# Getting To School Safely Community Action Activities

- Seat Belt Coloring Page
- Activity Morse Code
- Pedestrian Signal Quiz
- Crossing The Street Coloring Page
- Word Scramble
- Word Search
- Boost 'em Before You Buckle 'em Children's Activity
- Safe Bike Riding Coloring Page
- Getting To School Safely Crossword
- Student and Parent Pledge
- School Bus Safety
- Activity Answers







# Activity MORSE GODE

Using the Morse Code system below, decode each important **Getting to School Safely** message.

- 1) Always wear a  $\frac{\phantom{0}}{8}$   $\frac{\phantom{0}}{5}$   $\frac{\phantom{0}}{12}$   $\frac{\phantom{0}}{13}$   $\frac{\phantom{0}}{5}$  when riding your bicycle.
- Always ride your bicycle  $\frac{}{19}$   $\frac{}{9}$   $\frac{}{14}$   $\frac{}{7}$   $\frac{}{12}$   $\frac{}{5}$   $\frac{}{6}$   $\frac{}{9}$   $\frac{}{12}$   $\frac{}{5}$  and in the  $\frac{}{19}$   $\frac{}{1}$   $\frac{}{13}$   $\frac{}{5}$  direction as other traffic.
- 3) When crossing the street look  $\frac{12}{12}$   $\frac{1}{5}$   $\frac{1}{6}$   $\frac{1}{20}$   $\frac{1}{18}$   $\frac{1}{9}$   $\frac{1}{7}$   $\frac{1}{8}$   $\frac{1}{20}$  and  $\frac{1}{12}$   $\frac{1}{5}$   $\frac{1}{6}$   $\frac{1}{20}$  again for traffic in all directions and keep looking for cars as you cross.
- 4) When there are no sidewalks, walk  $\frac{\phantom{0}}{6}$   $\frac{\phantom{0}}{1}$   $\frac{\phantom{0}}{3}$   $\frac{\phantom{0}}{9}$   $\frac{\phantom{0}}{14}$   $\frac{\phantom{0}}{7}$   $\frac{\phantom{0}}{20}$   $\frac{\phantom{0}}{18}$   $\frac{\phantom{0}}{1}$   $\frac{\phantom{0}}{6}$   $\frac{\phantom{0}}{9}$   $\frac{\phantom{0}}{3}$  so you can see what's coming.
- When the school bus approaches, stand  $\frac{\phantom{0}}{6} = \frac{\phantom{0}}{9} = \frac{\phantom{0}}{22} = \frac{\phantom{0}}{5} = \frac{\phantom{0}}{7} = \frac{\phantom{0}}{9} = \frac{\phantom{0}}{14} = \frac{\phantom{0}}{20} = \frac{\phantom{0}}{19} = \frac{\phantom{0}}{20} = \frac{\phantom{0}}{5} = \frac{\phantom{0}}{16} = \frac{\phantom{0}}{19} = \frac{\phantom{0}}{19} = \frac{\phantom{0}}{19} = \frac{\phantom{0}}{10} = \frac{\phantom{0}}{19} = \frac{\phantom{0}}{19$
- **6)** Never  $\frac{}{23} \frac{}{1} \frac{}{12} \frac{}{11} \frac{}{2} \frac{}{5} \frac{}{8} \frac{}{9} \frac{}{14} \frac{}{4} \frac{}{4}$  the school bus.

- 8) When crossing  $\frac{1}{18}$   $\frac{1}{1}$   $\frac{1}{9}$   $\frac{1}{12}$   $\frac{1}{18}$   $\frac{1}{15}$   $\frac{1}{1}$   $\frac{4}{4}$   $\frac{20}{20}$   $\frac{1}{18}$   $\frac{1}{1}$   $\frac{3}{3}$   $\frac{11}{11}$   $\frac{19}{19}$  always
  - Look in  $\frac{\phantom{0}}{2}$   $\frac{\phantom{0}}{15}$   $\frac{\phantom{0}}{20}$   $\frac{\phantom{0}}{8}$  directions or look  $\frac{\phantom{0}}{2}$   $\frac{\phantom{0}}{15}$   $\frac{\phantom{0}}{20}$   $\frac{\phantom{0}}{8}$  ways.

# Pedestrian SIGNAL QUIZ

# What's your pedestrian traffic signal IQ? Take this quiz and find out!

- 1. What does the green light or this signal mean?
- 2. Before you step off the curb or the edge of the road to cross the street, what do you always do?



