury suffered by bicyclists.
- Bike should well-maintained and adjusted; check the air, brakes, chain and pedals before every ride.
- Use a good light and reflectors when traveling at times of darkness, and wear bright clothing.

## Bicycling Techniques:

- Obey the rules of the road as if you were driving a car -- stop at stop signs, red lights, and signals before turning or changing lanes.
- Always ride on the right side of the road. Stay in single file as far to the right as practical. It's both dangerous and illegal to ride on the left side of a two-way highway.
- Be extremely cautious when traveling through intersections. Be aware of traffic around you, and be prepared to brake quickly.
- Avoid traveling along the side of cars when passing through intersections -- they may turn in front of you without warning.
- When riding in a central business district, use extreme caution when passing parked cars, as occupants may not see you when opening doors or pulling out of parking spaces.
- Keep your hands on the handlebars at all times. Riding with no hands does not permit you to stop or to avoid the ever present hazards -- dogs, potholes, broken glass, cars, etc.
- Yield to all pedestrians. They can't foresee a dangerous situation as well as you can and may be inattentive. Besides, a bicycle is required by law to yield to pedestrians.
- Remember, your bicycle is a small, vehicle. It is not easily seen on crowded streets and will seldom attract attention on its own. At all times, do everything you can to make sure you are noticed.



# Quick Lesson Ideas

## Science Class or Science Fair Projects

- Do a project studying and comparing Bike Mechanics, Physics of the Bicycle, Energy Efficiency Conversions, etc.
- Conduct a Traffic Count of how many cars vs. walkers vs. bicyclists are on a road close to the school. Compare this count with another street and theorize why more or less cars/bicyclists/walkers are on these streets.
- Do a bicycle/pedestrian "Visibility at Night" test using reflective clothing, lights, etc.
- Check out the *Bike Safety with Bill Nye the Science Guy* Video.

## Art Projects

- Organize a class or school-wide Poster Contest to educate your peers or community about bicycle and/or walking safety (and ask Safe Routes to Schools staff to judge!). This idea is best timed during Walk to School and Bike to School Days.
- Create a large poster for the class or whole school with pedestrian and bicycle safety rules.

## Language Arts

- Have an Essay Contest to educate your peers or community about bike and walking safety.
- Have students read and write book reports about walking and bicycle adventure books,
- Research bicycling or great walking adventures as inspiration for poetry or prose.
- Have students research field trips that can be taking by walking or using public transit.

**Sonoma County examples include:** Sonoma County Museums, Juilliard Park, Charles Schulz Museum, SRJC art gallery, Community Gardens, local libraries, River Parks, and many other neighborhood parks.

**Bay Area examples include:** the Oakland Museum, Berkeley Marina, Tilden Park Nature Area, Crab Cove Visitor Center, Davis Transfer Station, Angel Island, Chabot Space and Science Center, UC Botanical Gardens and Cal Academy of Sciences.

## Service Learning/Advocacy

- Advocate for a specific infrastructure improvement at your school, such as a bike lane, stop sign, crosswalk, bike path, or bike rack. Write letters and meet with the school PTA, School Board, City Council, traffic engineers or influential leaders in the school and community.
- Write letters to the school administration, town officials, state or national legislators about bike and walking needs in your community.
- Research whether or not your school has organized a walking school bus program (parents who walk with their kids and others in the neighborhood to school). Have students either join a walking



school bus in their neighborhood or advocate to create one with the PTA (enlist the help of Safe Routes to Schools staff!).

### **Social Studies**

- Examine the rich history of the bicycle and bicycle's role in technological advances, personal transportation, and the development of roads, cars, and airplanes.
- Study on how bicycles are used in other countries.
- Research car-free living models.
- Research towns that are walk and bike-friendly communities.

### **Health Class / Physical Education**

- Learn about healthy eating / healthy living with bicycling and walking as a major component.

# Additional Resources

## Safe Routes to Schools Lead Partnering Agencies:

- **Sonoma County Bicycle Coalition** works to create world-class public transportation and walkable communities in Sonoma County. It is the lead agency for the Sonoma County Safe Routes to Schools program. [www.bikesonoma.org](http://www.bikesonoma.org) & [www.sonomasaferoutes.org](http://www.sonomasaferoutes.org)
- **Sonoma County Department of Health Services:** The mission of the Sonoma County Department of Health Services is to work in partnership with the community to ensure the optimal health and well being of all people through a dynamic and responsive process respecting the diversity of the community and challenging us to provide for present and future generations.
- [www.sonoma-county.org/health](http://www.sonoma-county.org/health)

## General Information about Safe Routes to Schools and Programs:

- **Safe Routes to School National Partnership:** [www.saferoutespartnership.org](http://www.saferoutespartnership.org)
- **National Center for Safe Routes to School:** [www.saferoutesinfo.org](http://www.saferoutesinfo.org)
- **The National SAFE KIDS Campaign:** [www.safekids.org](http://www.safekids.org)
- **National Walk to School Day web site:** [www.walktoschool-usa.org](http://www.walktoschool-usa.org)
- **International Walk to School Day web site:** [www.iwalktoschool.org](http://www.iwalktoschool.org)
- **Marin County Safe Routes to Schools:** Marin County Bicycle Coalition; [www.saferoutestoschools.org](http://www.saferoutestoschools.org)
- **PED's KidsWalk to School (information about Walk to School Day):** [www.peds.org/KidsWalk/Kidswalk\\_index.htm](http://www.peds.org/KidsWalk/Kidswalk_index.htm)

