



**BUCKLE UP
PHONE DOWN**



ACTIVITY BOOK

MY NAME IS

AND I BUCKLE UP.

BUCKLE UP PHONE DOWN

Have you ever heard someone say, "Buckle up!" before driving in a car?

That's because wearing your seat belt helps keep you secure in your seat, even when the car has to stop suddenly.

But there's more to being safe on the road. We also need to make sure the person driving isn't using their phone. That's what we mean by "Phone Down." When the driver puts their phone away, they can pay full attention to the road, which keeps everyone safe.

Here's how you can help:

Buckle Up: Make sure your seatbelt is on every time you get in the car.

Phone Down: Remind your driver to keep their eyes on the road, not on their phone.



DOES YOUR SEAT BELT FIT PROPERLY?

All riders should buckle up. Use both the lap and shoulder harness. Harness straps should be nice and snug - but not too tight! Only one finger should fit between the child and strap.

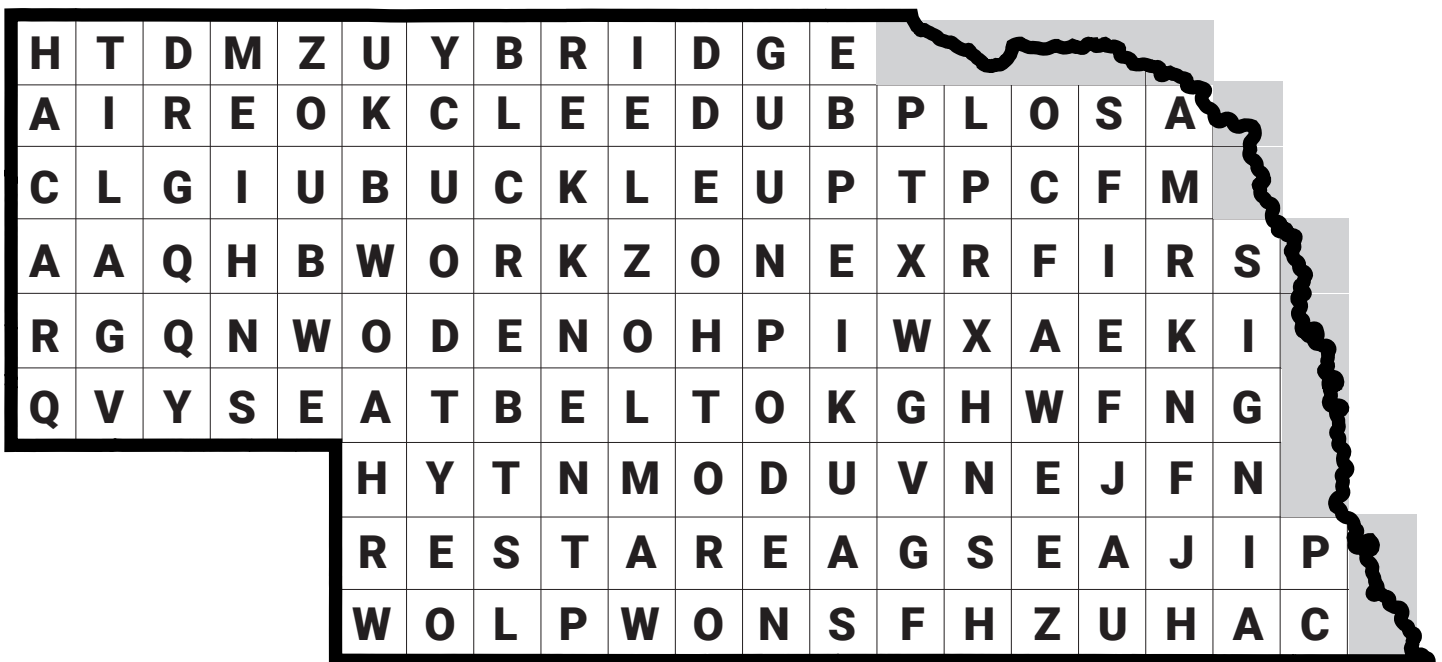


In Nebraska, all children up to age eight must ride correctly secured in a federally-approved child safety seat. Scan the QR code for additional Nebraska car seat guidelines.



