

# SAFE ROUTES IN THE CLASSROOM

## ACTIVITIES FOR GRADES 3-4



*Putting kids on a healthier path*

Check it out at [www.SafeRoutesNE.com](http://www.SafeRoutesNE.com).

# TEACHING WITH THIS DOCUMENT

**Each activity presented in this document is tied to one or more of Nebraska's academic standards.** How you want to work these activities into your lesson plan is up to you. To achieve maximum effectiveness, you may want to consider:

- Timing these activities to coincide with a Walk to School Day or similar event at your school.
- Spreading activities out over a full week.
- Adding a reward or incentive program for students who walk or bike to school.
- Sending information home to parents about the importance of walking or biking to school.
- Keeping things fun as well as informative.

## WHAT IS SAFE ROUTES NEBRASKA?

At Safe Routes Nebraska, we're committed to helping build safe routes to school, so kids can walk and bike more . . . getting the exercise they need for happy, healthy lives. Here's how we do it:

- Funding projects to make communities more walker/biker-friendly
- Educating teachers, students, parents, and communities on safe walking and biking
- Encouraging kids to walk or bike to and from school—after all, it's fun!

## ACTIVITY 1

# GROUP POEM

### OBJECTIVES:

- Students will collaborate in small groups to relate their experiences/views about walking, biking, and safety by composing original poetry.

### NEBRASKA STATE STANDARDS:

**Reading/Writing 4.2.4** – Students will demonstrate the use of multiple forms to write for different audiences or purposes.

**Reading/Writing 4.3.1** – Students will participate in group discussions by asking questions and contributing information and ideas.

**TIME/DURATION:** 30 minutes

### MATERIALS:

- None

### INSTRUCTIONS:

1. Break the students into groups of four or five.
2. Give each group a word associated with walking and biking safety (helmet, stop sign, etc.).
3. Instruct the students to write the word vertically along the left-hand side of a piece of paper, leaving a few spaces between each letter.
4. Tell the students to create a poem as a group, using each letter of the word to start a line about the word's meaning and how it applies to walking or biking.
5. After about 20 minutes, have the groups share their poems with the class.

## ACTIVITY 2

# BIKE SAFETY PRESENTATIONS

### OBJECTIVES:

- Students will collect and examine information about walking/biking safety.
- Students will compose reports on walking/biking safety.
- Students will present their findings to the class.

### NEBRASKA STATE STANDARDS:

**Science 4.7.1** – Students will develop an understanding of personal health.

**Reading/Writing 4.1.4** – Students will identify the resource appropriate for a specific purpose, and use the resource to locate information.

**Reading/Writing 4.2.1** – Students will write using standard English (conventions) for sentence structure, usage, punctuation, capitalization, and spelling.

**Reading/Writing 4.2.2** – Students will write paragraphs/reports with focus, related ideas, and supporting details.

**Reading/Writing 4.3.2** – Students will deliver organized oral presentations using complete sentences, clear enunciation, adequate volume, and eye contact.

**TIME/DURATION:** 1–2 weeks

### MATERIALS:

- None

### INSTRUCTIONS:

1. Assign each student a topic related to walking or biking (the importance of exercise, bicycle safety laws, etc.)
2. Allow the students time to research the topic in the library, using online and off-line sources.
3. Instruct each student to write a paper on their topic, in whatever format you see fit.
4. Each student will present his or her findings to the class in a 5-minute presentation.
5. Encourage students to use creative visual aids in presentations.

## **ACTIVITY 3**

# **WALKING/BIKING JOURNAL**

### **OBJECTIVES:**

- Students will record their observations, thoughts, and feelings in an organized manner.
- Students will recall their experiences throughout the week and begin noticing the physical and mental changes the exercise has on them.

### **NEBRASKA STATE STANDARDS:**

**Reading/Writing 4.2.4** – Students will demonstrate the use of multiple forms to write for different audiences or purposes..