- 4. If the **WALK** signal is blinking when you get to the curb or edge of the road, what should you do?
- 5. If the **DON'T WALK** signal is blinking when you get the curb or edge of the road, but the traffic signal is green, what should you do?



# How did you score?

Answers on Inside Back Cover!

5 **correct -** You're a pedestrian signal genius! Take a bow!

4 **correct** - That's good, but you should review the safety rules below.

3 or less

COTTECT: Not so good. You and an adult can sit down and review the safety rules, and then take the quiz again. You'll answer all of them correctly next time!

# **Safety Rules**

Young children often cannot judge the speed, distance, and size of oncoming vehicles. Teach them that it's best to allow an oncoming vehicle to pass, and then wait for a new green light or **WALK** signal.

The green light or **WALK** signal means that children should stop at the curb or edge of the road, look both ways for oncoming traffic, and then — if it's safe — they can go. It does not mean that they have the right of way. Having the **WALK** signal or green light does not guarantee that cars will stop.

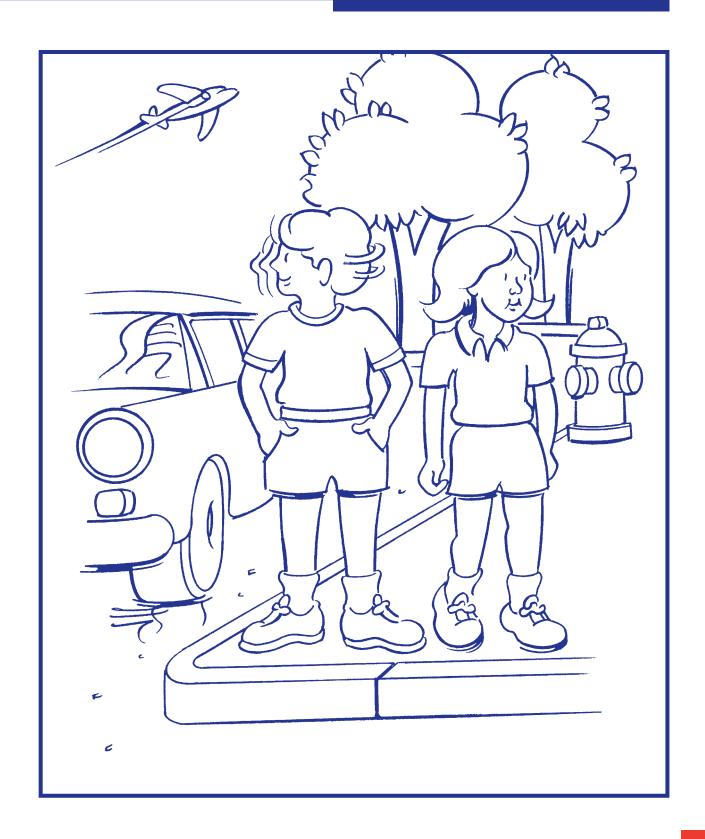
Always stop at the curb and look for cars in all directions before entering the road. When looking left-right-left, make sure to look for turning vehicles, too.

Before crossing the street, children may want to wait for a "fresh green light." This means that they wait for the next new **WALK** signal. Doing this gives them the most time to cross.

If children are in the middle of the street and the **DONT WALK** signal flashes, they shouldn't stop or return to the curb or edge of the road. They should continue to walk at their maximum comfortable pace until they reach the other side. Teach them not to run; they might fall.

And remember - children crossing the street should be accompanied by an adult whenever possible.





# Word SCRAMBLE

# Below are important words about safe travel to school. **Unscramble the letters and find out what they are.**

1.	tesa lebt	7.	ransitt usb	13.	sterboo tesa
2.	pdseetainr	8.	metleh	14.	rlsceaato
3.	lohosc	9.	nrsigosc gradu	<b>15</b> .	pots gsin
4.	rac	10.	rafftic	16.	wsslkaroc
<b>5</b> .	ararildo skcart	11.	sbu pots	17.	bkleuc pu
6.	lbeicyc	12.	sportanatinotr	18.	klwdsiea



