

MENLO PARK SAFE ROUTES TO SCHOOL

Walk & Roll Activity Book

Walking and Biking Safety Tips

Fun Games!
Activities!
And more inside!



Let's Walk and Roll in Menlo Park!

HOW TO USE THIS ACTIVITY BOOK

Parents and Teachers: To go deeper, check the City of Menlo Park Pedestrian Curriculum on the SRTS web page (menlopark.org/saferoutestoschool) !

Kids

This book is for you! Your parents and teachers want you to learn safe walking and rolling skills.

Complete these activities with your parents, teachers, or on your own. You will have a lot to teach your parents and teachers, too!

Parents

You will decide when your child has the skills and experience needed to safely walk or roll without you or another adult. See Readiness Checklist page 18.

Use this guide to begin or continue talking with your child about and help them think through smart, life-long walking and rolling safety behaviors.

Teachers

You have an important role to play in the classroom and in teaching students about safe and healthy ways to get around.

You can use individual sheets from this book in lesson plans and activities to help your students develop safety skills that will carry them through the rest of their lives.

What is Rolling?

Rolling as a way to get around can mean many things, like bicycling, using a wheelchair, scooting, skateboarding, or another fun and active wheely way!

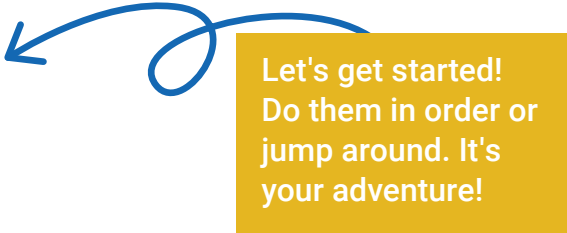
The City of Menlo Park Safe Routes to Safe Routes to School Program supports children and families walking, biking, and carpooling to school. SRTS activities make it safer, easier, and more fun for families to walk and bike to school, improving their health, well-being, and safety

WHAT'S INSIDE

These educational activities and informational sheets for elementary students will introduce families to safe walking and bicycling. Parents, guardians, and children are encouraged to do these activities together!

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Why we

WALK AND ROLL!

Learn why it is important and fun to walk and roll to get to school, the library, and the park!

Ask your parents if they were walking or biking to school when they were children!

Within the span of one generation, the percentage of children walking or bicycling to school has dropped to 13%.

Walking and Rolling are fun activities that can be done year round!



Ask your friends and family members to join you outside as you walk and roll to explore your neighborhood.

Walking ONE MILE to and from school each day means you get TWO-THIRDS of the recommended 60 MINUTES OF PHYSICAL ACTIVITY a day.

Walking and rolling are good for the environment and are fun!



If half of all students walked or rolled to school, we would save 3.2 BILLION vehicle miles and 1.5 MILLION tons of carbon dioxide—equal to keeping more than 250,000 cars off the road for a year.

When you walk to school, you feel focused and ready to learn!



After 20 MINUTES of physical activity, students TESTED BETTER IN READING, SPELLING AND MATH and were more likely to read above their grade level.

If you live further away from school, you can still help! You can carpool with your friends to help reduce pollution near school.

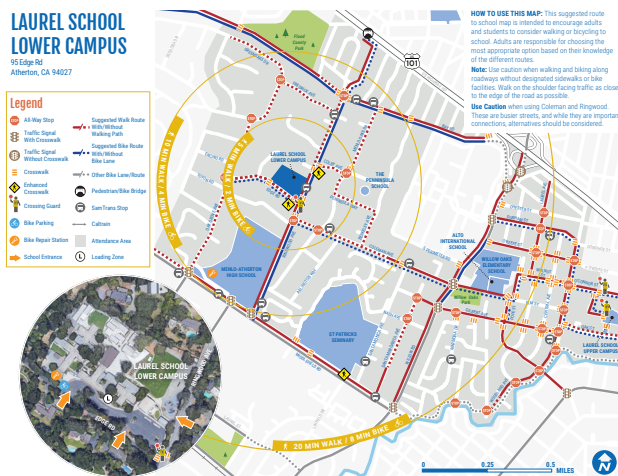
Parents driving their children just to school make up 1 in every 10 car trips in the morning, and this number doesn't even include all of the trips parents make when dropping off children on their way to work (NHTS 2017). Carpooling and taking the bus can help reduce traffic and air pollution.