WORD SEARCH

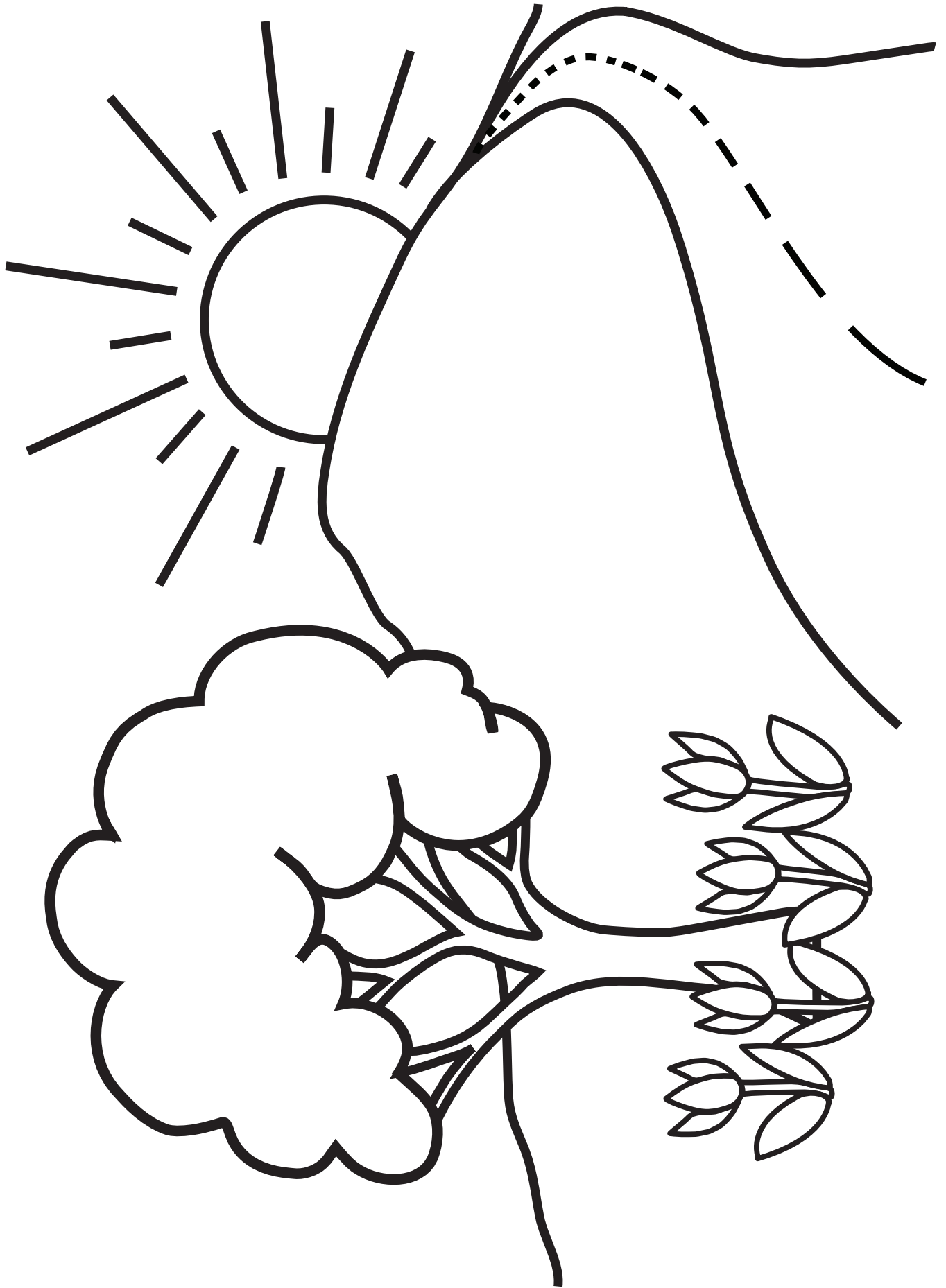
Find 12 hidden words in the state of Nebraska. Cross off the words as you find them.