0	Т	Α	ш	Α	C	S	Е	C	D	K	Е	Т	Α	Е	S	R	Α	С
Α	N	G	Ε	R	Z	0	N	Ε	R	K	L	٧	S	M	Р	D	Т	R
Α	Τ	R	Т	S	Ε	D	Ε	Р	Τ	0	L	S	R	F	Ε	Е	0	0
Α	S	S	Ε	N	G	Ε	R	Т	٧	В	S	Α	N	M	Т	Α	С	S
В	G	Α	В	R	Τ	Α	Ε	W	Ε	J	С	S	W	J	S	L	Τ	S
R	P	S	Т	N	M	M	F	С	R	٧	Q	Υ	W	Т	Т	D	Р	I
T	D	Ε	W	Α	L	K	W	0	M	G	Н	L	K	Α	N	X	Т	N
T	Α	R	Т	Ε	K	С	Α	В	N	T	S	D	Ι	K	L	0	G	G
R	R	Υ	Н	В	Ε	L	С	Υ	С	R	0	Т	0	M	Ι	K	D	G
Α	K	Е	Т	Н	Ε	R	I	G	Н	Т	С	Α	L	L	G	D	F	U
U	В	L	0	0	Н	С	S	W	S	Υ	S	Т	Р	N	Ε	Α	Ι	Α
Н	0	Α	_	Р	С	F	G	W	Т	Α	P	В	D	Р	V	0	Т	R
P	G	Н	В	N	0	M	I	Α	R	W	Ε	Z	С	F	1	R	K	D
	С	Υ	С	L	Ε	L	S	Α	Ε	Н	D	G	J	U	F	L	Υ	Υ
Ε	Α	M	Υ	R	Н	В	Ι	K	Ε	G	R	W	Α	L	K	I	L	Т
0	J	I	R	0	L	Α	Т	С	Т	I	Т	Ε	Τ	R	Α	Α	M	Ε
S	Α	F	Е	R	0	U	Т	Е	Ε	Н	С	Τ	F	F	Α	R	Т	F
Ε	N	I	Α	R	T	Α	Т	C	Ε	Р	X	Ε	S	Υ	Α	W	L	Α
T	Α	R	T	L	Ε	В	Т	Α	Е	S	R	Ε	Т	S	0	0	В	S
L	Т	Т	F	Ε	L	Т	Н	G	T	R	T	F	Ε	L	K	0	0	L
٧	Τ	С	Т	R	0	G	R	Α	С	Т	N	Ε	R	Α	S	D	I	K
	A A A B R I I R A U H P I E O S E I L	A N A I A S B G R P I D I A R R A K U B H O P G I C E A O J S A E N I A L T	A N G A I R A S S B G A R P S I D E I A R R Y A K E U B L H O A P G H I C Y E A M O J I S A F E N I I A R L T T	A N G E A I R T A S S E B G A B R P S T I D E W I A R T R R Y H A K E T U B L O H O A I P G H B I C Y C E A M Y O J I R S A F E E N I A I A I A R T	A N G E R A I R T S A S S E N B G A B R R P S T N I D E W A I A R T E R R Y H B A K E T H U B L O O H O A I P P G H B N I C Y C L E A M Y R O J I R O S A F E R E N I A R I L L T T F E	A N G E R Z A I R T S E A S S E N G B G A B R I R P S T N M I D E W A L I A R T E K R R Y H B E A K E T H E U B L O O H H O A I P C P G H B N O I C Y C L E E A M Y R H O J I R O L S A F E R O E N I A R T I A R T I A R T	A N G E R Z O A I R T S E D A S S E N G E B G A B R I A R P S T N M M I D E W A L K I A R T E K C R R Y H B E L A K E T H E R U B L O O H C H O A I P C F P G H B N O M I C Y C L E L E A M Y R H B O J I R O L A S A F E R O U E N I A R T L E B L T A R T L E B L T F E L T	A N G E R Z O N A I R T S E D E A S S E N G E R B G A B R I A E R P S T N M M F I D E W A L K W I A R T E K C A R R Y H B E L C A K E T H E R I U B L O O H C S H O A I P C F G P G H B N O M I I C Y C L E L S E A M Y R H B I O J I R O L A T S A F E R O U T E N I A R T L E B T L T H E R	A N G E R Z O N E A I R T S E D E P A S S E N G E R T B G A B R I A E W R P S T N M M F C I D E W A L K W O I A R T E K C A B R R Y H B E L C Y A K E T H E R I G U B L O O H C S W H O A I P C F G W P G H B N O M I A I C Y C L E L S A E A M Y R H B I K O J I R O L A T C S A F E R O U T E E N I A R T L E B T A L T T F E L T H G	A N G E R Z O N E R A I R T S E D E P I A S S E N G E R T V B G A B R I A E W E R P S T N M M F C R I D E W A L K W O M I A R T E K C A B N R R Y H B E L C Y C A K E T H E R I G H U B L O O H C S W S H O A I P C F G W T P G H B N O M I A R I C Y C L E L S A E E A M Y R H B I K E O J I R O L A T C T S A F E R O U T E E E N I A R T L E B T A E L T T E B I G I	A N G E R Z O N E R K A I R T S E D E P I O A S S E N G E R T V B B G A B R I A E W E J R P S T N M M F C R V I D E W A L K W O M G I A R T E K C A B N I R R Y H B E L C Y C R A K E T H E R I G H T U B L O O H C S W S Y H O A I P C F G W T A P G H B N O M I A R W I C Y C L E L S A E H E A M Y R H B I K E G O J I R O L A T C T I S A F E R O U T E E H E N I A R T L E B T A E S L T T E R S	A N G E R Z O N E R K L A I R T S E D E P I O L A S S E N G E R T V B S B G A B R I A E W E J C R P S T N M M F C R V Q I D E W A L K W O M G H I A R T E K C A B N I S R R Y H B E L C Y C R O A K E T H E R I G H T C U B L O O H C S W S Y S H O A I P C F G W T A P P G H B N O M I A R W E I C Y C L E L S A E H D E A M Y R H B I K E G R O J I R O L A T C T I T S A F E R O U T E E H C E N I A R T L E B T A E S R L T T E B C T H G I R T	A N G E R Z O N E R K L V A I R T S E D E P I O L S A S S E N G E R T V B S A B G A B R I A E W E J C S R P S T N M M F C R V Q Y I D E R R T V Q Y Q Y 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P B D P V O P G H B N O M I A R W E Z C F I R I C Y C L E L S A E H D G J U F L E A M Y R H B I K E G R W A L K I O J I R O L A T C T I T E I R A A S A F E R O U T E E H C I F A R E N I A R T L E B T A E S R E T S O O L T T F E L T H G I R T F E L K O	A N G E R Z O N E R K L V S M P D T A I R T S E D E P I O L S R F E E O A S S E N G E R T V B S A N M T A C B G A B R I A E W E J C S W J S L I R P S T N M M F C R V Q Y W T T D P I D E W A L K W O M G H L K A N X T I A R T E K C A B N I S D I K L O G R R Y H B E L C Y C R O T O M I K D A K E T H E R I G H T C A L L G D F U B L O O H C S W S Y S T P N E A I H O A I P C F G W T A P B D P V O T P G H B N O M I A R W E Z C F I R K I C Y C L E L S A E H D G J U F L Y E A M Y R H B I K E G R W A L K I L O J I R O L A T C T I T E I R A M S A F E R O U T E E H C I F F A R T E N I A R T L E B T A E S R E T S O O B L T T F E L T H G I R T F E L K O

