YOUTH WALK & ROLL

ACTIVITY KIT

Youth walking and biking safety activities for every day of the week!

SIGN UP TO PARTICIPATE IN THE YOUTH WALK AND ROLL WEEK AT BIKEEASY.ORG OR CONTACT US AT INFO@BIKEEASY.ORG
INTRODUCTION

Bike Easy has put together this walking and biking safety activity kit to provide parents, caregivers, teachers, community leaders, and children with tools to learn the basics of pedestrian and bicycle safety.

HOW TO USE THIS ACTIVITY KIT:

This activity kit includes a combination of printable and online activities. Print out this packet to complete activities at school or at home. On the computer, look for the Youth Walk & Roll ONLINE icon and click to access the interactive version of those activities.

Follow the order of activities so that you are prepared for the final activity - a scavenger hunt around your own neighborhood!

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FIRST THINGS FIRST!

Watch our Bike Safety for Students video to learn everything you need to know about how to get around safely by bike.

PARTS OF THE BIKE

Time - 15 minutes
Materials - Pens, pencils, markers or crayons

How many bike parts can you name?
**WORD SEARCH**

**Time** - 10 min

**Materials** - Pens, pencils, markers or crayons

Find the **14** hidden words. Words can be vertical, horizontal or diagonal, forwards or backwards

```
F A X T R M C S R U F L
L R Y F R A M E P N N A
L H E Q E D F K Q E X N
B N K E P E D A L N S O
I G T R D P T R P V Z I
Y J K Y L O K B W I E T
M T N E E R M H S R V A
T B E O L M T L A O R T
U H M F N L D I Q N B R
W N T G A A O E R M J O
W Q T E Y S K A O E L P
L Y H A T O W K T N L S
N Y F R P W Y H E T O N
N M H S T J R G R B Y A
B R T P K F D W E R U R
H A N D L E B A R S D T
```

Tube - Transportation - Wheel - Brakes - Environment - Frame - Freedom - Gears - Handlebars - Health - Pedal - Safety - Spokes - Tire -
RULES OF THE ROAD - WALKING
TRAFFIC SIGNS
Time - 10 min
Materials - Pens, pencils, markers or crayons

Traffic signs are important to keep everyone safe on the road! Write what these traffic signs tell us:

STOP

SCHOOL

RR

DO NOT ENTER

Street Sign
PEDESTRIAN SAFETY QUIZ
Time - 15 min
Materials - Pens, pencils, markers or crayons

1. What kind of clothing should you wear when walking at night?
   A. Light or brightly colored clothes
   B. Dark colors
   C. Reflective gear
   D. Both A & C

2. When walking on a road with no sidewalk, you should:
   A. Walk on the left side, facing traffic
   B. Walk on the right side, with traffic
   C. Walk down the middle if there is no traffic

3. You should always cross the street:
   A. Between parked cars
   B. At a crosswalk
   C. At the corner of a street
   D. Both B & C

4. What should you do before crossing the street?
   A. Stop completely before crossing
   B. Make eye contact with drivers
   C. Look left, right and left again
   D. All of the above

5. Should you walk with or against traffic?
   A. With traffic
   B. Against traffic
6. When crossing the street, always be sure to:
   A. Look at your phone
   B. Put on headphones
   C. Dart across as quickly as possible
   D. None of the above

7. How many crosswalks do you see?
   A. One
   B. Two
   C. Three
   D. Four
RULES OF THE ROAD - BIKING
CROSSWORD
Time - 15 min
Materials - Pens, pencils, markers or crayons
**DOWN**

1. When you approach a turn, you must scan and ________ to let others know where you are going.
2. A _____ is the perfect bicycle accessory to let others know you are close.
3. A red sign with 6 sides (hexagon) means that you must ________.
4. Keep your bike out of the rain to prevent your ________ from getting rusty.
5. Turn these on when biking at night.
6. You must approach corners with ________.
7. When the traffic light is _____ you must stop.
8. When the traffic light is _____ you can go.

**ACROSS**

9. A person walking in the street.
10. Let other people on the road go first.
11. Yield to this when entering a street.
12. Check that your tires are full of this before you ride.
13. Wear ______ clothing when you ride your bike.
14. Wear this to protect your head.
15. Always do this in both directions before crossing a street.
BICYCLE SAFETY QUIZ
Time - 15 min
Materials - Pens, pencils, markers or crayons

1. Where should you ride your bicycle on the road?
   A. Ride on the left side, against traffic
   B. Ride on the right side, with traffic

2. The correct way to wear a helmet is:
   A. Flat on your head
   B. Fitting snugly on your forehead with the buckle fastened
   C. Not obstructing your view
   D. All of the above

3. Which hand signal you should use to show others you are turning right on a bike?
   A. Right hand pointing right
   B. Left hand pointed in an “L” shape up
   C. Either A & B can signal a right turn

4. You should wear a helmet every time you ride a bike.
   True   False

5. When riding your bike you must stop at all stop signs and red lights.
   True   False

6. Biking and walking are healthy ways to get from one place to another.
   True   False

7. Places to pay special attention to on the road are:
   A. Intersections
   B. Car Doors
   C. Driveways
   D. All of the above
8. Bicycles are vehicles.
   True   False

9. Draw a line to connect the hand signal with its meaning.
DESIGN YOUR OWN HELMET
Time - 30 min
Materials - Color pencils, markers or crayons

Wearing a helmet that fits well every time you’re on a bike helps protect your face, head, and brain if you fall down. Design the helmets of your dreams!