Build your SAFETY SKILLS

The next pages are filled with fun activities for you to learn and gain more safety skills for walking and rolling in your neighborhood.

Let's jump in!

Quick Safety Tips for Kids



Plan your route to school ahead of time

- Use your school's Walk and Roll Map to plan the best routes to school
- Take a test run with your family before school starts

Be predictable

- Make eye contact with drivers
- Stop at the curb's edge



- Disconnect from your cell phone and headphone distractions
- Always follow directions from crossing guards

On the Road!

BIKING SAFETY TIPS

- Ride in the same direction as traffic in a single line
- Keep both hands on the handlebars except when signaling
- Follow all traffic laws, stop at all stop signs and red lights and remember to look out for traffic.
- Use hand signals when riding your bicycle



Right Turn



Slow or Stop



Left Turn

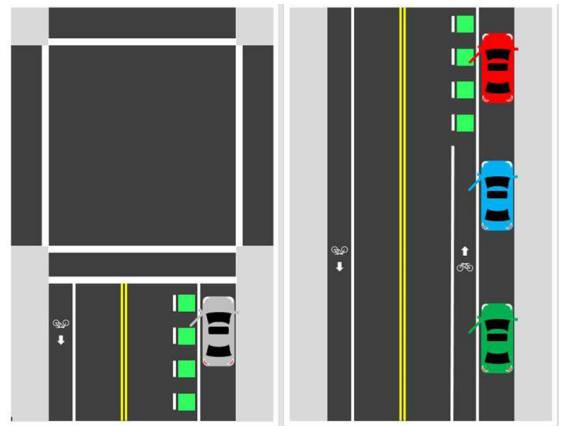
Bike route and wayfinding signage

Signage indicates that you are on a designated bikeway and it makes motorists aware of the bicycle route. Signs guide you to key destinations or other bike facilities and indicate the distance and travel time to the destination.



Bike lanes

When riding on a bike lane, the solid line becomes a dashed green line to indicate that cars will cross the bike lane to change lanes and make a right turn. You should slow down and **be aware of cars entering the lane.**



Watch for Shared Lane Marking

Ride down the center of the “Sharrow Symbol” to stay outside the door zone on streets without bike lanes. The Sharrow also designates that vehicles and bicycles should share roadway space



Sharrow symbol

What to wear when you **WALK AND ROLL!**

Be Bright! Be Safe! Be Seen!

Circle or color the items you should bring on your walk to school



TIPS TO TRAVEL COMFORTABLY WHEN IT'S COLD OR RAINY OUTSIDE.

- 1st Layer: A light shirt
- 2nd layer: Insulation - a fleece, flannel, sweatshirt or jacket to keep body heat in.
- 3rd Layer: Wind and rain protection with a light waterproof or water resistant jacket.
- 4th Layer: Hats and gloves will protect your ears and hands from crisp winter mornings.

Yes: bright rain jacket, rain boots, closed-toed shoes, backpack with a light or reflective tape mark, lunch bag/apple/banana, flashlight, bike lights, helmet (always wear a bike helmet in any season), sweatshirt, hat, gloves
No: flip-flops, stuffed animals, yo-yo, paper airplane, ipod/earphones, football, toys



Street Smarts

WORD MATCHING

Find a word from the word bank and match it with the correct definition.

A. Someone who walks or uses a mobility device to help them get about.

E. Where people walk and slowly roll

B. A place where two or more streets come together and cross each other.

F. The side of the road, not in the middle where cars are driving, but where the sidewalk meets the road.

C. Some of us use this to roll, rather than walk. People who use these are still pedestrians!

G. Portion of the road usually designated by white stripe or green pavement markings that separates bicyclists from the rest of the traffic.

D. Something with wheels you can ride on or in to get around. Most are powered by motor – cars, trucks, buses – with the exception of bicycles. Bicycles are also vehicles because they follow the same traffic laws as cars.

H. Where we cross the street.

WORD BANK

Stop sign

Edge

Pedestrian signal

Sidewalk

Wheelchair

Yield sign

Crosswalk

Vehicle

Sharrow

Pedestrian

Intersection

Bike lane



I. Symbol to stay outside the door zone on streets without bike lanes. It also designates that vehicles and bicycles should share roadway space.