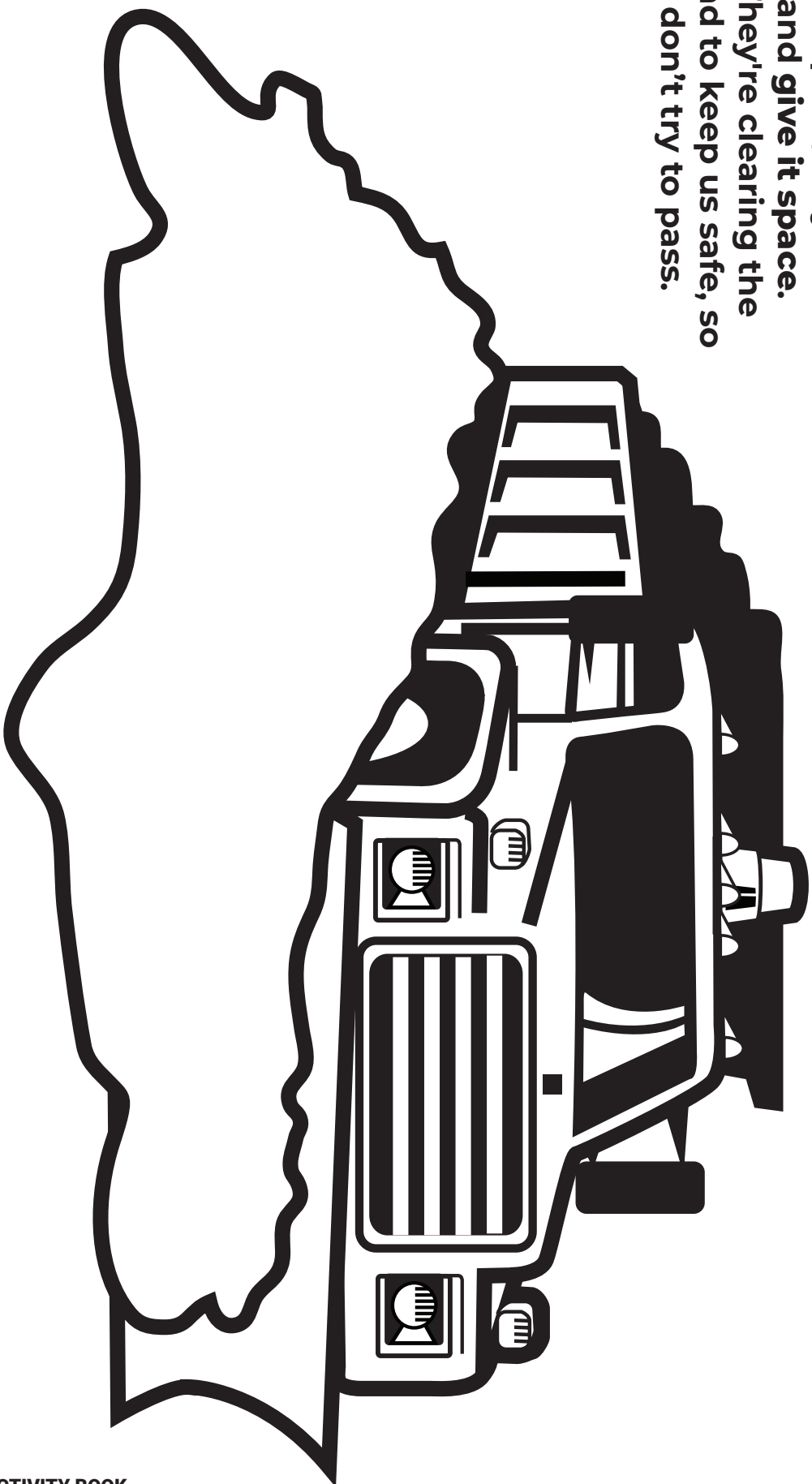
BRIDGE
HIGHWAYS
SEAT BELT
SNOWPLOW

REST AREA
SIGN
TRAFFIC
ENGINEER

PHONE DOWN
BUCKLE UP
WORK ZONE
CAR

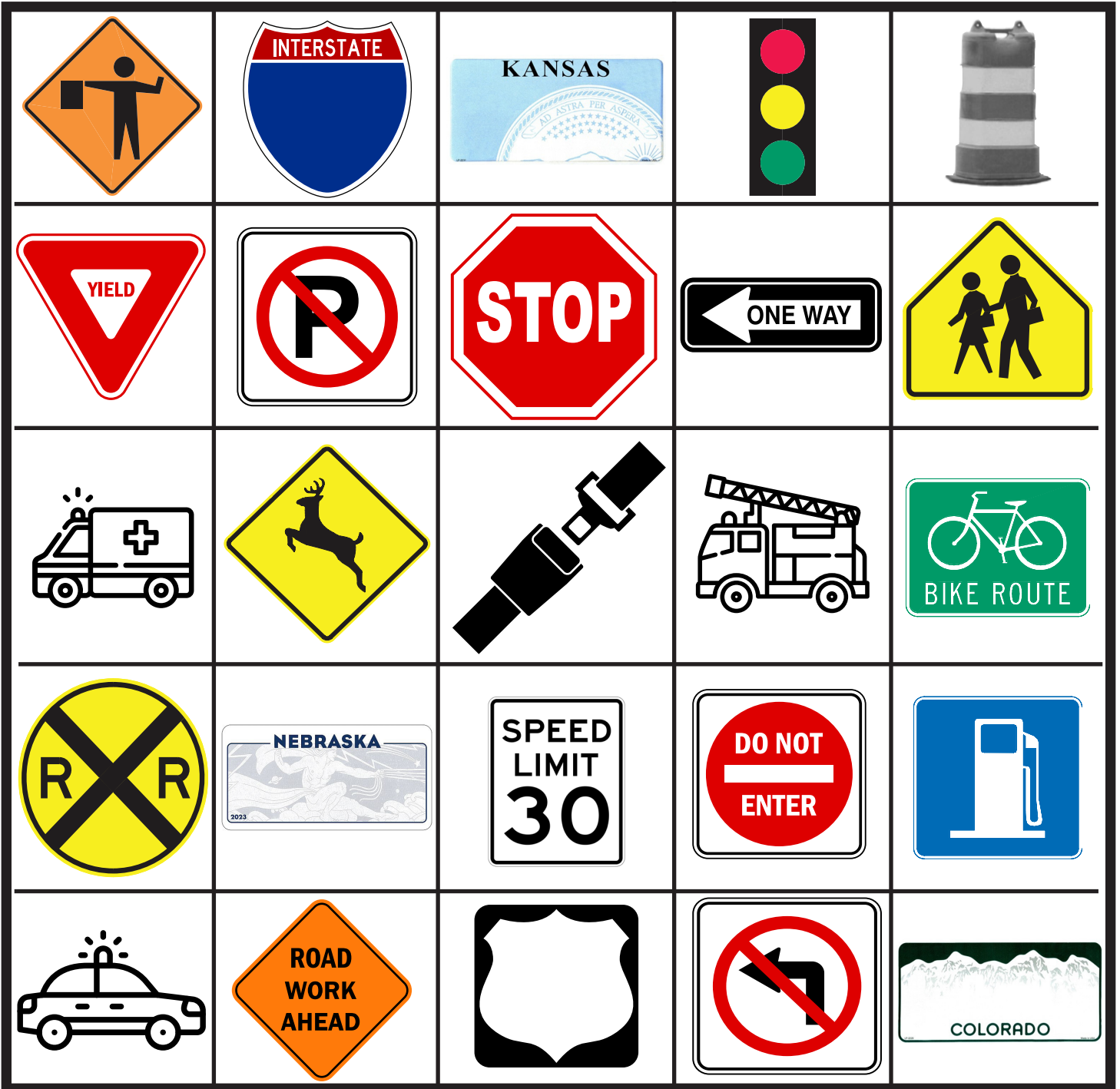


When you see a snowplow, stay back and give it space. They're clearing the road to keep us safe, so don't try to pass.



BINGO!

Search for these roadway sights to have something to do while riding in the car! Try to get 5 in a row or even find them all.



DESIGN YOUR OWN STATE LICENSE PLATES

NEBRASKA

NEBRASKA

DESIGN YOUR OWN BIKE HELMET

Color and design your own bike helmet!