AIR BAG
ALWAYS EXPECT A TRAIN
BICYCLE
BIKE
BOOSTER SEAT
BUCKLE UP
CAR
CARSEAT
CROSSING GUARD
CROSSWALK
DANGER ZONE
DON'T WALK

DRIVER
ESCALATOR
FIVE GIANT STEPS
HELMET
HIGHWAY
KIDS AREN'T CARGO
KIDS IN BACK
LOOK LEFT RIGHT LEFT
MAKE THE RIGHT CALL
MOTORCYCLE
PASSENGER
PEDESTRIAN

POLICE
RAILROAD
SAFE ROUTE
SAFETY
SCHOOL BUS
SEATBELT
SIDEWALK
STREET
TRAFFIC
TRAIN
WALK

# Boost 'em Before You Buckle 'em CHILDREN'S ACTIVITY

#### **Dear Instructor:**

Traffic crashes are the leading cause of death to kids. One reason is that most kids ride unbuckled or improperly restrained. Even the most safety-conscious parents often are not aware of the need for booster seats or the danger their children face when improperly restrained in adult seat belts. On a small child, the adult lap belt rides up over the stomach and the shoulder belt cuts across the neck,

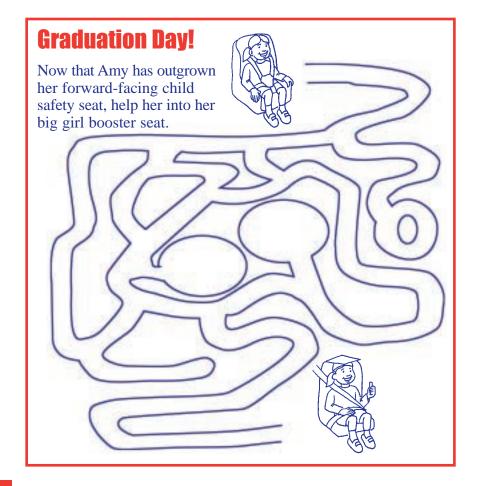
which could cause serious or even fatal injuries. Help us get this message to kids and parents.