J. Tells people driving they need to slow way down to watch for other vehicles and people who have the right of way (are supposed to go first)



K. A red octagon that tells all of us to STOP and look, even if we are walking or rolling!



L. A walking person, flashing hand, or solid hand that tells pedestrians what to do before crossing an intersection

A. Pedestrian; B. Intersection; C. Wheelchair; D. Vehicle; E. Sidewalk; F. Edge; G. Bike lane; H. Crosswalk; I. Sharrow; J. Yield sign; K. Stop sign; L. Pedestrian signal

ANSWERS:

Walking

WORD SCRAMBLE

Reveal these important safety tips so you can stay safe as you walk. CAN YOU SOLVE THE PUZZLE?

POSSIBLE ANSWERS

- Signs
- Lights
- Sidewalk
- Drivers
- School
- Against
- Bright
- Traffic
- Stop

- 1 Stop. Look left, right, and left again to look for RTIF AFC before crossing the street. _____
- 2 Before crossing the street, make eye contact with VIRE SRD to make sure they see you. Wait for cars to TSPO before you walk. _____
- 3 When possible, always walk on IDKALWES. If there is no sidewalk, walk on the left side of the street TGAIANS traffic. _____
- 4 Always stop at stop SSING and stop GSIH LT. _____
- 5 Wear HTRIGB clothing to be seen more easily on your walk to and from OLSOCH. _____

ANSWERS: 1. Traffic 2. Bright 3. Sidewalk, Against 4. Signs, Lights 5. Bright, School

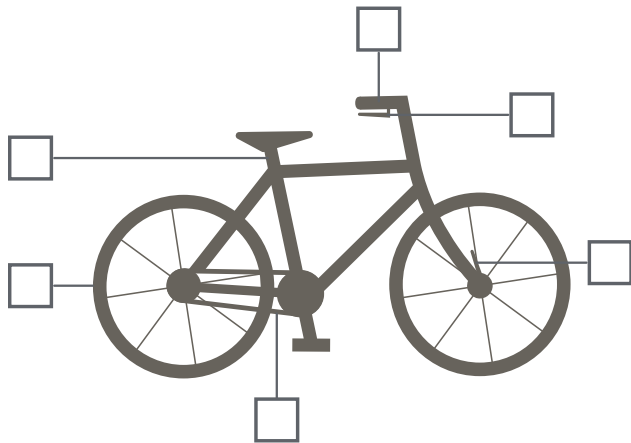
BASIC BIKE MAINTENANCE

and Safety tips

Biking is a fun way to spend time outside and get around. Test your knowledge of bikes and how to roll safely!

Check It Before You Ride – ABC Quick Check

Check your bike to make sure it's safe and in good condition to ride before you jump in the saddle. Match the letters to the bike diagram to do an ABC Quick Check.



- A** **AIR:** do your tires have enough air when you squeeze them?
- B** **BRAKES:** When you squeeze, do they stop the tires?
- C** **CHAIN:** Is your chain threaded over the sprocket and properly oiled?
- D** **QUICK RELEASE:** Are your quick release levers on tight so the wheel doesn't come loose?
- E** **CHECK YOUR Seat:** is it a proper height for you to pedal?
- F** **CHECK your HANDLEBARS:** Do you have a light and/or bell mounted?

Hand Signals **Fill in the blanks:** Label the hand signals as left, right, or stop.



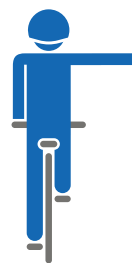
A.



B.



C.



D.

