

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](https://bikeeasy.org) OR CONTACT US AT [INFO@BIKEEASY.ORG](mailto: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!

DAY 1	Parts of the Bike	Pages 3 - 5
DAY 2	Rules of the Road - Walking	Pages 6 - 10
DAY 3	Rules of the Road - Biking	Pages 11 - 17
DAY 4	Neighborhoods & Streets	Pages 18 - 20
DAY 5	Go Explore!	Pages 21 - 22



FIRST THINGS FIRST!

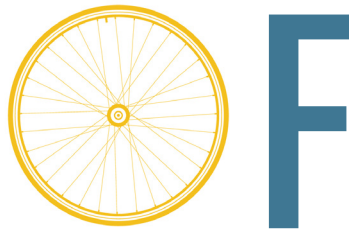
Watch our Bike Safety for Students video to learn everything you need to know about how to get around safely by bike.



 **YouTube** <http://bit.ly/bikeeasywalkandroll>



PARTS



F

THE BIKE

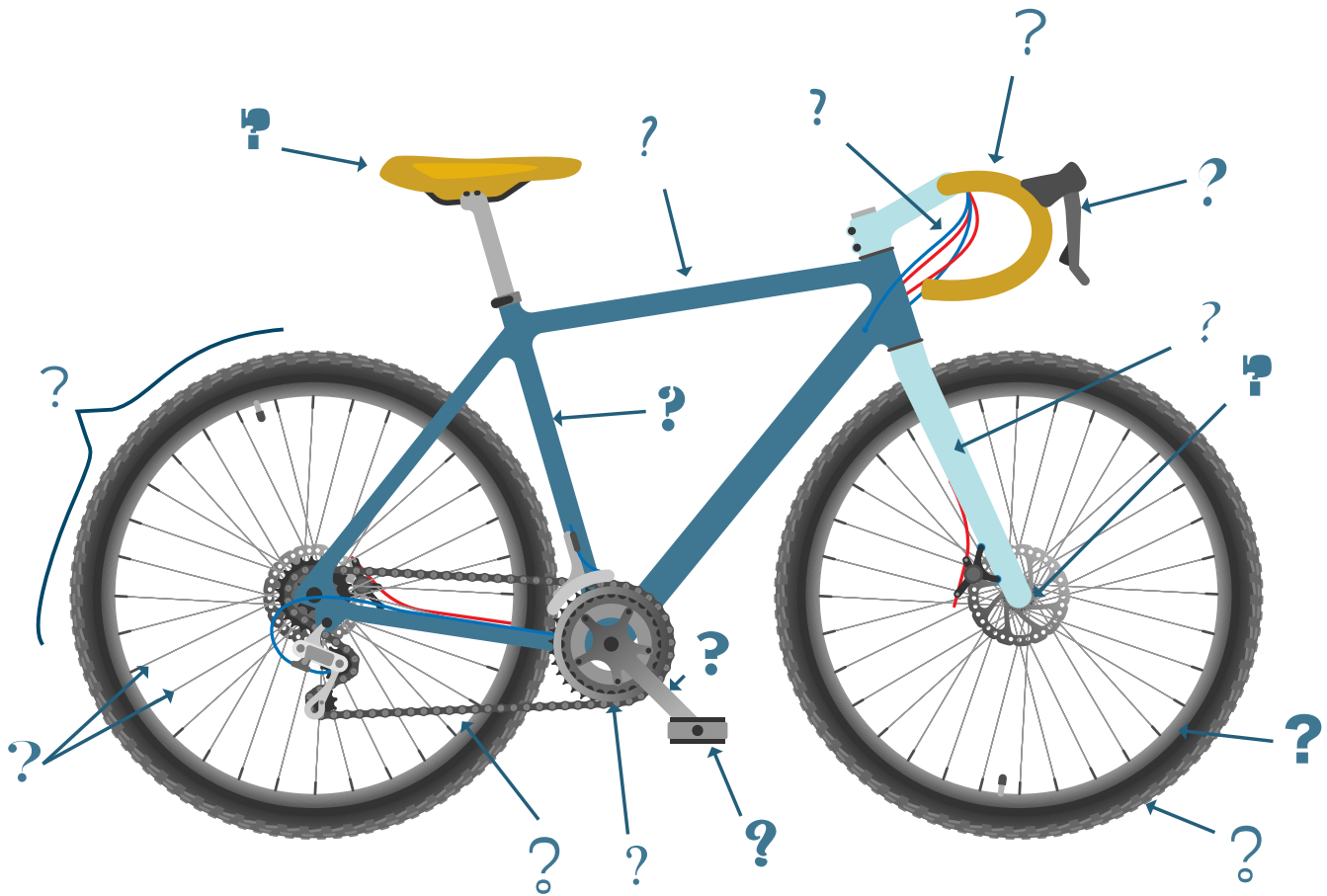


PARTS OF THE BIKE

Time - 15 minutes

Materials - Pens, pencils, markers or crayons

How many bike parts can you name?