Please use this song and maze to help children understand why booster seats are important to keep them safe. Once the lesson is complete, please send this page home so parents can read the valuable information below. If you need any more information, please visit our website at **www.nhtsa.dot.gov**. Thank you.

# "Riding In A Booster, Makes the Seat Belt Fit Me"

(To the tune of "Where is Thumbkin?")

Where is Amy? Where is Amy? Here I am. Here I am. Riding in a booster Makes the seat belt fit me Safe and snug, safe and snug. I am Amy. I am Amy. I'm big now. I'm big now. 'Cause I'm in a booster And the seat belt fits me I can see, I can see.

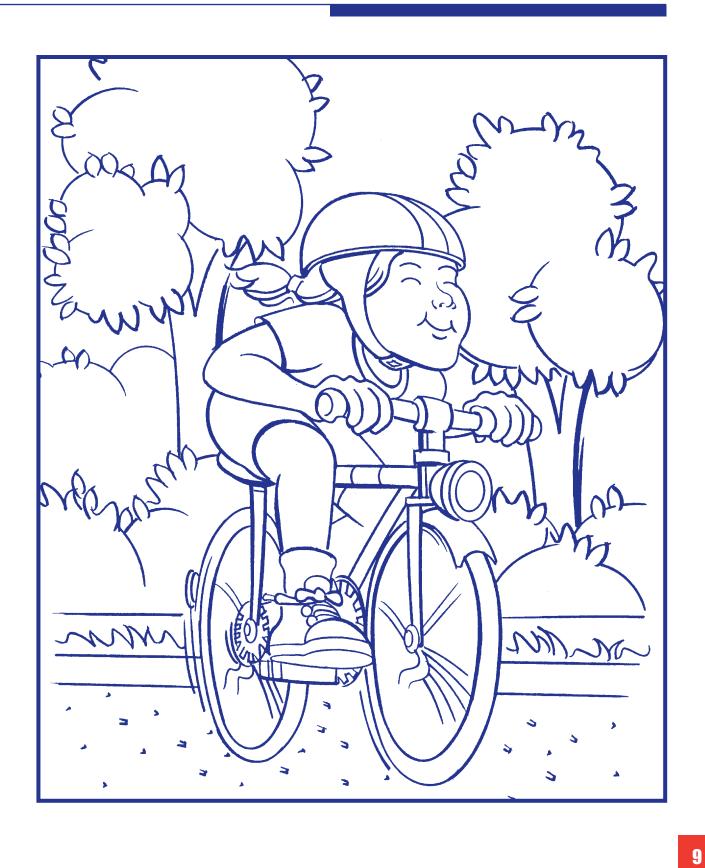


### **Dear Parents**,

Children outgrow forward-facing child safety seats when they reach about 40 lbs. It is critical that until children are about 4'9" tall and 80 lbs., they must be properly buckled in booster seats that lift them so the adult seat belt fits them correctly and safely. On a small child, the adult lap belt rides up over the stomach and the shoulder belt cuts across the neck. In a crash, this could cause serious or even fatal injuries. Child safety seats, including boosters, are very effective in protecting children in crashes. All children age 12 and under should sit properly restrained in the back seat. Don't take the chance.

Boost 'em before you buckle 'em.







when you cross the street.

\_\_\_\_\_ your safety belt.