Share your designs by posting them on social media and using the hashtags #walkandroll #walkandrollnola or email it to info@bikeeasy.org
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NEIGHBORHOODS & STREETS

YOUTH WALK & ROLL
DRAW OR CREATE YOUR DREAM STREET

Time - 15 min
Materials - Paper, colored pencils, markers or crayon

A complete street is designed and operated to allow safe access for all users, including people of all ages and abilities walking, biking, driving and taking transit.

Draw or create the complete street of your dreams with the following elements:

- Sidewalk
- Bus or streetcar
- Bicycle lane
- Trees
- Person walking
- Person in wheelchair
- Person driving
- Person biking
- Child
- Park

Share your dream street by posting it on social media and using the hashtags #walkandroll #walkandrollnola or email it to info@bikeeasy.org
THE WRONG STREET
Time - 10 min
Materials - Pens, pencils, markers or crayons

What is wrong with this picture? Find and circle 5 unsafe situations in this picture:
DRAW A MAP
Time - 30 min
Materials - Pens, pencils, markers or crayons

Now that you know how to be safe on the road, map your safest route from home to school:

- When biking
- When walking
GO EXPLORE!
WALK & ROLL SCAVENGER HUNT

Time - 30 minutes
Materials - Bicycle, helmet, pen & paper

Time to explore your neighborhood! Check off each one you can find while walking or biking around your neighborhood!

BEADS  BICYCLE  BIRD  BUS

CAT  CHURCH  CROSSWALK  DOG

FIRE HYDRANT  FLEUR DE LIS  FLOWERS  FRONT PORCH

LIBRARY  ONE-WAY SIGN  PARK  PEOPLE WALKING

SPANISH MOSS  STORE  TRAFFIC LIGHT  TREE

Share a selfie from your scavenger hunt by posting it on social media and using the hashtags #walkandroll #walkandrollnola or email it to info@bikeeasy.org
MY PERSONAL SAFETY PLEDGE

When I am walking and biking, I pledge to:

**BE SAFE**

- Stop, look and listen
- Use the right equipment when biking

**BE SEEN**

- Cross at crosswalks and corners when walking
  - Use lights when biking at night

**BE PREDICTABLE**

- Follow traffic laws, bike with traffic, and signal before turning

_______________________

Sign your name here

*(and mean it!)*
Congratulations on completing the Walk & Roll Activity Kit!

Now get out there and have an easy, safe and fun experience every time you’re biking and walking around Greater New Orleans!

Share your stories, photos and questions at info@bikeeasy.org
YOUTH WALK & ROLL

ANSWER KEY
PARTS OF THE BIKE

- Brake Lever
- Crossbar
- Seat
- Wheel
- Spokes
- Chain Pedal
- Crank
- Frame
- Fork
- Hub
- Rim
- Tire
- Brake Cable
- Handlebars
- Fork
- Hub
- Rim
- Tire
- Chain
- Wheel
TRAFFIC SIGNS

- Stop
- Bike Route
- School Crossing
- Bicycles may use the full lane
- Railroad Crossing
- No Parking
- Do Not Enter
- Speed Limit: 25 miles per hour
- Construction Ahead
- One Way Street
PEDESTRIAN SAFETY QUIZ

1. What kind of clothing should you wear when walking at night?
   A. Light or brightly colored clothes

2. When walking on a road with no sidewalk, you should:
   A. Walk on the left side, facing traffic

3. You should always cross the street:
   D. Both B & C

4. What should you do before crossing the street?
   D. All of the above

5. Should you walk with or against traffic?
   B. Against traffic

6. When crossing the street, always be sure to.
   D. None of the above

7. How many crosswalks do you see?
   D. Four.
CROSSWORD

YOUTH WALK & ROLL

ANSWER KEY

B E S T

H E L M E T

T R A F F I C

S L O O P

B S E D R B G H T

2.3.

1.

2.

3.

4.

C H

P E D E S T R I A N

S L O O P

Y I E L D

G N

T R A F F I C

L

A I R

L E D

G B R I G H T

G H

H E L M E T

N S

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   D. All of the above

3. Which hand signal you should use to show others you are turning right on a bike?
   C. Either A & B signal a right turn

4. You should wear a helmet every time you ride a bike.
   True

5. When riding your bike you must stop at all stop signs and red lights.
   True

6. Biking and walking are healthy ways to get from one place to another.
   True

7. Places to pay special attention to on the road are:
   D. All of the above

8. Bicycles are vehicles.
   True

9. Draw a line to connect the hand signal with its meaning.
THE WRONG STREET