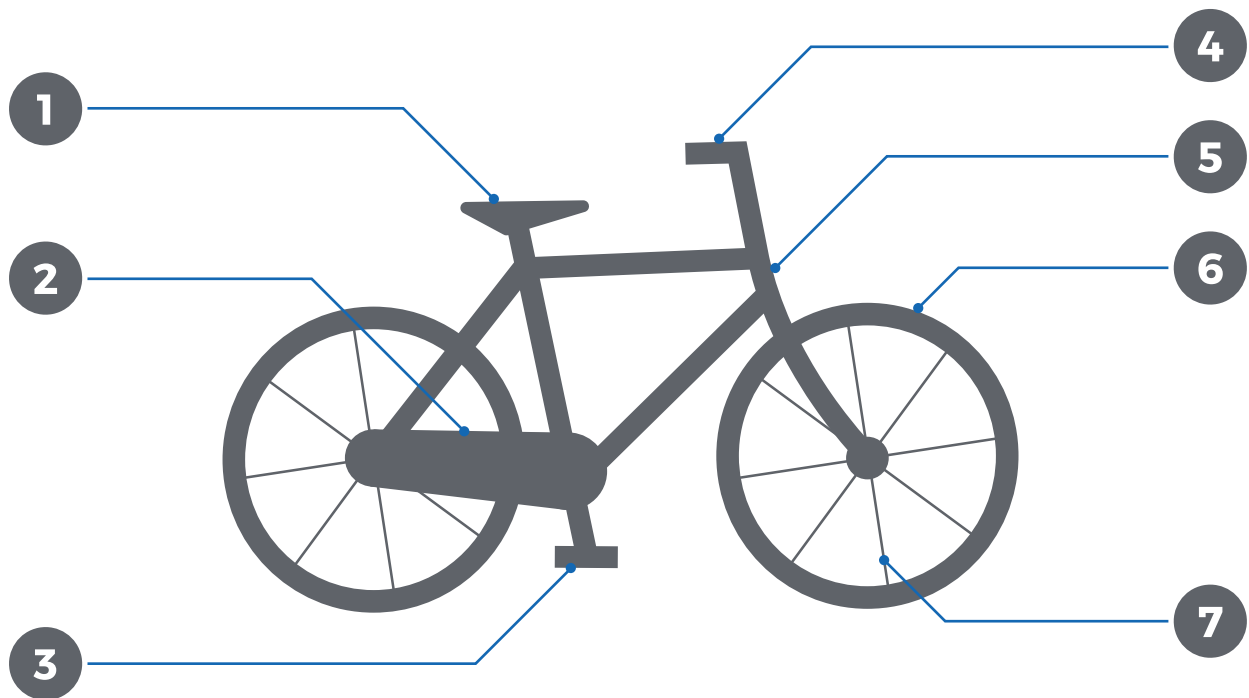
ANSWERS: A. Stop; B. Left; C. Right; D. Right

ANSWERS:

LABEL THE BIKE PARTS

Let's see if you know your bicycle!

Fill in the blanks with the correct bike parts.



ANSWERS: 1. Seat 2. Chain 3. Pedal 4. Handlebar 5. Frame 6. Tire 7. Spoke

HELMET FIT CHECK

Do you know how to properly fit your helmet?

Put your helmet on your head. Then, match these steps with the images below by drawing a line from the image to the helmet fit check step.

A. Look up. Check: can you see the brim of your helmet?

B. Buckle your helmet. Check: Do the straps form a "V" beneath your earlobes?



C. Open your mouth. Check: Is your chin strap snug when your mouth is open?

D. Your helmet should cover your forehead and rest just above your eyebrows.

BE SMART

when you ride your bike!

More rules of the road and biking safety tips

Fill in the blanks using one of the words above. Words can only be used once, so make sure it is in the right sentence.

Word Bank

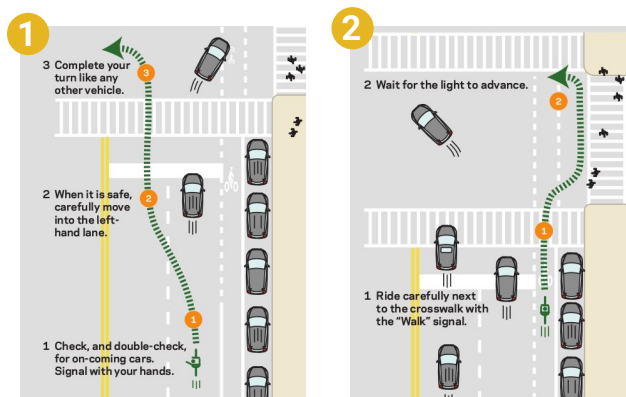
Shoulder check
Door zone
Lock
Helmet
Baskets
Pedestrian crossing
Handlebars
Sidewalks

1. Use _____ and racks to carry large items such as musical instruments and sports equipment. Make sure nothing is dangling where it could get caught in the chain
2. Always _____ your bike!
3. Don't carry items on your _____ or hold them – you need two hands to steer and brake.
4. You should always wear a _____ every time you hop on your bike, skateboard, or scooter. It's the law!
5. You can get hit by a driver opening a car door when you ride too close to parked cars. This 5 feet of space next to an open car door is called the _____.
6. Avoid riding on _____ whenever possible.
7. Walk your bike (dismount) when you are in a _____.
8. When you want to change lanes to make a left turn, you should always make a _____.