2. Before school starts plan your

4. Tell the driver if you drop some — 3. A Shoulder belt should be worn on the \_\_\_\_\_. 10. Careful getting off the bus so 4. Call me Gus, I'm a nothing snags in the \_\_\_\_\_. yellow school \_\_\_\_\_. 11. Look left, look right, 5. A bus driver's main look ------! concern is \_\_\_\_\_. 12. Don't cross if you 6. The \_\_\_\_\_ is the area behind hear a \_\_\_\_\_. the school bus 13. Flow where the driver with the can't see you. traffic, please 7. Always cross the stay to street at the the \_\_\_\_\_. \_\_\_\_\_, or the corner. 16. Draw out a special \_\_\_\_, 8. Be \_\_\_\_\_. with your be seen. parents 9. Stay in your tonight. \_\_\_\_ when the school bus is moving. 17. Seat belts save \_\_\_\_\_. 14. Wear a \_\_\_\_\_ 19. Inside your every time you ride your bike. helmet tape a \_\_\_\_ and dime. 15. Get to the bus 21. \_\_\_\_\_ tracks mean stop 5 \_\_\_\_\_ early. we stop, look, and listen. 18. Never ride in the back of a pickup \_\_\_\_\_. 22. When riding to school in a truck or a car,

20. Stop for people on foot,

the \_\_\_\_\_.

and puppies on paw. It's not just polite, it's also

Answers on Inside Back Cover!



# Student and Parent P E | E |

# As A Safety-Smart Student, promise to always:

- **1.** Buckle my safety belt on every trip.
- **2.** Wear a bike helmet every time I ride my bike.
- **3.** Stop, look left, right, and left again before I cross the street.
- **4.** Stay 5 giant steps away from the street when I'm waiting for a bus.
- **5.** Wear a life jacket when I'm on a boat or around water.
- **6.** Wear light, bright colors and reflective markers so I can be seen in the dark.
- **7.** Stop, Look and Listen before I cross railroad tracks and never play on or near the tracks.
- **8.** Stay alert while I'm waiting for a train and stay away from the platform edge.
- **9.** Stand facing forward and hold the handrail when I'm on an escalator.
- **10.** Stay out of the back of pick-up trucks.

# As A Safety-Smart Parent, I promise to set a good example for my children by making sure that:

- **1.** Everyone in my vehicle wears a safety belt or is in a child safety seat at all times.
- **2.** All family members wear bike helmets when biking.
- **3.** My children know to Stop, look left, right, and left again before crossing the street.
- **4.** Everyone stays 5 giant steps away from the street when waiting for a bus.
- **5.** Everyone in my family wears a life jacket when boating or around water.
- **6.** We wear light, bright colors and reflective markers to be seen in the dark.
- **7.** My children know to Stop, Look and Listen before crossing railroad tracks and never to play on or near the tracks.
- **8.** My children stay alert while waiting for a train and stay away from the platform edge.
- **9.** We always stand facing forward and hold the handrail when riding on an escalator.
- **10.** My children know never to ride in the back of a pick-up truck.

X		X	
	Student Signature		Parent Signature

# Walkability CHECKLIST

Everyone benefits from walking. But walking needs to be safe and easy. Take a walk with your child and use this checklist to decide if your neighborhood is a friendly place to walk. If you find problems, there are ways you can make things better.

Getting started: Pick a place to walk, like the route to school, a friend's house, or just somewhere fun to go. Read over the checklist before you go, and as you walk, note the locations of things you would like to change. At the end of your walk, circle an overall rating for each question. Then add up the numbers to see how you rated your walk.

Rating scale 1 = awful 4 = good 2 = many problems 5 = very good 3 = some problems 6 = excellent

# 1. Did you have enough room to walk safely?



- O Yes O Some problems:
  - \_\_ Sidewalks or paths started and stopped
  - Sidewalks were broken or cracked
  - Sidewalks were blocked with poles, signs, dumpsters, etc.
  - \_\_ No sidewalks, paths, or shoulders
  - Too much traffic
  - \_\_ Something else?\_\_\_\_

Locations of problems:

### 2. Was it easy to cross streets?

Rating 1 2 3 4 5 6

- O Yes O Some problems:
  - Road was too wide
  - Traffic signals made us wait too long or did not give us enough time to cross
  - Needed striped crosswalks or traffic signals
  - Parked cars blocked our view of traffic
  - Trees or plants blocked our view of traffic
  - Needed curb ramps or ramps needed repair
  - \_\_ Something else?\_\_\_\_\_

Locations of problems:

### 3. Did drivers behave well?

Rating 1 2 3 4 5 6

O Yes O Some problems:

Drivers . . .

- Backed out of driveways without looking
- Did not yield to people crossing street
- Turned into people crossing streets
- Drove too fast
- Sped up to make it through traffic lights or drove through red lights
- Something else?

Locations of problems:

### 4. Was it easy to follow safety rules?

()-25°	Rating 1	2	3	4	5	6	
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Could you and your child ...