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

ANSWER KEY ON PAGE 27



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

Brakes - Environment - Frame - Freedom - Gears - Handlebars - Health - Pedal - Safety - Spokes - Tire - Tube - Transportation - Wheel

ANSWER KEY ON PAGE 28



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:











ANSWER KEY ON PAGE 29











ANSWER KEY ON PAGE 29



PEDESTRIAN SAFETY QUIZ

Time - 15 min

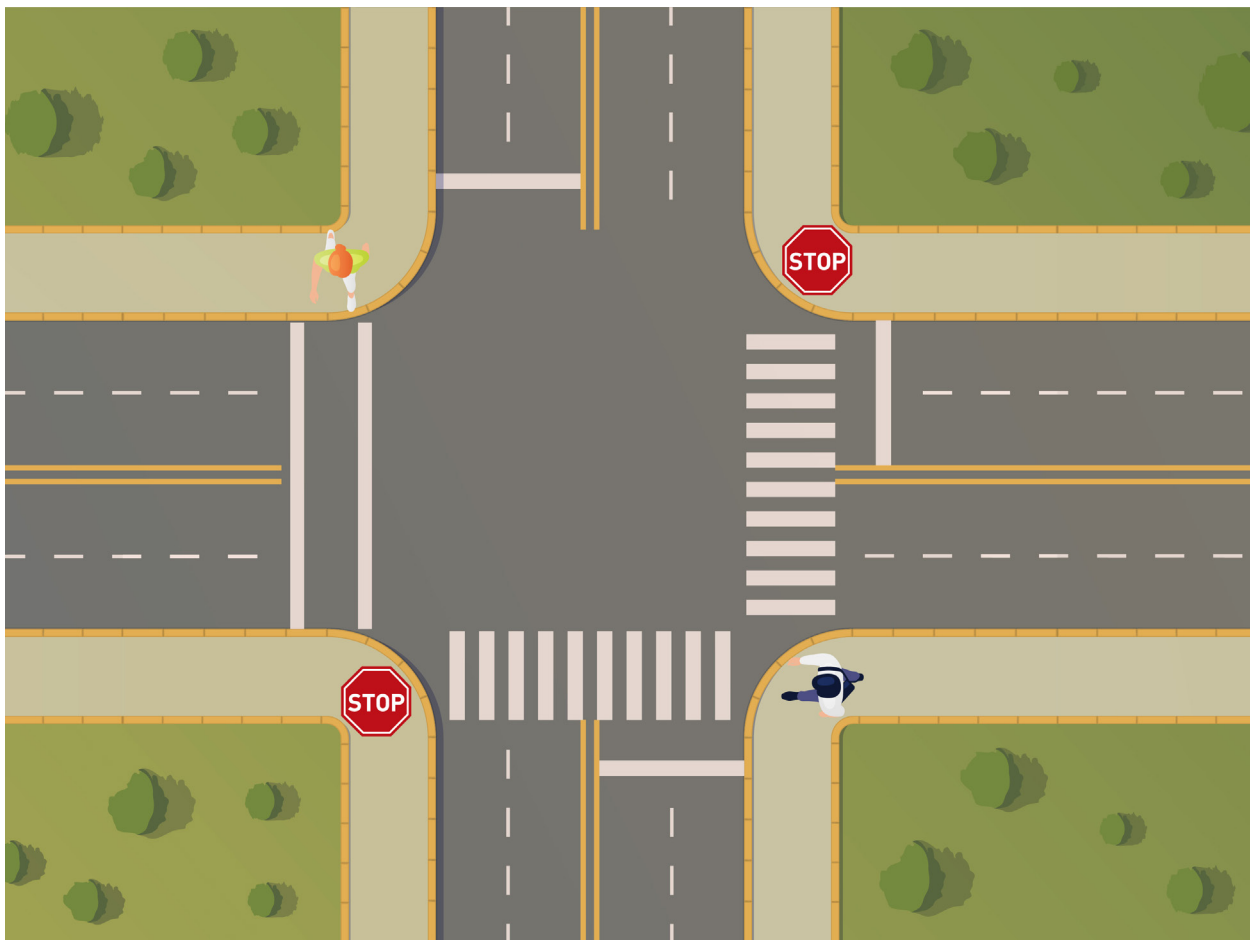
Materials - Pens, pencils, markers or crayons