Making a Left Turn Safely

You have three options when you want to make a left turn.

- 1 Turn from the Travel Lane (Never from the Bike Lane!)
- 2 Cross the Street Twice (Box Turn). Walk Your Bike in the Crosswalk



ANSWERS
1. Baskets 2. Lock 3. Handlebars 4. Helmet 5. Door zone 6. Door zone 7. Pedestrian crossing 8. Shoulder check

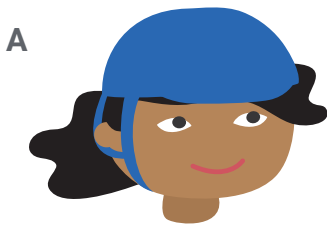
Rules of the Road

CHALLENGE!

1. What are the **five most important** actions or rules of the road that all people riding bicycles must follow for safe riding?

- A. Obey all traffic laws and signs (just like cars)
- B. Always use hand signals
- C. Always ride on the sidewalk
- D. Wear a properly fitted helmet
- E. Check your bike for safety
- F. Ride on the left side of the street against traffic
- G. Use lights and bright clothing when riding at night
- H. Always let cars go before you at intersections

2. How do you **properly fit a helmet**? What does each step show?



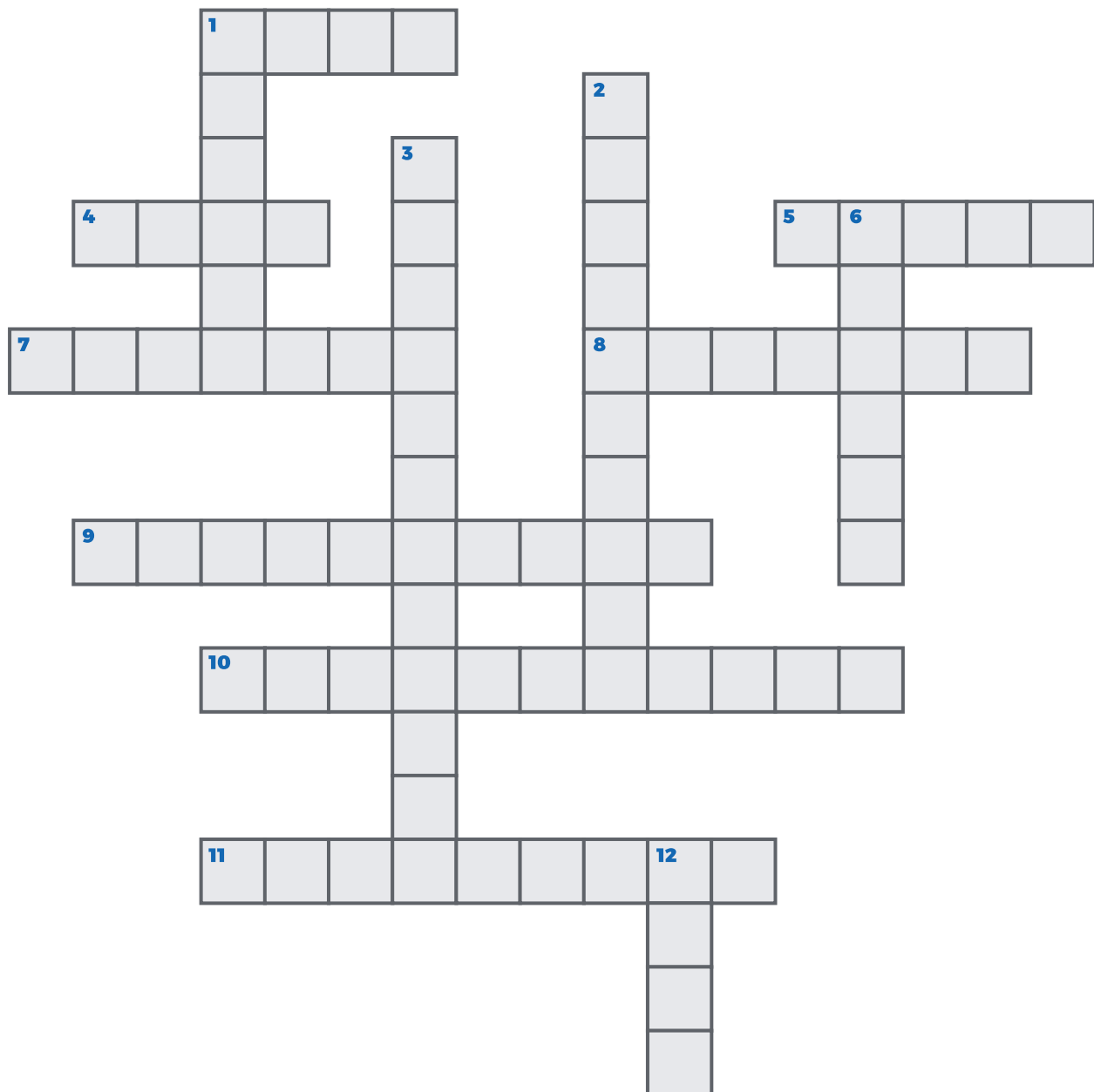




ANSWERS:
1. A, B, D, E, G
2. A. You should see the bottom rim of the helmet. B: Straps should form a V under the ears when helmet is buckled. C: When opening your mouth wide, the helmet should hug your head.

READY FOR A CHALLENGE?

Show what you've learned about walking and rolling by doing this crossword puzzle!



ACROSS

- 1** A two-wheeled vehicle that we move using pedal power!
- 4** We stop at the _____ of the street before looking and crossing.
- 5** This is one of Cs you check when doing your ABC Quick Check!
- 7** Make eye _____ with drivers before crossing the street in front of cars.
- 8** Hand _____ tell others on the street where we will move next.
- 9** Some pedestrians use this 4-wheeled mobility device to get around.
- 10** Using our feet or other active ways to get around, instead of driving, is good for the _____
- 11** We use this to cross the street.

DOWN

- 1** I wear _____ colored clothing so others can see me better.
- 2** A person who walks or uses a mobility device to get around.
- 3** Disconnect from _____, such as phones and music when walking and rolling.
- 6** Walking and rolling are good ways to get active, which is good for our _____!
- 12** _____ left, right, left and all around before crossing the street.

Across
 1. Bike
 4. Edge
 5. Chain
 7. Contact
 8. Signals
 9. Wheelchair
 10. Environment
 11. Crosswalk

Down
 1. Bright
 2. Pedestrian
 3. Distractions
 6. Health
 12. Look

ANSWERS