**TIME/DURATION:** 1–2 weeks

### **MATERIALS:**

- Notebook for each student

### **INSTRUCTIONS:**

1. Provide each student with a notebook.
2. Instruct students to record their observations while walking and biking to school (or anywhere, for students who do not walk or bike to school).
3. Observations can include fun experiences with friends, wildlife sightings, safety hazards, safety rules in action, or even just how they feel during and after walking or riding.
4. Encourage students to record their observations chronologically.
5. At the end of the journaling period, allow each student to read an excerpt from his or her journal.

## ACTIVITY 4

# SAFETY SKITS

### OBJECTIVES:

- Students will collaboratively compose original skits.
- Students will dramatize their scripts for the class.
- Students will apply their understanding of safety concepts.

### NEBRASKA STATE STANDARDS:

**Science 4.7.1** – Students will develop an understanding of personal health.

**Reading/Writing 4.2.4** – Students will demonstrate the use of multiple forms to write for different audiences and purposes.

**Reading/Writing 4.3.2** – Students will deliver organized oral presentations using complete sentences, clear enunciation, adequate volume, and eye contact.

**TIME/DURATION:** 1 hour

### MATERIALS:

- None

### INSTRUCTIONS:

1. Break students into groups of four or five.
2. Assign each group a topic related to bicycle or walking safety (safe street crossing, hand signals, etc.).
3. Instruct each group to develop a skit (approximately 5 minutes long) that informs the audience about the topic and demonstrates safety concepts in action.
4. After about 40 minutes of writing and rehearsing, have each group perform its skit for the class.

## ACTIVITY 5

# HUMAN COMPASS

### OBJECTIVES:

- Students will identify and memorize the four cardinal directions.
- Students will identify landmarks as they pertain to the four cardinal directions.
- Students will demonstrate a working knowledge of the cardinal directions in their communities.

### NEBRASKA STATE STANDARDS:

**Social Studies/History 4.1.10** – Students will identify and use essential map elements.

**TIME/DURATION:** 20 minutes

### MATERIALS:

- None

### INSTRUCTION:

1. Discuss the cardinal directions with students, identifying north, south, east, and west. Explain the importance of understanding these terms.
2. Bring each student to the front of the classroom to act as a human compass.
3. Instruct the student to point in whatever direction you name. Give each student the chance to be the human compass for a while.
4. Once each student has had a turn, it's your turn to play the human compass. Point in a direction, and instruct the class to identify which direction you're pointing.
5. To reinforce this learning, ask students which direction certain landmarks are from the school. This will give them a better idea of how the cardinal directions extend beyond the classroom.

# OTHER IDEAS

If you're interested in developing your own activities to teach safety and health to your students, here are some ideas:

- Provide students with a passage to read about the importance of getting enough exercise, eating right, and staying safe. Follow the passage with questions.
- Provide a worksheet with blank street sign shapes, and have the students fill in what the signs should say.
- Provide an intermediate lesson on the food pyramid, why it's important, and what nutritional mistakes people commonly make.
- Have the students create a model of their street and point out safety hazards.
- Create a "connect the dots" picture of a safety-related object on graph paper. Next determine what the ordered pairs of the dots are, and provide those numbers to the students. Have the students graph the ordered pairs on graph paper and then connect the dots to finish the picture.



NAME: \_\_\_\_\_

## STUDENT WORKSHEET

# WORD FIND

### Instructions:

The words listed are hiding in a block of letters. Find each word and circle it.

c i f f a r t d k d t m e p g  
a q j s s q l l c r m x r n z  
z t l w r e a c j a l b k r n  
s q d z i w k h u u f h i h e  
o t a y s v g t g g l n q k f  
t a o s t o p l i g h t l i e  
s e o p a m r a h n j c t d x  
q r m q s q n e l i j n c k e  
c h t l m i c h b s e i w j r  
j r a w e e g l m s l z z j c  
l z x v k h l n s o x a m h i  
k q r d x w a l k r e z l i s  
c b b n s t t k m c i i w u e

walk  
bike  
crossing guard  
helmet  
stop sign  
crosswalk  
exercise  
fitness  
health  
stoplight  
traffic  
yield