Your helmet is like a shield that protects your head if you fall. Always wear it snug and straight—it's the best way to keep your head safe while you're having fun.

LICENSE PLATE GAME

See how many different license plates you can find on your trip and check them off the list.

- | | | |
|--------------------------------------|---|---|
| <input type="checkbox"/> Alabama | <input type="checkbox"/> Louisiana | <input type="checkbox"/> Oklahoma |
| <input type="checkbox"/> Alaska | <input type="checkbox"/> Maine | <input type="checkbox"/> Oregon |
| <input type="checkbox"/> Arizona | <input type="checkbox"/> Maryland | <input type="checkbox"/> Pennsylvania |
| <input type="checkbox"/> Arkansas | <input type="checkbox"/> Massachusetts | <input type="checkbox"/> Rhode Island |
| <input type="checkbox"/> California | <input type="checkbox"/> Michigan | <input type="checkbox"/> South Carolina |
| <input type="checkbox"/> Colorado | <input type="checkbox"/> Minnesota | <input type="checkbox"/> South Dakota |
| <input type="checkbox"/> Connecticut | <input type="checkbox"/> Mississippi | <input type="checkbox"/> Tennessee |
| <input type="checkbox"/> Delaware | <input type="checkbox"/> Missouri | <input type="checkbox"/> Texas |
| <input type="checkbox"/> Florida | <input type="checkbox"/> Montana | <input type="checkbox"/> Utah |
| <input type="checkbox"/> Georgia | <input type="checkbox"/> Nebraska | <input type="checkbox"/> Vermont |
| <input type="checkbox"/> Hawaii | <input type="checkbox"/> Nevada | <input type="checkbox"/> Virginia |
| <input type="checkbox"/> Idaho | <input type="checkbox"/> New Hampshire | <input type="checkbox"/> Washington |
| <input type="checkbox"/> Illinois | <input type="checkbox"/> New Jersey | <input type="checkbox"/> Washington DC |
| <input type="checkbox"/> Indiana | <input type="checkbox"/> New Mexico | <input type="checkbox"/> West Virginia |
| <input type="checkbox"/> Iowa | <input type="checkbox"/> New York | <input type="checkbox"/> Wisconsin |
| <input type="checkbox"/> Kansas | <input type="checkbox"/> North Carolina | <input type="checkbox"/> Wyoming |
| <input type="checkbox"/> Kentucky | <input type="checkbox"/> North Dakota | <input type="checkbox"/> _____ |
| | <input type="checkbox"/> Ohio | <input type="checkbox"/> _____ |

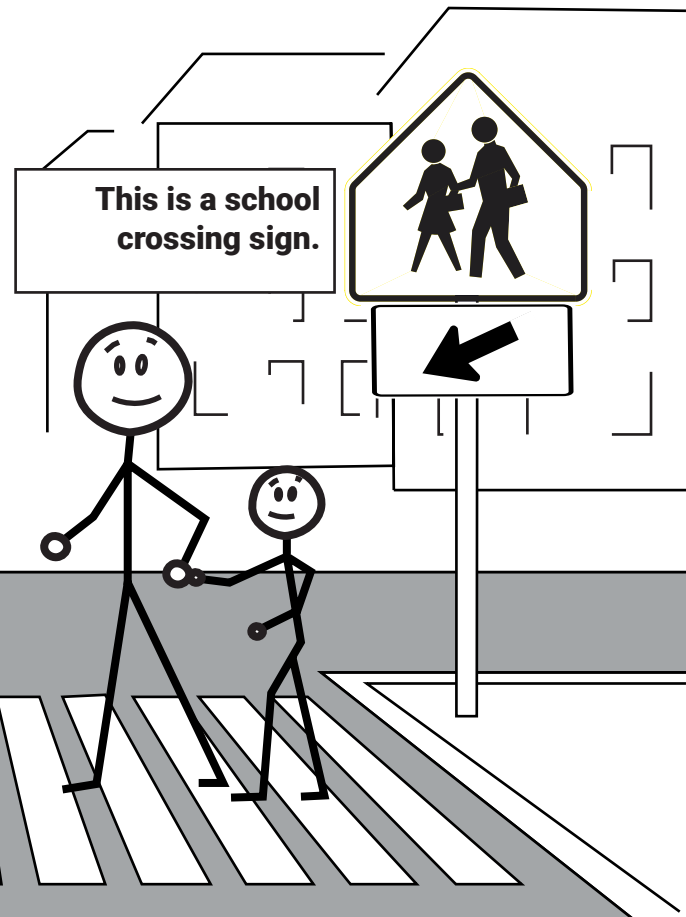
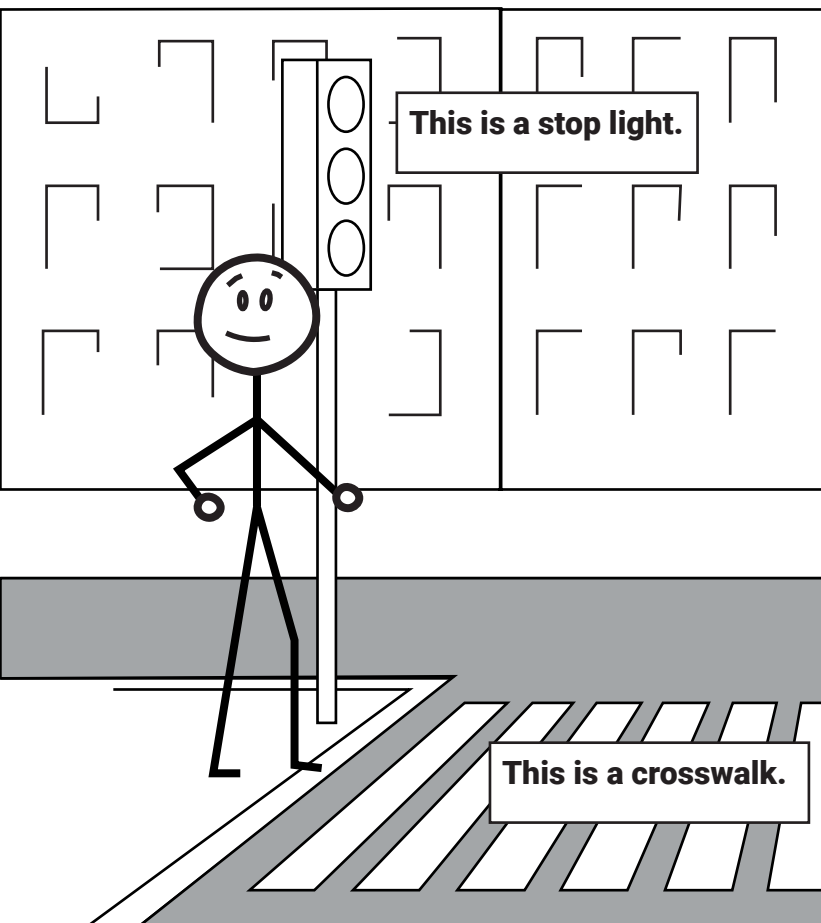
PEDESTRIAN SAFETY