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 ride side, with traffic
 - C. Walk down the midde 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

ANSWER KEY ON PAGE 30



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



ANSWER KEY ON PAGE 30



RULES OF THE ROAD

—

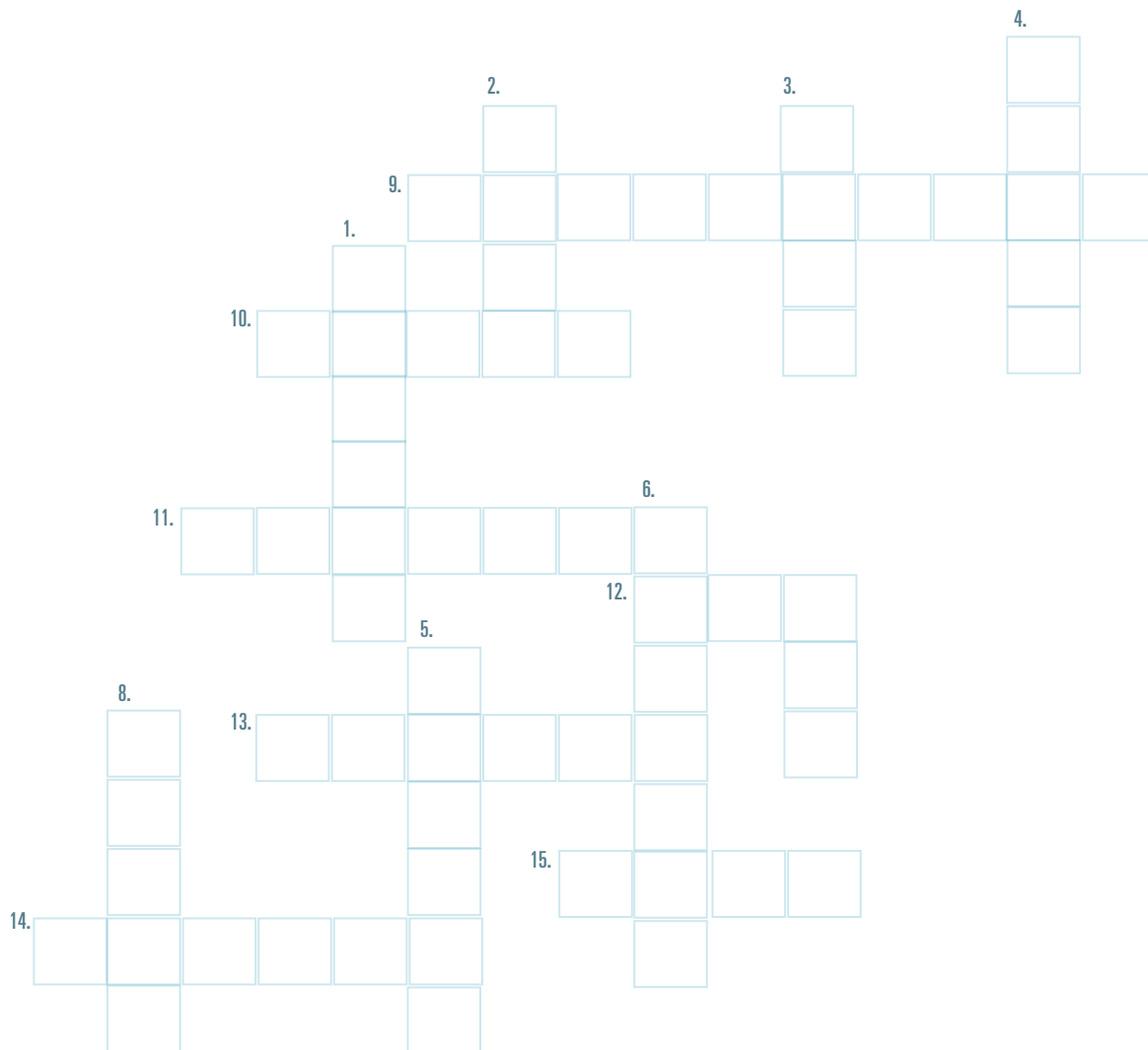
BIKING 



CROSSWORD

Time - 15 min

Materials - Pens, pencils, markers or crayons



ANSWER KEY ON PAGE 31



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

ANSWER KEY ON PAGE 32