Yes No

- O Cross at crosswalks or where you could see and be seen by drivers?
- O Stop and look left, right, and left again before crossing streets?
- Walk on sidewalks, or shoulders (if no sidewalks), facing traffic?
- O Cross with the light?

Locations of problems:\_\_\_\_\_

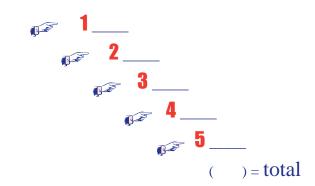
# 5. Was your walk pleasant?

B	Rating 1 2 3 4 5 6
O Yes	<ul> <li>Some unpleasant things:</li> <li>Needs more grass, flowers, or trees</li> <li>Scary dogs</li> </ul>
	Suspicious activity Not well lit Dirty, lots of litter or trash Something else?

Locations of problems: \_\_\_\_\_

How does your neighborhood stack up?

Add up your ratings and decide.



# How did your neighborhood rate?

- **26-30** Celebrate! You have a great neighborhood for walking.
- **21-25** Celebrate a little. Your neighborhood is pretty good.
- **16-20** Okay, but it needs work.
- **11-15** It needs lots of work. You deserve better than that.
- **5-10** Call out the National Guard before you walk. It's a disaster area.

# Did You Find Something That Needs to be Changed?

The next page has suggestions for making neighborhoods better places for walking that match up with the problems you identified.

During your walk **how did you feel physically?** Could you go as far or as fast as you wanted? Were you short of breath, tired, or did you have sore feet or muscles?

The next page also has suggestions about walking for exercise.

# Walkability CHECKLIST

### **Making Your Community More Walkable**

You have collected valuable information about walking in your neighborhood. Listed below are some suggestions for making it easier to walk in your community.

Your local traffic engineer may be the key person to contact about many of the things you want to change.

But before you do, learn about ideas other communities are trying. A new concept called traffic calming is transforming neighborhood streets from roads that encourage speeding to places that invite people to walk.

# What you and your child can do IMMEDIATELY

# What you and your community can do with more time

### 1. Did you have room to walk safely?

- Sidewalks or paths started and stopped
- Sidewalks broken/cracked
- Sidewalks blocked
- No sidewalks, paths or shoulder
- Too much traffic

- Pick another route for now
- Tell local transportation engineers or public works department about specific problems, and provide a copy of checklist
- Speak up at board/development meetings
- Write or petition the city for walkways
- Gather neighborhood signatures
- Make media aware of problem

# 2. Was it easy to cross streets?

- Road too wide
- Traffic signals made us wait too long or did not give us enough time to cross
- Crosswalks/traffic signals needed
- View of traffic blocked by parked cars, trees, or plants
- Needed curb ramps; ramp needed repair

- Pick another route for now
- Share problems and checklist with local transportation engineers or public works department
- Trim your trees and bushes that block the street, and ask neighbors to do the same
- Leave nice notes on problem cars, asking owners not to park there

- Push for crosswalks, signals, or parking changes at city meetings
- Give report identifying parked cars that are safety hazards to transportation engineer
- Report illegally parked cars to the police
- Request that public works department trims trees and plants
- Make media aware of problem

# What you and your child can do IMMEDIATELY

# What you and your community can do with more time

#### 3. Did drivers behave well?

- Backed without looking
- Did not yield
- Turned into walkers
- Drove too fast
- Sped up to make traffic lights or drove through red lights
- Pick another route for now
- Set an example: slow down and be considerate of walkers
- Encourage your neighbors to do the same
- Report unsafe driving to police
- Organize neighborhood speed watch program
- Petition for more enforcement
- Ask city planners and traffic engineers for traffic calming ideas
- Request protected turn signals
- Ask schools about getting crossing guards at key locations where children cross

# 4. Could you follow safety rules?

- Cross at crosswalks or where you could see and be seen
- Stop and look left, right, left before crossing
- Walk on sidewalks or shoulders facing traffic (if no sidewalks)
- Cross with the light
- Educate yourself about safe walking and teach your child
- Organize parents in your neighborhood to walk children to school
- Encourage schools to teach pedestrian safety
- Help schools start Safe Routes to School programs
- Encourage corporate support for flex schedules so parents can walk children to school

# 5. Was your walk pleasant?

- Needs grass, flowers, trees
- Scary dogs
- Suspicious activity
- Not well lit
- Dirty, littered
- Pick another route for now
- Ask neighbors to keep dogs leashed or fenced