Signs and crosswalks help pedestrians know when and where they can safely cross. Before crossing the road, put any distracting objects away (like your cellphone), and look both ways to ensure moving traffic has stopped.

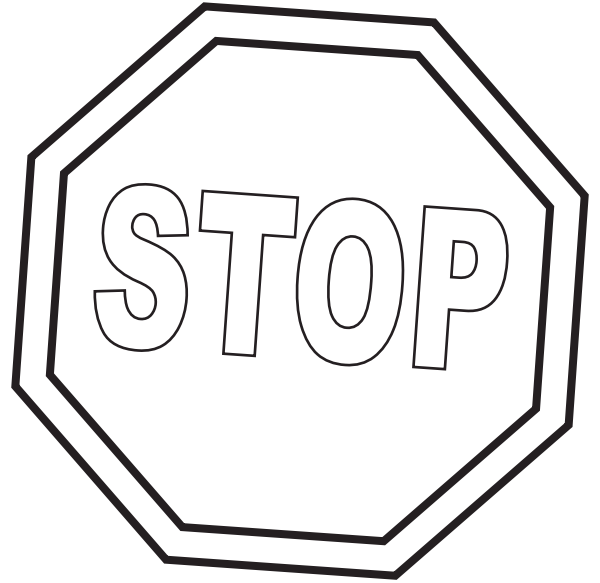


This sign means that you can cross.

This sign means that you should NOT cross.