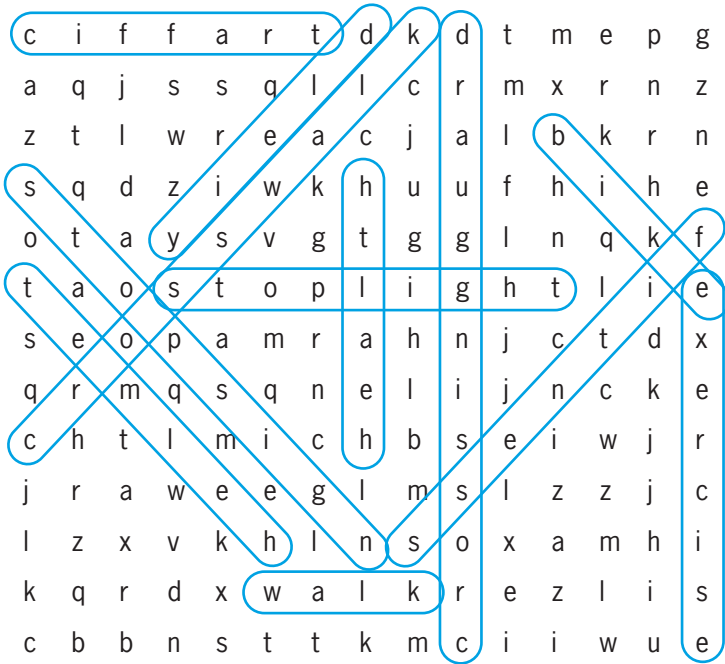


**TEACHER'S KEY:**

# WORD FIND

**Instructions:**

The words listed are hiding in a block of letters. Find each word and circle it.



- walk
- bike
- crossing guard
- helmet
- stop sign
- crosswalk
- exercise
- fitness
- health
- stoplight
- traffic
- yield

# UNLOCK THE CODE!

## Instructions:

Fill in the blanks with the correct answers. Notice that one of the letters in each word has a number beneath it. Put that letter in the correct space at the bottom of the page to decode a special safety message!

1. Always be \_ \_ \_ \_ \_ when crossing streets.  
1
2. Be sure to wait for the \_ \_ \_ \_ \_ to turn green before you cross.  
2
3. When you're biking, wear your \_ \_ \_ \_ \_ properly.  
3
4. A nice \_ \_ \_ \_ \_ to school will energize you for the whole day!  
4
5. \_ \_ \_ \_ \_ is a great way to wheel your way around town.  
5
6. A great way to stay healthy is with a balanced \_ \_ \_ \_ \_.  
6
7. Be sure to \_ \_ \_ \_ \_ at the big red octagon sign.  
7
8. Don't ever let a friend \_ \_ \_ \_ \_ on your handlebars.  
8
9. When you're biking, be sure to \_ \_ \_ \_ \_ before you turn.  
9
10. \_ \_ \_ \_ \_ a walking/biking plan with your parents.  
10

Special Safety Message:

Biking and walking to school every day keeps you:

\_ \_ \_    \_ \_ \_    \_ \_ \_    \_ \_ \_  
 1 2 3    4 5 6    7 8 9 10

## TEACHER'S KEY:

# UNLOCK THE CODE!

### Instructions:

Fill in the blanks with the correct answers. Notice that one of the letters in each word has a number beneath it. Put that letter in the correct space at the bottom of the page to decode a special safety message!

1. Always be c a r e f u l when crossing streets.
2. Be sure to wait for the l<sup>1</sup> i g h t to turn green before you cross.
3. When you're biking, wear your h<sup>2</sup> e l m e t properly.
4. A nice w a l k to school will energize you for the whole day!
5. b<sup>3</sup> i k i n g is a great way to wheel your way around town.
6. A great way to stay healthy is with a balanced d<sup>4</sup> i e t.
7. Be sure to s t o p at the big red octagon sign.
8. Don't ever let a friend r<sup>5</sup> i d e on your handlebars.
9. When you're biking, be sure to s<sup>6</sup> i g n a l before you turn.
10. m<sup>7</sup> a k e a walking/biking plan with your parents.

Special Safety Message:

Biking and walking to school every day keeps you:

f i t   a n d   t r i m  
1 2 3   4 5 6   7 8 9 10