8. Bicycles are vehicles.

True

False

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

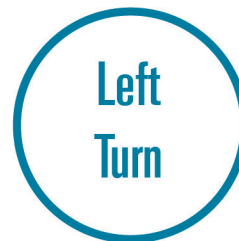


Illustration by
THE LEAGUE
OF AMERICAN BICYCLISTS
www.bikeleague.org

ANSWER KEY ON PAGE 32

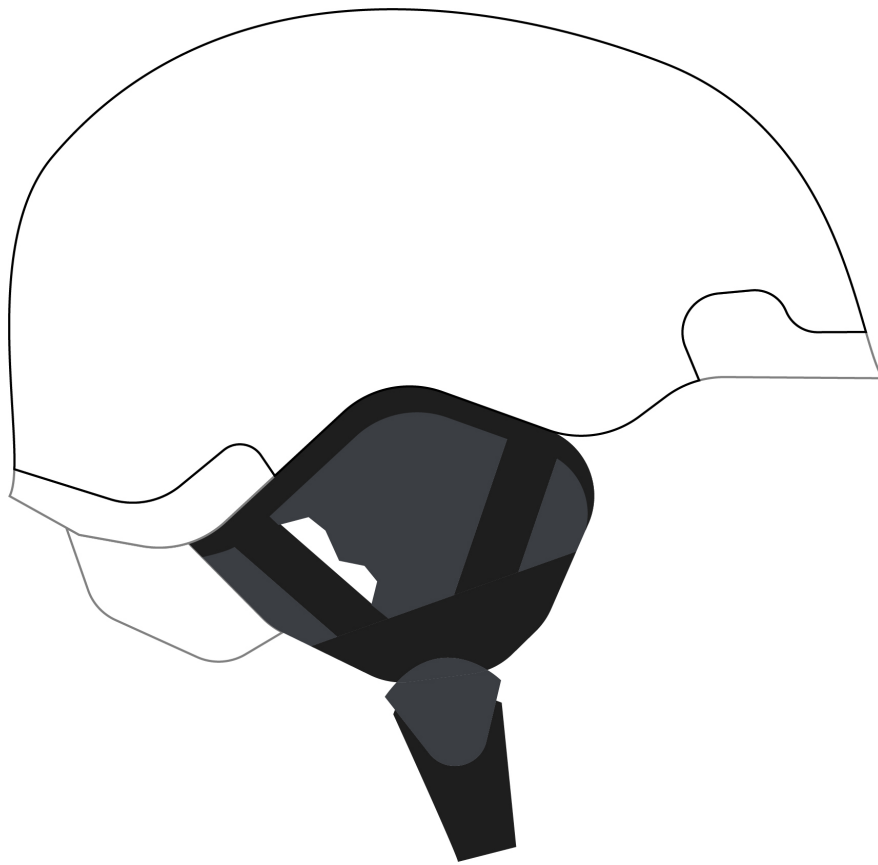


DESIGN YOUR OWN HELMET

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

A large, stylized graphic of a winding yellow road with white dashed lines, curving from the bottom left towards the top right, passing behind the title text.



