

# SAFE ROUTES IN THE CLASSROOM

## ACTIVITIES FOR GRADES 7-8



*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

# ADVERTISING CAMPAIGN

### OBJECTIVES:

- Students will formulate a strategy using several tactics to communicate the benefits of walking and biking to school.
- Students will develop a creative concept for the campaign.
- Students will implement their campaign within the school.

### NEBRASKA STATE STANDARDS:

**Reading/Writing 8.2.4** – Students will demonstrate the use of multiple forms to write for different audiences and purposes.

**Science 8.7.1** – Students will develop an understanding of personal health.

**Social Studies/History 8.3.5** – Students will explain the structure of the United States economy and the role of citizens as producers and consumers.

**TIME/DURATION:** 1 week

### MATERIALS:

- Students will provide

### INSTRUCTIONS:

1. Get permission from your school's principal for your students to create a schoolwide campaign.
2. Inform students that they will be creating an advertising campaign around the school to promote the health benefits of walking and biking.
3. Lead them in a brainstorming session to think of creative ways to convey the benefits.
4. Once there's a concept most people like, ask the students in which ways they can communicate this message to the school, such as posters, e-mails, letters to students, TV commercial to be shown to classes, and school announcements.
5. Once several methods have been identified, assign students to groups. Each group will be responsible for one of the methods the class has decided upon.
6. Give the class a week to develop a plan to implement their tactic and write the text for the messaging. The tactics should all use the same concept.
7. Unveil the campaign to the school.

## ACTIVITY 2

# FUNDRAISER

### OBJECTIVES:

- Students will create original designs for T-shirts.
- Students will develop a sales and pricing plan to raise money for the school's safe routes program.
- Students will sell shirts and be responsible for tracking profits.
- Students will predict profits.

### NEBRASKA STATE STANDARDS:

**Social Studies/History 8.3.5** – Students will explain the structure and operation of the United States economy and the role of citizens as producers and consumers.

**Mathematics 8.2.5** – Students will apply strategies of estimation when solving problems with or without the use of technology.

**Mathematics 8.3.1** – Students will select measurement tools and measure quantities for temperature, time, money, distance, etc. in standard and metric units at the designated level of precision.

**TIME/DURATION:** 2 weeks

### MATERIALS:

- Drawing paper

### INSTRUCTIONS:

1. Work with your principal to secure a community partner who will donate and print T-shirts to help your school raise funds.
2. Tell students that they will each design a T-shirt to promote the school's walk-to-school event. The rest of the school will view the designs and choose a winner.
3. The winning design will be printed and sold to students and parents to raise funds.
4. Students must develop the sales strategy, project profits, and track money.

## ACTIVITY 3

# CLIMATE CHANGE REPORTS

### OBJECTIVES:

- Students will research the effects of fossil fuels on the climate.
- Students will assemble research into a report on the causes of, controversy surrounding, and current proposals to stop global warming.
- Students will integrate walking and biking to school into recommendations for reducing greenhouse gasses.
- Students will construct a model showing how global warming occurs.

### NEBRASKA STATE STANDARDS:

**Reading/Writing 8.1.2** – Students will identify the main idea and supporting details in what they have read.

**Reading/Writing 8.2.1** – Students will write using standard English (conventions) for sentence structure, usage, punctuation, capitalization, and spelling.

**Reading/Writing 8.2.2** – Students will write compositions with focus, related ideas, and supporting details.

**Science 8.5.1** – Students will develop an understanding of the structure of the earth.

**Science 8.7.2** – Students will develop an understanding of relationships among populations, resources, and environments.

**TIME/DURATION:** 2–4 weeks

### MATERIALS:

- None

### INSTRUCTIONS:

1. Instruct students to write a 6- or 7-page report on the causes of, controversy surrounding, and current proposals to stop global warming.
2. Once the report is complete, ask students to present three recommendations on how to locally curb the emission of fossil fuels.

## ACTIVITY 4

# CROSSING GUARD DUTY

### OBJECTIVES:

- Student will demonstrate responsibility.
- Student will actively regulate the behavior of other students.
- Student will apply knowledge of safe street crossing and model that behavior for younger students.

### NEBRASKA STATE STANDARDS:

**Science 8.4.3** – Students will develop an understanding of regulation and behavior.

**TIME/DURATION:** 30 minutes per day

### MATERIALS:

- Handheld stop sign
- Traffic Vests

### INSTRUCTIONS:

1. Inform students that they'll be providing crossing guard assistance to younger children on a rotating basis.
2. Develop a schedule. Students should be on duty no more than twice per month.
3. Tell students where they can pick up the stop sign and sash and what times they'll need to report for duty.
4. Conduct a demonstration so that all students will understand what's expected of them as the crossing guard.
5. Send permission slips home to parents. Only allow students with signed permission slips to participate.

## ACTIVITY 5

# IF STOP SIGNS COULD TALK...

### OBJECTIVES:

- Students will compose a monologue from the perspective of a walking/biking safety device.
- Students will do a dramatic performance of their piece in front of the class.

### NEBRASKA STATE STANDARDS:

**Reading/Writing 8.2.1** – Students will write using standard English (conventions) for sentence structure, usage, punctuation, capitalization, and spelling.

**Reading/Writing 8.2.4** – Students will demonstrate the use of multiple forms to write for different audiences and purposes.

**TIME/DURATION:** 1 hour

### MATERIALS:

- None

### INSTRUCTION:

1. Assign each student to pretend he or she is a certain walking/biking/traffic safety device (stop sign, speed bump, sidewalk, helmet, etc.)
2. Instruct students to write a 3- or 4-minute monologue from the perspective of their device, as if the device could talk.
3. Request that students consider what the device likes, doesn't like, what it would like to improve about its life, its sense of purpose, its friends, its fears and hopes, etc.
4. After 30 minutes of writing, give each student a turn to present his or her monologue.