

Stay Aware

With this classroom activity, our new bike riders will learn to stay safe by staying aware.

Catered to first- and second-graders, this activity will have students “tossing” suggestions for what could be distracting while riding a bike (or in this case, rolling a ball). Whether it’s friends, earphones or puppies, there are plenty of answers that will help your students better understand the need to stay aware when riding their bikes.

Learning Objectives

Students will be able to identify safety distractions and why it’s necessary to avoid them while riding their bikes.

Materials You’ll Need

- A ball
- A bag of items for kids to place in the ball’s path
- #BikeINSafe activity sheets

Activity (20 minutes)

- Gather the students together in a large circle on the floor or around a table.
- Designate your “bike rider” who then holds the ball.
- Hand out the items of “distraction” to the remaining students.
- Explain to the students that today they will be learning the importance of avoiding distractions while riding their bikes.
- Explain they will be using their imaginations while they do this exercise. They should imagine the “ball” is a bicycle and the items they each are holding are their “distractions.”
- Go around the circle and have students take turns and say what their distractions are. Help them with ideas if needed: phone, headphones, book, puppies, moving cars, etc.
- After the students have named their distractions, have them toss their distractions into the circle.
- Have the designated “bike rider” roll the ball across the circle and count how many things it bumps over or stops the ball from rolling.
- Help students discuss how the items made it hard to roll the ball across the circle and relate it to distractions making it hard to safely ride their bikes.
- Allow the students sufficient time to talk through their observations.



Pre-Activity Recommendation

Watch the ‘Stay Alert & Be Aware’ safety video with your class.

Review and Close

Remind students that riding their bikes is fun, but it’s even more fun when they ride safe, stay aware and avoid distractions. Hand out the activity sheet and encourage them to show their parents/guardians.

The Right Clothes

In this classroom activity, we learn what clothing items to leave at home and which ones make riding a bike that much better.

Catered to first- and second-graders, this activity will have students think through what helps them safely ride their bikes and what hinders it.

Learning Objectives

Students will be able to identify the best clothing items for bike riding.

Materials You'll Need

- A bicycle – could be any size
- Three different foot coverings – a sandal/flip flop, sneaker, sock
- Clothing accessories – hat, scarf, gloves, costume accessories (crown, mask, cape, whatever you have)
- A bike helmet

Activity (20 minutes)

- Bring the bicycle to the front of the classroom to use for the main focus of the activity.
- Voice that you (or a designated student) would like to go on a bike ride, but you need to dress for the day. Ask your students “What should I wear?”.
- Let students pick shoes and accessories. Have them come up and pull from the accessories to add to your “outfit.”
- Once done, try to put on the helmet, hop on the bicycle (for demonstration purposes only—no need to ride) and ask if it would be safe to ride the bike dressed like this.
- Give the students time to answer. Help them think through why certain accessories/shoes might work better than others.
- Repeat the activity until the best outfit for bike riding has been put together.



Pre-Activity Recommendation

Watch the ‘Dress Right For Your Ride’ safety video with your class.

Review and Close

Remind students that riding their bikes is fun, but it’s even more fun when they ride safe and dress appropriately for bike riding. Hand out the activity sheet and encourage them to show their parents/guardians.

The Rules of the Road

In this classroom activity, we walk through the rules of the road with a Yes/No game.

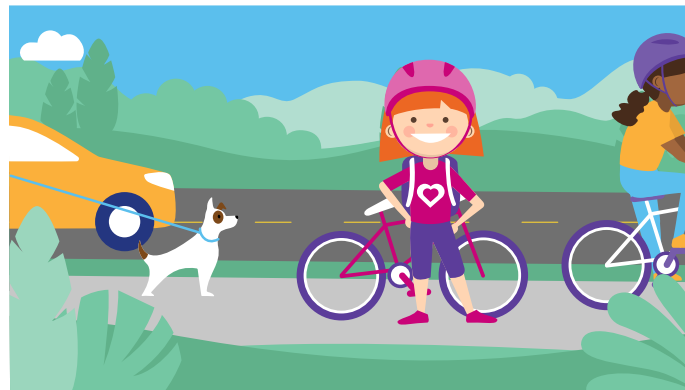
To help get them up and moving while thinking through the rules, make sure you have adequate floor space.

Learning Objectives

Students will be able to quickly confirm the basic rules of the road for bicycle safety.

Materials You'll Need

- Space for a 'Yes' and 'No' side – you can label with 'Yes' and 'No' signs if you wish.
- Tape a line between the two sides.



Pre-Activity Recommendation

Watch the 'Rules of the Road' safety video with your class.

Activity (10 minutes)

- Gather students in the middle of the floor space, on the line between 'Yes' and 'No'.
- Explain the activity. The instructor will ask a yes or no question related to bike safety and the rules of the road. Remind them of the video they watched. If they think the answer is 'YES', they should move to the 'Yes' side of the room. And if the answer is 'NO', they should move to the 'No' side of the room.
- For each answer, walk through the reason behind 'YES' or 'NO'. If your students are up for it, you could have them explain to you.

You can create a list of or use our sample below:

- Can you ride your bicycle on the sidewalk. (Yes)
- If there is no sidewalk, you can't ride your bike. (No)
- When I ride on the street, I ride in the same direction as the cars drive. (Yes)
- When I pass other people, should I ride as quietly as I can? (No)
- Can I ignore traffic lights and stop signs when I ride my bike? (No)

Review and Close

Remind students that riding their bikes is fun, but it's even more fun when they ride safe and remember the rules of the road. Hand out the activity sheet and encourage them to show their parents/guardians.

How to Properly Wear A Bike Helmet

In this classroom activity, we focus on bicycle helmet safety and how to find the perfect fit.

Learning Objectives

Students will know the importance of always wearing bicycle helmets when they ride their bikes and getting help from their caregivers to ensure their helmets fit properly.

Materials You'll Need

- How to Properly Wear Your Bike Helmet Activity Worksheet
- Crayons

Activity (10 minutes)

- Ask students to describe their bicycle helmets.
- Ask your students why you should always wear a bike helmet. Talk through the importance of protecting your head. You can ask if anyone has ever fallen off of a bike to help relate the concept. You can also relate it to always putting on your seatbelt in the car.
- Have students color what they think the perfect helmet looks like.
- Once helmets have been colored somewhat, ask what the perfect helmet feels like. Help them throw out ideas for a perfect fit (Snug, fit your head, sits on top of your head, not over your eyes or hanging on the back).
- Have students hold up two fingers. Have them put their two fingers above their eyebrows but touching their eyebrows. Remind them that two adult fingers should fit between their eyebrows and the bottom of their helmets. If they want to draw their caregivers's fingers below their helmets as a reminder, go for it.
- Now have students trace the "Y" the straps make and color in where their ears should go. Reiterate the need for the Y around their ears and how chinstraps should fit snugly but loose enough they can fit their pinky fingers in between the straps and their chins.



Pre-Activity Recommendation

Watch the 'How to Wear a Bike Helmet' safety video with your class.

Review and Close

Remind students that riding their bikes is fun, but it's even more fun when they ride safe and always wear properly fitted helmets. If your school has the bike helmets for students, this would be a great opportunity to put the lesson in practice with their new helmets.