THE READINESS CHECKLIST

For Parents

Depending on the age and experience level of your child, you may opt to accompany them on their trip.

Before walking alone to school, students should be confident in:

- Following walking rules
- Look left, right, and behind before crossing at corners
- Follow traffic signals
- Use paths and sidewalks, where provided
- Walking predictably
- Walk, don't run, across the street
- Watch for cars turning or pulling out of driveways
- Having a safety plan
- Develop a plan with your caregiver in case of an incident while walking
- Staying aware
- No texting or talking on cell phones while walking
- No listening to music with headphones while walking

Before biking alone, students should be confident in:

- Following biking rules
- Ride on the right side with traffic
- Stop at stop signs and look left, right, and behind
- Use proper hand signals when turning
- Riding predictably
- No swerving in and out of cars
- Make eye contact with drivers at intersections
- Ride in a single file line when biking in groups
- Having a safety plan
- Develop a plan with your caregiver in case of an incident while biking
- Staying aware
- No texting or talking on cell phones while biking
- No listening to music with headphones while biking
- Having the right gear
- Wear a helmet
- Have air in the tires and check brakes
- Have white lights in the front and red lights in the rear of the bike

WANT MORE FUN?

Walking and Bicycling Resources and Activities

Menlo Park Safe Routes to School website:
menlopark.org/saferoutestoschool

Parents for Safe Routes:
parents4saferoutes.org/

San Mateo County Office of Education SRTS Resources:
smcoe.org/for-schools/safe-and-supportive-schools/safe-routes-to-school/

- San Mateo County Office of Education Parent and Community Empowerment Toolkit
- SMCOE Walk + Roll Guidebook

National Center for Safe Routes to School:
saferoutesinfo.org/

SRTS National Partnership:
saferoutespartnership.org/

Watch pedestrian safety videos for ages 5-9 and 10-14 years old:
pedbikeinfo.org/pedsaferjourney/

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pedbikeinfo.org/bicyclesaferjourney/

The Menlo Park Safe Routes to School Program is a partnership between the City of Menlo Park, Las Lomas Elementary School District, Menlo Park City School District, Ravenswood City School District, Sequoia Union High School District, private schools, and local community stakeholders.