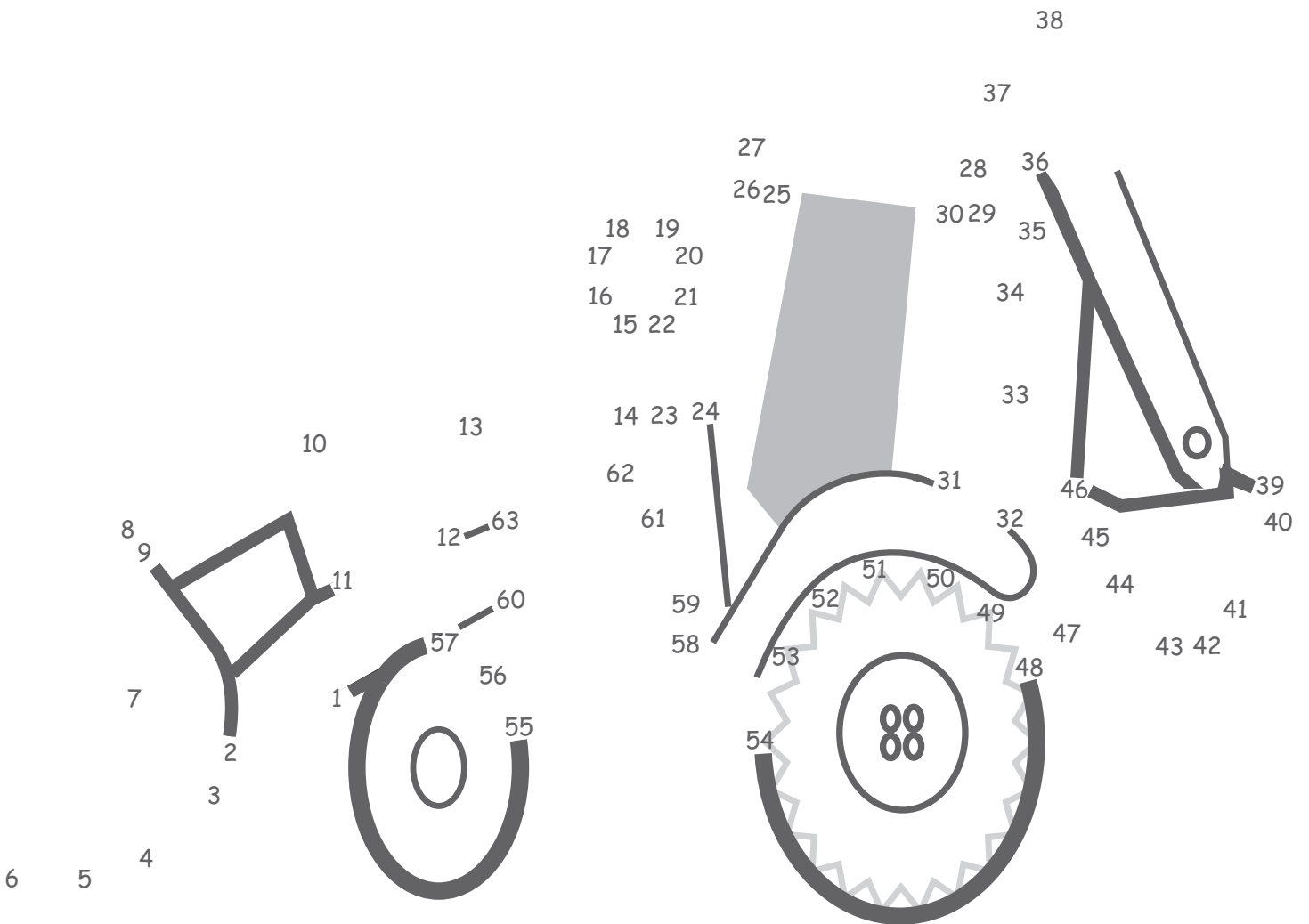
COLOR THE SIGNS

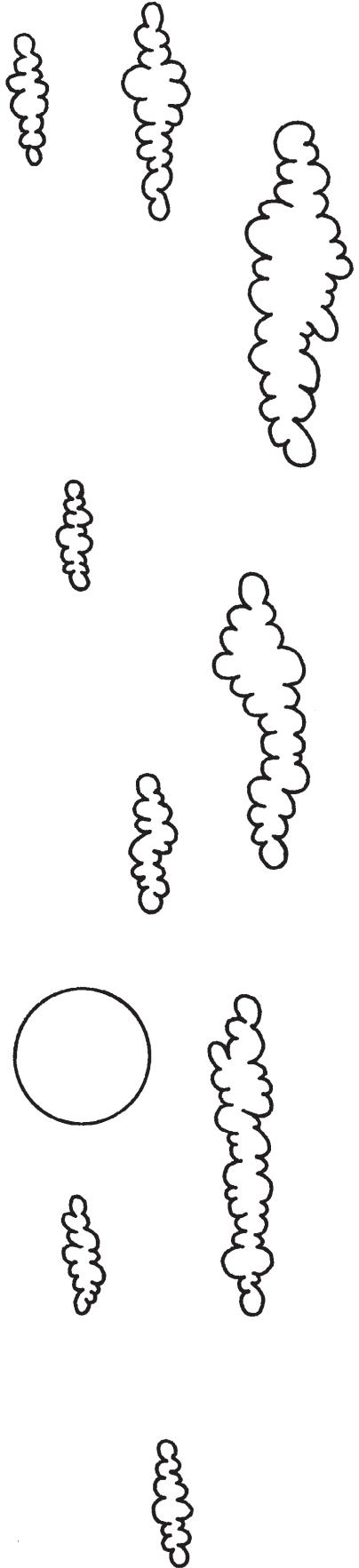
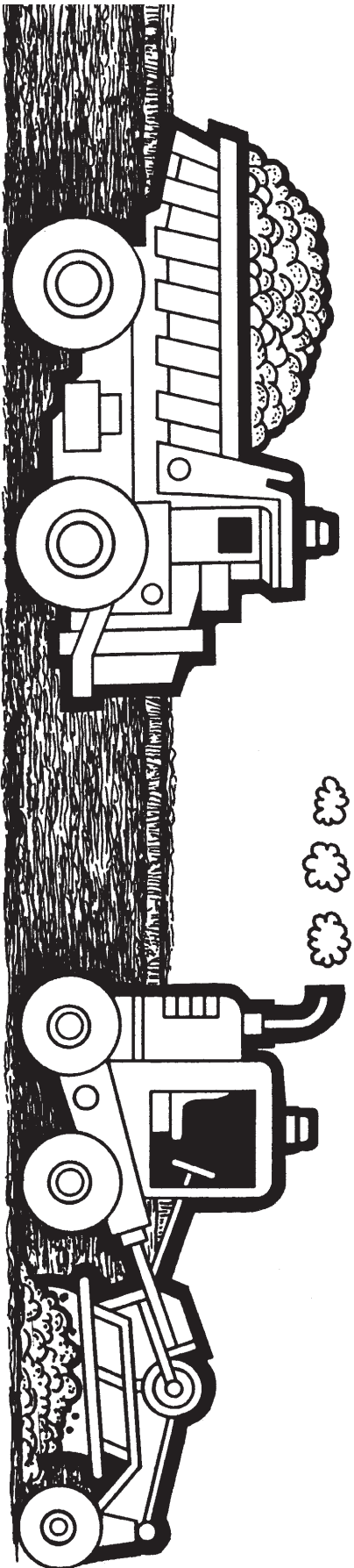