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

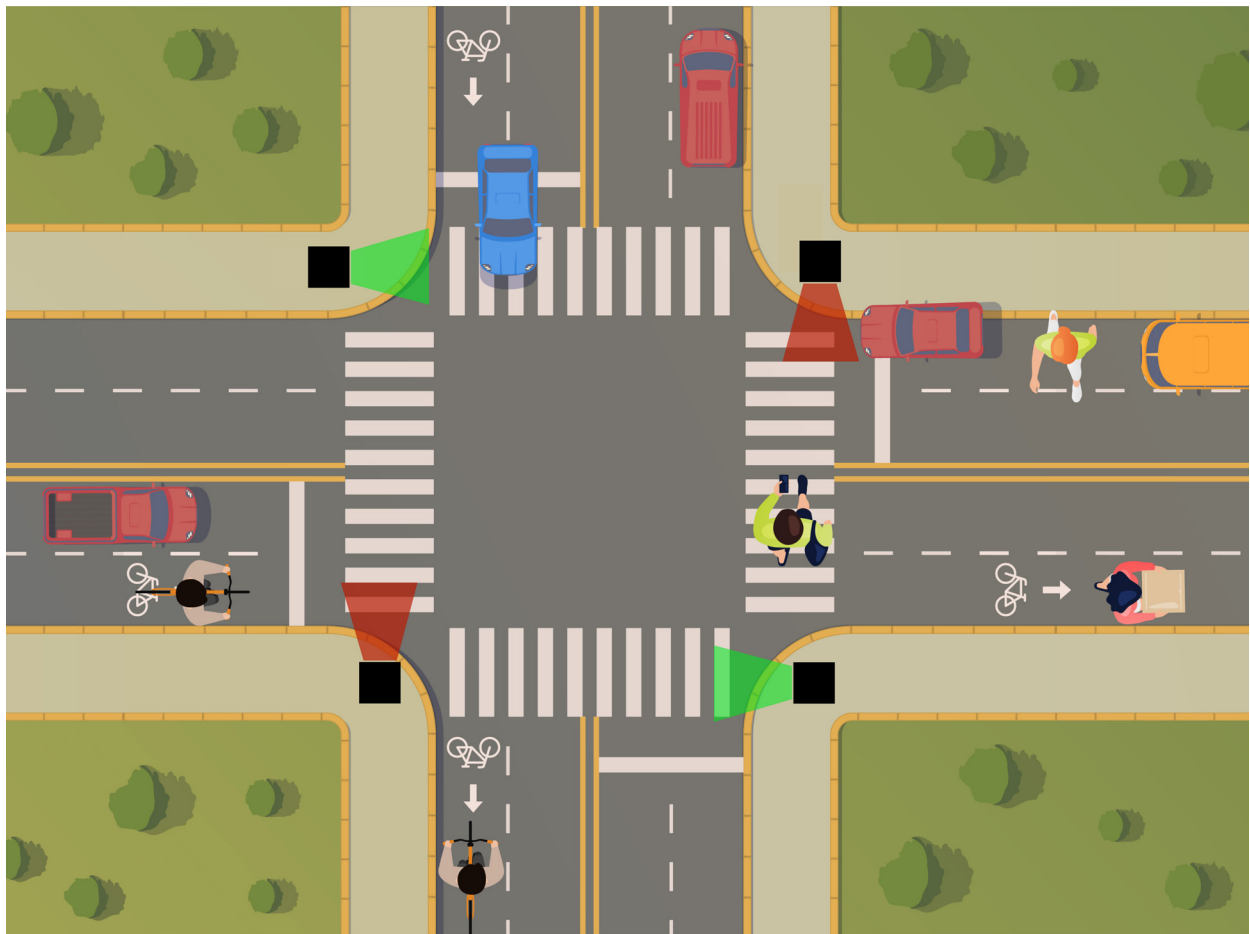


THE WRONG STREET

Time - 10 min

Materials - Pens, pencils, markers or crayons

What is wrong with this picture? Find and circle **5** unsafe situations in this picture:



ANSWER KEY ON PAGE 33



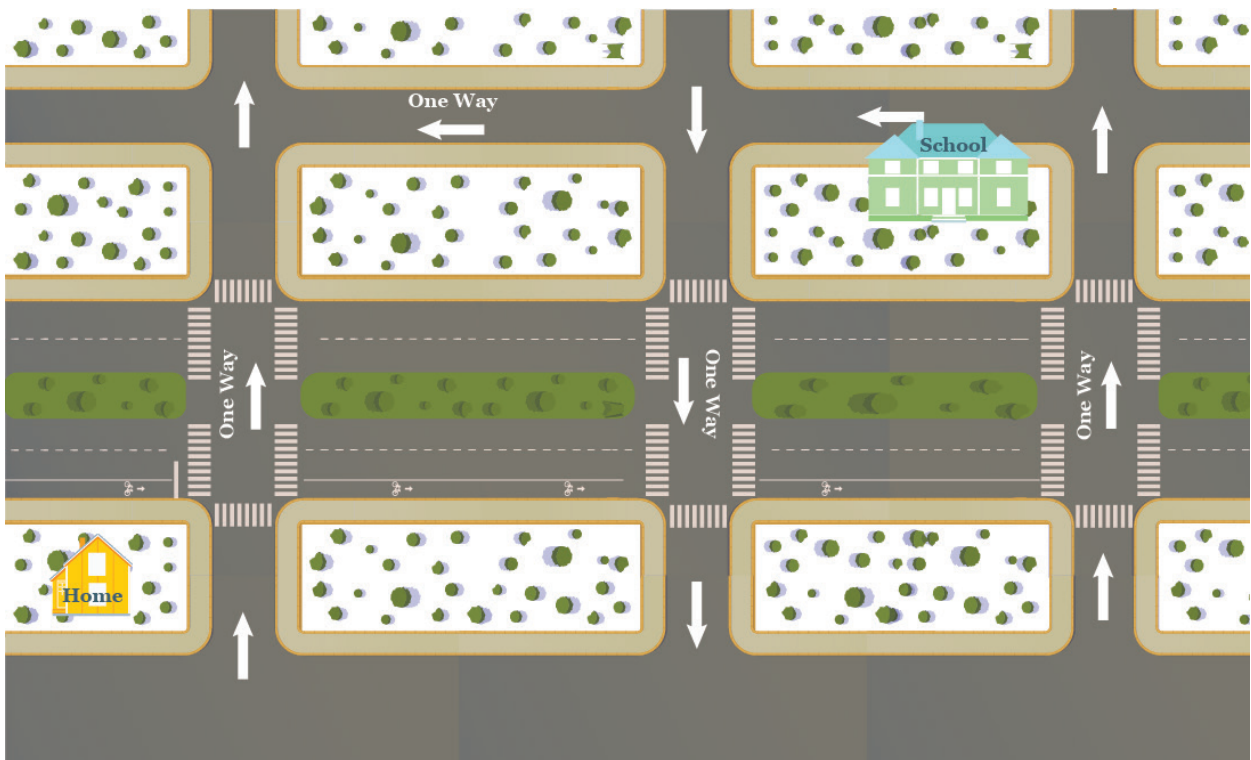
DRAW A MAP

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







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

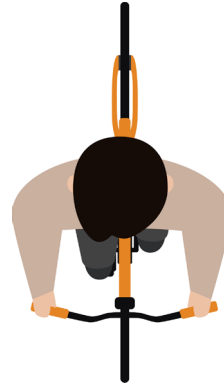
BE SEEN

- 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!**

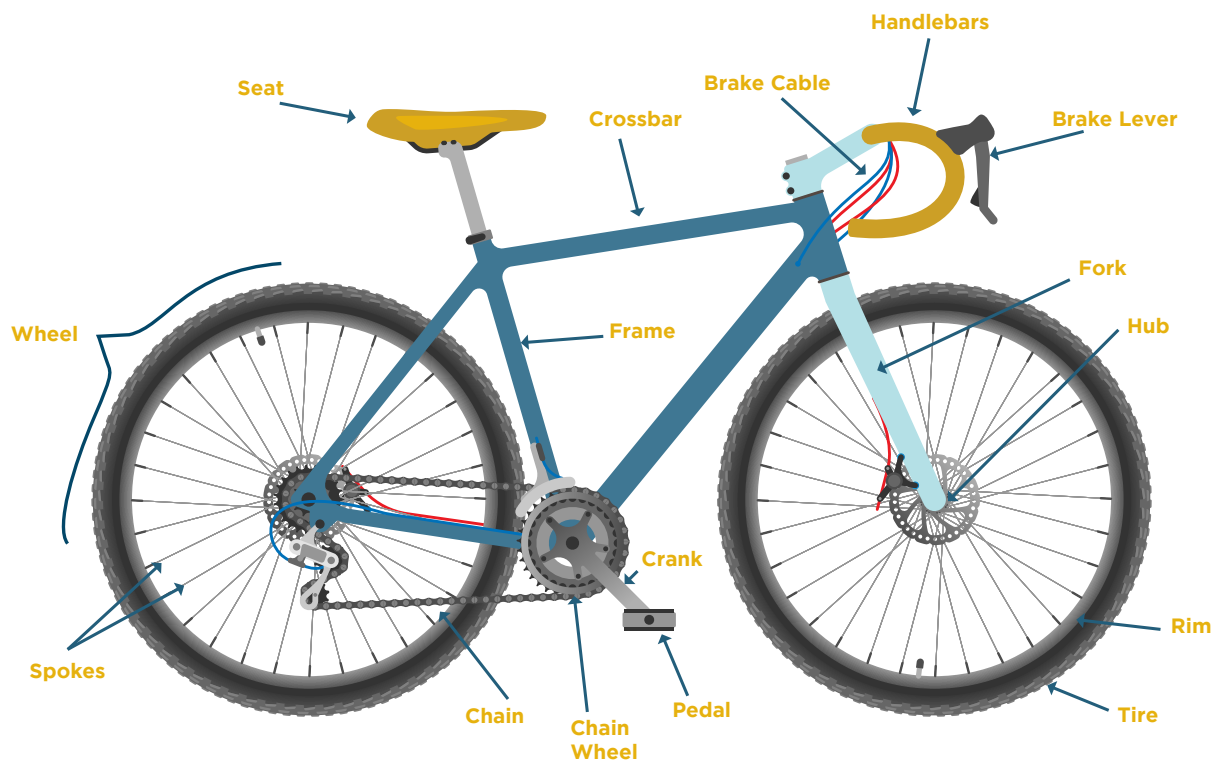
**Share your stories, photos and ques-
tions at info@bikeeasy.org**



