



Go to the sonomasaferroutes.org for links to all videos and online resources mentioned below! Cross off as many boxes as you can during the month of October. **Bonus: Enter our safety poster contest!**

<p>Practice crossing a crosswalk safely: look left, right, left again and all around, wait until all drivers stop & see you before crossing, then walk across while staying aware.</p>	<p>Watch the two videos “Pedestrian Safer Journey” and “Bicycle Safer Journey” (choose the version for your age group) and if possible, take the quiz afterward. Find video at http://www.pedbikeinfo.org/pedsaferjourney/ and http://www.pedbikeinfo.org/bicyclesaferjourney/</p>	<p>Review the Responsible Walking & Bicycling “Roll Model” pledge (find on BINGO Challenge page) with an adult and agree to follow these rules when walking/bicycling together.</p>	<p>Watch a video (or ask an adult) to learn, practice & memorize your left, right, and stop hand signals and demonstrate them to someone else. <i>A video can be found on the October Challenge webpage.</i></p>	<p>BONUS TASK!</p> <p>ENTER OUR SRTS SAFETY POSTER CONTEST!</p> <p>Win a “I ♥ Walk & Roll” T-Shirt!</p> <p>Design a poster that illustrates how to safely walk or ride your bicycle. Your poster should include a safety slogan and also illustrate one or more of the pedestrian &/or bicycle safety concepts you learned while completing your BINGO sheet.</p> <p>Winning posters will be displayed at www.sonomasaferroutes.org</p> <ul style="list-style-type: none"> Picture must be in color and hand-drawn or painted. Mixed media may be utilized. Include a slogan at the bottom or top of your picture that captures the safety concepts or rules you are communicating. <p>Judging Criteria</p> <ul style="list-style-type: none"> Creativity and originality Clarity of safety message Diversity/inclusivity
<p>Draw a map of your route to school or another favorite place within an easy walking or bicycling distance of your home. Include special things you enjoy seeing on your route.</p>	<p>Decorate your bike, helmet and/or sneakers! <u>Optional:</u> Take a picture of it and email to us at saferroutes@bikesonoma.org and we may share on Facebook (FB)!</p>	<p>Do an ABC (Air, Brake, Chain/Cables) check on a bike and find out why it is important to do that each time you ride. <u>Optional:</u> teach someone else about it! <i>A video can be found on the Challenge webpage.</i></p>	<p>Listen to the Big Tadoo Puppet Crew’s album “A Breath of Fresh Air,” The Walk & Roll Solution” on Soundcloud or YouTube (<i>link on Challenge web page</i>)</p>	
<p>Go on a “sensory walk or ride.” Afterward, draw or write about something you saw with your eyes, something you heard, something you touched, and something you smelled. <i>A sensory walk link can be found on the Challenge webpage</i></p>	<p>Make a list of 5-10 benefits of walking or bicycling to school or in your neighborhood instead of driving in a car. Choose one or more benefit and draw a picture to go with it. <u>Optional:</u> email your picture to us and we may share it on FB!</p>	<p>Use the “NHTSA Walkability Checklist” to rate how walkable your neighborhood is (locate via google). <u>Optional:</u> Write a letter with your observations and email it to us! <i>Checklist can be found on the Challenge webpage.</i></p>	<p>Read (or have an adult read) you a book you are interested in that has “bike or bicycle” in the title. Try Exploring the free online resource overdrive.com, click on “children” and search for “bike” for a list.</p>	
<p>Time to give your helmet some lovin! Watch a video on how to properly fit a bicycle helmet and demonstrate how to do it to someone else. <i>A video can be found on the Challenge webpage.</i></p>	<p>Make a chalk obstacle course on your sidewalk! Draw squiggly lines to follow, straight lines to jump over, spirals to spin on, hopscotch squares, inspirational messages and more to inspire walks. Endless possibilities!</p>	<p>Write a short story or journal entry about an experience of walking, hiking, or bicycle riding (true OR fictional) <u>Optional:</u> email to us and we may share it on FB!</p>	<p>Bring some paper and crayons with you on a walk and take rubbings of tree bark, leaves, rocks, and other natural patterns. Make sure not to touch your face and to wash your hands afterwards!</p>	
<p>Watch a video on how to fix-a-flat on a bicycle (or ask an adult) <u>Optional:</u> Try it yourself if you have the resources and some help! <i>Advanced: teach someone else to do it!</i> <i>A video can be found on the Challenge webpage.</i></p>	<p>Watch a video on navigating intersections on a bicycle. Discuss safe bicycling through intersections with an adult. If possible, practice with an adult on a quiet street. <i>A video can be found on the Challenge webpage.</i></p>	<p>Watch a video on bicycle “power pedal” position. Practice on your own bicycle, if possible, and demonstrate to someone else. <i>A video can be found on the Challenge webpage.</i></p>	<p>Watch a video on how to properly lock your bicycle and demonstrate how to do it to someone else. <i>A video can be found on the Challenge webpage.</i></p>	
<p>Write an acrostic poem with one of the following words or phrases: BICYCLE, WALKING, PEDESTRIAN, SAFE ROUTES TO SCHOOL, TRANSPORTATION, GO GREEN</p>	<p>Use an online map like google to map your safest walking or bicycling route to school from home or a meet-up spot (OR talk to your parent/guardian and discuss the route you would take)</p>	<p>Draw a picture and write a slogan to go with it that illustrates why walking, bicycling, scootering or skateboarding is good for your HEALTH.</p>	<p>Calculate how many pounds of air pollution you generate if you drove to/from school every day for 180 school days per year. Use the calculation 1 mile = 1 pound of air pollution.</p>	
<p>Mail, email, or text completed BINGO sheets and/or Safety Poster contest entries by 11/6/20 to: Sonoma County Bicycle Coalition Attn: SRTS OCTOBER CHALLENGE PO Box 3088 Santa Rosa, CA 95402 saferroutes@bikesonoma.org</p>				

SONOMA COUNTY SAFE ROUTES TO SCHOOL

BINGO CHALLENGE AND/OR SAFETY POSTER CONTEST



MAIL IN COVER SHEET

Send completed BINGO Activity Sheets and/or Safety Posters to the Safe Routes to School Program **for a chance to win ICE CREAM**, by emailing or texting scanned copy or picture of sheet and details below **by Friday, November 6th, 2020** to saferoutes@bikesonoma.org or mailing to attn: **International Walk & Roll Month Challenge, Sonoma County Bicycle Coalition, PO Box 3088, Santa Rosa, CA 95402-3088**

NAME OF STUDENT _____

GRADE _____ SCHOOL _____

Please provide additional contact information in the event that your name is chosen for the Ice Cream drawing:

PARENT NAME _____

PARENT EMAIL _____

PARENT PHONE _____

STREET ADDRESS _____

CITY _____ ZIP _____



METROPOLITAN
TRANSPORTATION
COMMISSION