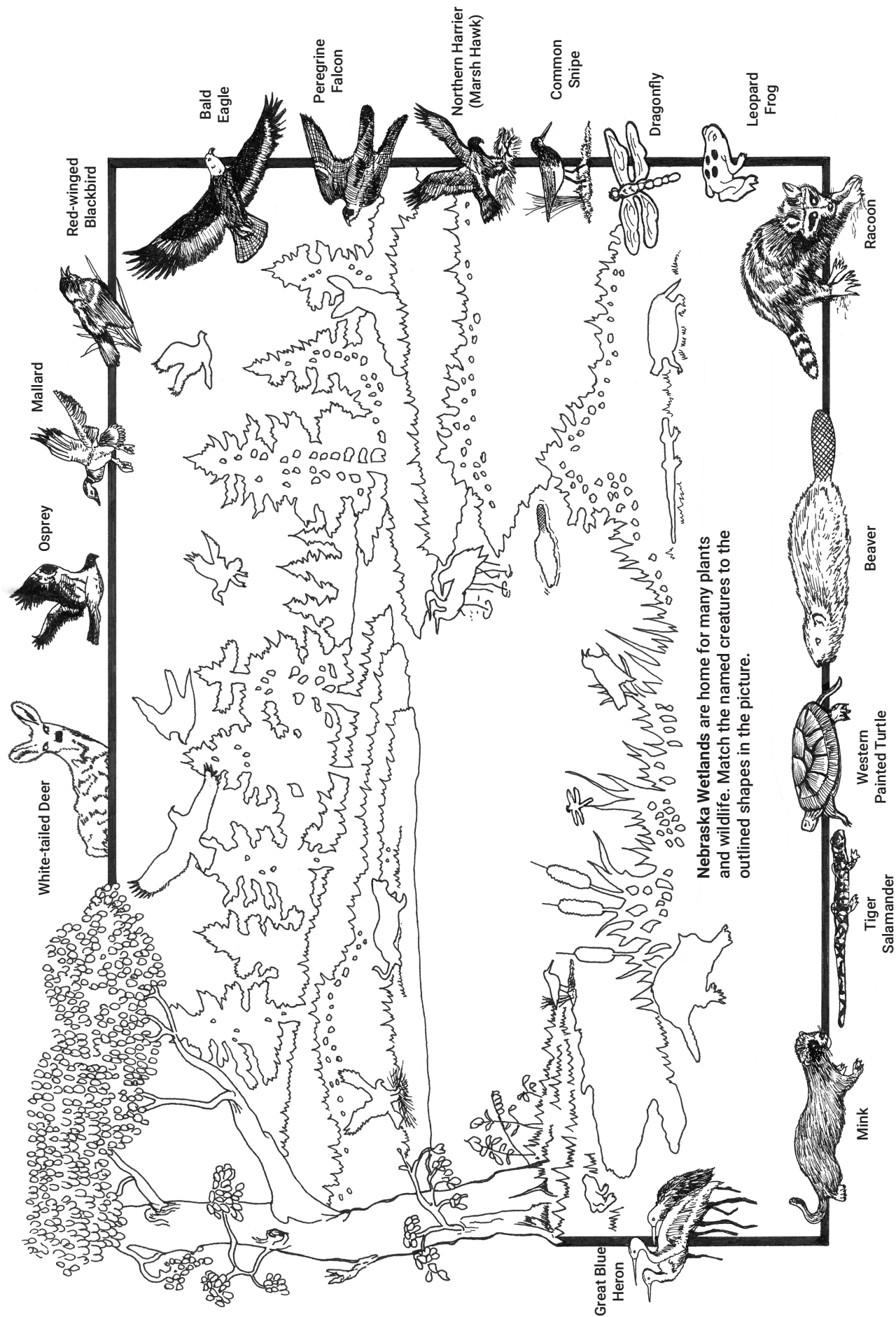
CONNECT THE NUMBERS

Finish the drawing by connecting the numbers.

Backhoes are super cool machines that help with digging, lifting, and moving heavy stuff! They have a big scoop in the front for moving dirt and a powerful arm in the back for digging deep holes. You'll often see backhoes at construction sites or when roads are being fixed.







White-tailed Deer

Osprey

Mallard

Red-winged Blackbird

Bald Eagle

Peregrine Falcon

Northern Harrier (Marsh Hawk)

Common Snipe

Dragonfly

Leopard Frog

Raccoon

Beaver

Western Painted Turtle

Tiger Salamander

Mink

Great Blue Heron

Nebraska Wetlands are home for many plants and wildlife. Match the named creatures to the outlined shapes in the picture.

WRITE A LETTER TO A ROAD WORKER

Road workers play a vital role in keeping our roads safe and functional. They also face harsh weather, heavy traffic, and other challenges while doing their jobs. Write a letter to show your appreciation for their hard work and dedication.

MAIL TO:
Nebraska Department of Transportation
1500 Nebraska Parkway
Lincoln, NE 68502



WORD SCRAMBLE

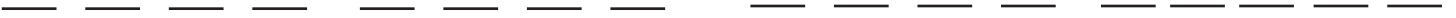
Unscramble the letters to reveal the correct spelling of the words.



aste elbt



ptos ight



sarbenka

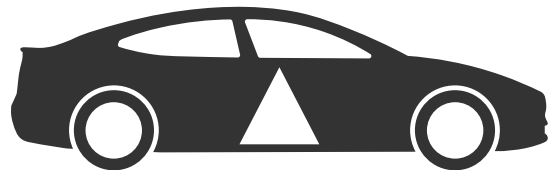
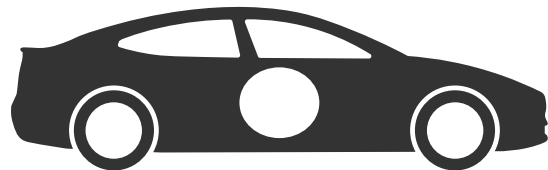
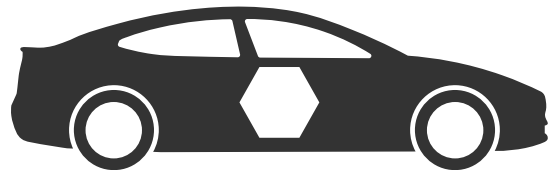