## Other Safe Routes to Schools Lesson Plans and Curricula

- **Marin County Safe Routes Lessons:** <http://www.saferoutestoschools.org/lessonplans.shtml>
- **Walk Smart Bike Smart Vermont! Curriculum** -<http://www.healthandlearning.org/bikesmart.html>; A K-12 Pedestrian and Bicycle Safety curriculum developed by Safe Routes to School in Vermont.
- **Get up and Go Classroom Activities** - <http://www.therecordnie.com/page.php?page=499>; Seven activity sheets put together by North Jersey Safe Routes to School.
- **Safe Routes Nebraska:** <http://www.saferoutesne.com/educators/srinthe classroom.html>; Classroom activities, including an in-class Jeopardy Game.
- **Safe Routes Kentucky Lesson Plans** <http://saferoutes.ky.gov/LessonPlan.html>; including "Use Your Head Before Your Feet," "Our Happy Healthy Hearts," and "A Safe Place to Walk"

## Safety Videos:

- **California State Automobile Association:** Videos available to borrow for free, some available for purchase; [www.aaafits.org](http://www.aaafits.org), [www.ottoclub.org](http://www.ottoclub.org)
- **A Kids Eye view Basics of Bicycling;** League of American Bicyclists; [www.bikeleague.org](http://www.bikeleague.org)

### Health Organizations:

- American Heart Association; [www.americanheart.org](http://www.americanheart.org)
- Centers for Disease Control and Prevention; [www.cdc.gov/ncipc](http://www.cdc.gov/ncipc)

### Environmental Education Programs and websites:

- **Cool the Earth:** [www.cooltheearth.org](http://www.cooltheearth.org) – climate change education program that motivates students to take individual actions through coupons and an assembly
- **CREEC Network:** [www.creec.org](http://www.creec.org) – comprehensive resources for environmental education programs
- **Environmental Protection Agency:** <http://www.epa.gov/kids/you.htm>; website for kids, including information about climate change
- **Kids for Saving Earth:** <http://www.kidsforsavingearth.org/> -- website for kids, by kids, about protecting the environment
- [http://tiki.oneworld.net/global\\_warming/climate\\_home.html](http://tiki.oneworld.net/global_warming/climate_home.html) -- website just for kids around climate change
- **Lawrence Hall of Science:** <http://www.lhs.berkeley.edu/> -- offers field trips, curriculum and workshops for students and teachers

### Recommended Books:

- **Hello, Two-wheeler!**, by Jane Bo; hilarious story about a boy afraid of riding his bike without his training wheels (grades K-2)
- **The Bicycle Man**, by Allen Say: charming story of American soldiers after World War II and their encounters with a bicycle (grades K-3)
- **Sally Jean, the Bicycle Queen**, by Cari Best: story of a girl growing up, learning new skills and giving back to the community. (grades K-3)
- **Bicycle Safety**, by Peggy Pancella: Be Safe!: teaches bicycle skills (grades K-3)
- **Traffic Safety**, by Nancy Loewen: outlines basic safety rules, (grades K-3)
- **Walking to the Bus-Rider Blues**, by Harriette Gillem Robinet: fiction book about children during the Civil Rights Movement who walk everywhere (grades 4-5)
- **A School Like Mine** by [Zahavit Shalev](#): A mind-broadening journey to classrooms around the world celebrates the commonalities and differences between school days in different countries as kids from many countries share their experiences – including how they get to and from school (grades K-5)
- **Sheila Rae, The Brave**, by Kevin Henkes: Delightful story about bravery, including a part about riding bicycles. The CD version also includes a map/treasure hunt game and songs (grade K-3).



# Safe Routes to Schools Curriculum Guide Evaluation Form

We would love your feedback! Please take the time to fill out this evaluation for the lesson plan(s) that you taught.

Your Name and School:

Name of Lesson:

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What was your overall impression of the lesson; what did you like about it? Dislike about it?

What would you change about the lesson?

What was the general response of the students to the lesson?

Would you teach this lesson again? Why or why not?



Is this lesson grade-level appropriate? If not, for which grade would you recommend the lesson?

CURRICULUM GUIDE:

A) What is your general impression of this Teachers Guide?

B) Is there anything that you would like to see added to the Guide?

C) Do you have any comments about the Safe Routes to Schools program in general?

**To send back the evaluation form:**

**Fax to:** 707-573-0147

**Mail to:** Sonoma County Bicycle Coalition/Safe Routes to Schools Program/PO Box 3088, Santa Rosa, CA 95404

## Printing Directions for the SRTS Binder:

The complete SRTS Adobe PDF file should have 180 pages.

According to the numbering in the actual PDF file, and not the page numbers in the document, pages 1-140 should be printed normally either in color or black and white.

The blank pages in the document were placed there on purpose for spacing purposes.

To be clear, because this is very important: all odd pages in the PDF file should be printed on the front and all even pages in the PDF file should be printed on the back of their preceding odd page number.

For example: the first physical paper page should have the digital pages 1&2 printed on the front and back of it.

## Materials Section Printing Directions:

The Bar Graph and the Safety Song should be printed on overhead projection paper. Both copies are also incorporated in the binder with their appropriate sections.

The Pictures of Smog & A Polar Bear as well as the Crosswalk Signs should be printed in color and on the front and back of one page. Also the pages should be laminated.

The Flash Cards should be printed on cardstock paper, and cut into cards.

The Stop Lights should be printed in color on three separate pages. These pages should be laminated as well.

Jeopardy Game Question Cards ideally would be printed on astrobright colored paper, folded in half, and then laminated.

NOTE: If you are printing this from a PDF, the book for "This is the Way we go to School" is in print and can be found and ordered online.

Also, there is information for where you can obtain a free copy of the video for the "Step to Safety with ASIMO" section. Free copies of the videos "Ride Smart, It's Time to Start" "Bike Safe, Bike Smart" can be obtained through the National Highway Traffic Safety Administration. (NHTSA)