- Report scary dogs to animal control department
- Report suspicious activity to police
- Report lighting needs to the city
- Take a walk with a trash bag
- Plant trees, flowers, and bushes in your yard.
- Request increased police enforcement
- Start a crime-watch program in your neighborhood
- Organize a community cleanup day
- Sponsor a tree planting day
- Sponsor a neighborhood beautification day

# **Quick health check**

- Could not go as far or as fast as you wanted
- Were tired, short of breath, or had sore feet or muscles
- Start with short walks and work up to 30 minutes of walking most days
- Invite a friend or child along
- Replace some driving trips with walking trips
- Get media to do a story about the health benefits of walking
- Call parks and recreation department about community walks
- Encourage corporate support for employee walking programs

# 50 (Safe) Ways to Leave Your School Bus SGHOUL BUS SAFETY



Just call me Gus, I'm a yellow school bus. I get to school safely, I'm the one to trust.

Knowing the rules, is how I keep cool, When taking my friends to and from school.

But before we go, and start our safety show, There's a few rhymes, my kids need to know.

So dig my jive, if you want to stay alive, Stay quiet in your seat, and enjoy the drive!

When waiting for the bus, Gus, You need to make a plan, Stan, No need to discuss much, Get there 5 minutes early.

Get at the right place, Grace, 5 giant steps from the curb, Herb, Bright clothes on your back, Zack, You'll be inside happily.

Behind the bus is the Danger Zone, Joan, Where the driver can't see you, Lou, When you're riding off to school, Raoul, Please listen to me.

Stay put in your seat, Pete, Don't make no noise, boys, Quiet near train tracks, Max, So the driver can stop, listen and see.

Careful getting off the bus, Russ, So nothing snags on the door, Lenore, Tell the driver if you drop books, Brooks, She'll help you get them back, Jack, Just like she used to help me. She'll tell you when to cross, Ross, 5 big steps before you do, Chu, Look both ways twice, Brice, Cross the street when it's clear, Shabbir, And you're halfway home to safety.

Now you're walking on your own, Simóne, Here's a few things to get you home. Watch for cars backing out of lots, Scott, In the middle of the block? Not! Don't cross if you hear a siren, Brian, If it says 'DONT WALK', don't go, Flo, It's so easy, can't you see?

Cross tracks where they're marked, Clark, Not when gates are down, Suzy Brown, Or when lights are red, Ted, It's all about safety.

Stay on the sidewalk when you can, Fran, Grown-ups help with the rules, Jules, Show you how to do it right, tonight, And every day you will be, Home safe with your family.







# **Answer to Morse Code** From page 2

- 1. Helmet 2. Single file/same 3. Left right left
- 4. Facing traffic 5. Five giant steps 6. Walk behind
- 7. Face forward/rail/escalator 8. Railroad tracks/both/train/whistle/safe 9. Buckle up 10. School buses Bonus: Safety belts can save lives!!

### **Answers to Pedestrian Safety Quiz**

From page 4

- 1. It means that you should get ready to cross the street.
- 2. Look to the left, then right, then left again for oncoming cars. If a car is approaching, make sure that you can see the driver's eyes, and that he/she has seen you before you step off the curb. Do not run.
- 3. Continue to walk. Do not run.
- 4. Stop! Do not try to cross the street. Wait for the next **WALK** signal.
- 5. Stop! Do not try to cross the street. Wait for the next **WALK** signal.

### **Answer to Word Scramble** From page 6

- 1. Seat Belt 2. Pedestrian 3. School Bus 4. Car
- 5. Railroad Tracks 6. Bicycle 7. Transit Bus
- 8. Helmet 9. Crossing Guard 10. Traffic 11. Bus Stop
- 12. Transportation 13. Booster Seat 14. Escalator
- 15. Stop Sign 16. Crosswalk 17. Buckle Up 18. Sidewalk

# **Answers to Word Search** From page 7

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#### **Answer to Maze** From page 8



### **Answer to Crossword** From page 10

**ACROSS:** 1. Hand 4. Books 10. Door 11. Left Right Left 12. Siren 13. Right 16. Map 17. Lives 19. Quarter

21. Train 22. Buckle

**DOWN:** 2. Daily Route 3. Shoulder 4. Bus 5. Safety 6. Danger Zone 7. Crosswalk 8. Safe 9. Seat 14. Helmet 15. Minutes 18. Truck 20. Law