ANSWER KEY



PARTS OF THE BIKE





WORD SEARCH





TRAFFIC SIGNS



Stop



School Crossing



Railroad Crossing



Do Not Enter



Construction Ahead



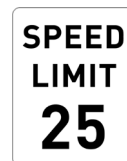
Bike Route



Bicycles may use the full lane



No Parking



Speed Limit: 25 miles per hour

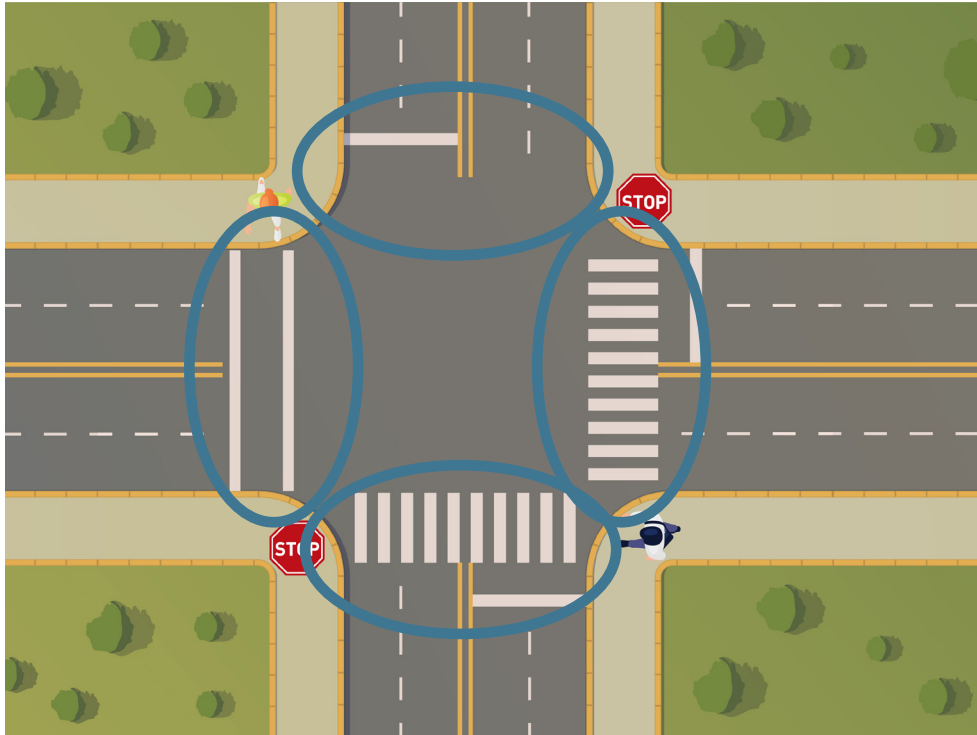


One Way Street



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

1. PEDERSTRIAN

2. B

3. S

4. CHIN

5. L

6. AFFIC

7. AIR

8. GREEN

9. S

10. YIELD

11. TRAFFIC

12. U

13. BRIGHT

14. HELMET

15. LOCK



BICYCLE SAFETY QUIZ

1. Where should you ride your bicycle on the road?
B. Ride on the right side, with traffic
2. The correct way to wear a helmet is:
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.