rowk noze



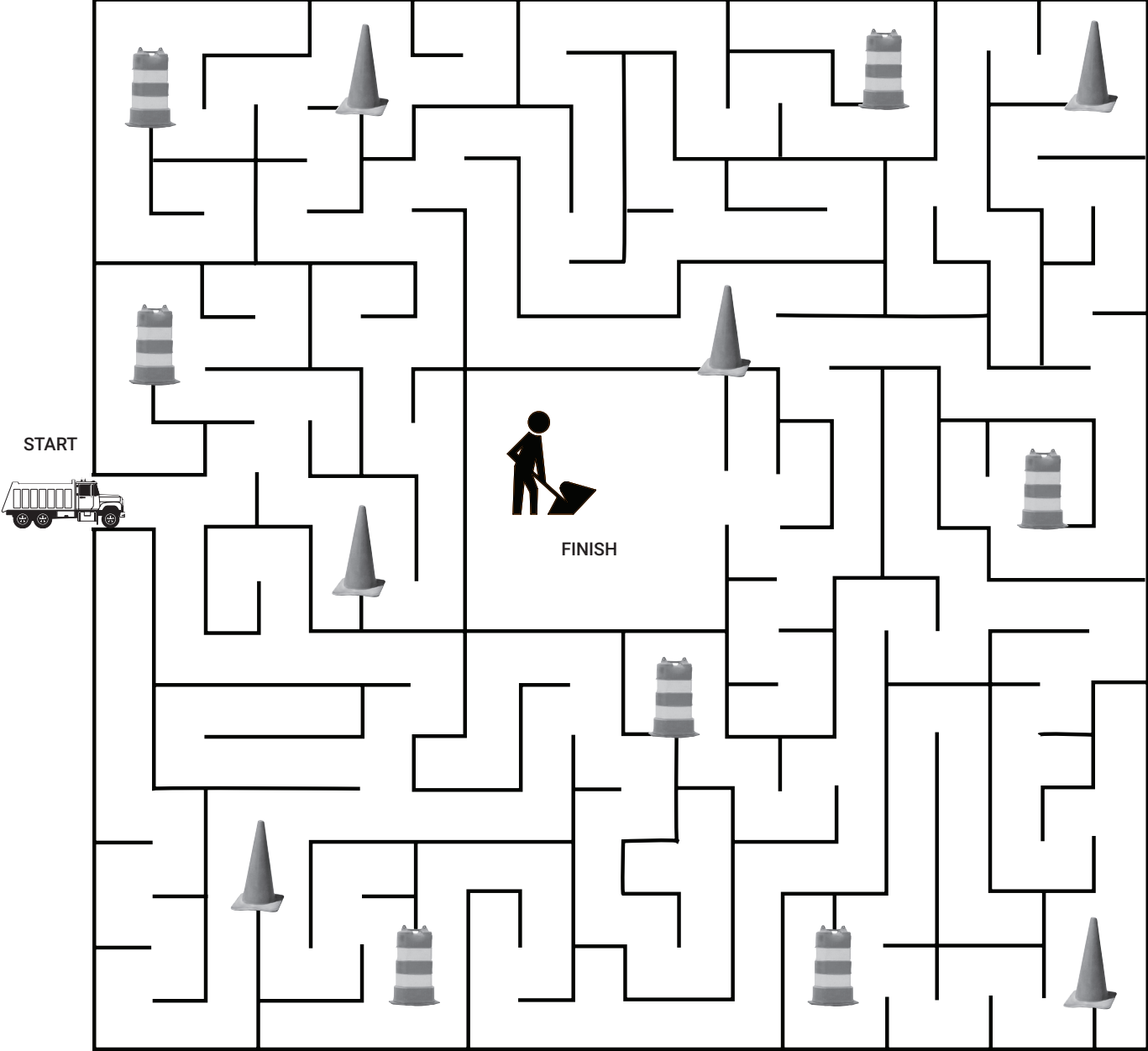
CONNECT THE CARS

Match the shapes on the electric vehicle to the correct charging station.



ROAD WORK MAZE

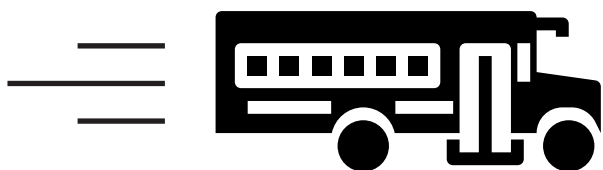
Help the road worker get safely to the work site.



Road workers wear **bright** shirts and vests to stay visible while they work. And to do their job safely, they need us to look out for them!

SCHOOL BUS SAFETY CHECKLIST

When you're waiting for or crossing the street to get to the school bus, it's super important to pay attention. Always look both ways and make sure it's safe before crossing. Remember, distractions like phones can make it hard to see if any cars are coming. This checklist will help you remember what to do to stay safe!



Is the school bus stop arm extended?

Wait for the stop arm to be out before crossing.

Did you look both ways before crossing?

Check for cars coming from both directions.

Are you crossing in front of the bus?

Always cross where the bus driver can see you.

Are you listening to the bus driver?

Follow their instructions carefully.

NEBRASKA

Good Life. Great Journey.

DEPARTMENT OF TRANSPORTATION

