

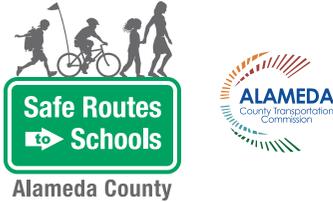


Walk and Roll K-5 Educator Guide

Activities for Creating Safe and Healthy Communities



Safe Routes to School Alameda County Program
Walk and Roll K-5 Educator Guide



The Safe Routes to Schools Alameda County Program is administered by the Alameda County Transportation Commission.

Produced and created by Rachel Davidman, Safe Routes to Schools Alameda County Education Coordinator in collaboration with Livable Streets Education and Daina Lujan, Safe Routes to Schools Coordinator, San Mateo County Safe Routes to Schools.

Edited by Rachel Davidman, Daina Lujan, and Nora Cody
Director Safe Routes to Schools Alameda County
Graphics by Carly Clark and Rob Boldt
Curriculum Specialist, Lily Jones
Content Consultant, Kim Wiley-Schwartz, Livable Streets Education

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Safe Routes to Schools Alameda County
TransForm
436 14th St. Suite 600
Oakland, CA 94612
(510) 740-3150 Ext. 332

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About Alameda County Safe Routes to Schools Program

Safe Routes to Schools is an international movement and initiative dedicated to improving safety and increasing the number of children walking and rolling to school with bicycles, skateboards or scooters. The Alameda County Program is a countywide effort serving Alameda County since 2007.

The Safe Routes to Schools Program provides training, resources and customized support at no cost to participating schools, while working together with school administrators, parents, teachers, and local community based organizations to encourage students to be active, have a healthy start to the school day, reduce traffic congestion and improve the environmental health of our communities.

Our program is available to any school in Alameda County that can provide school administration and staff buy-in, and enthusiastic parent volunteers to support and champion the Safe Routes to Schools messages and program components.

Our program is based on the comprehensive 5 E's model: Education, Encouragement, Engineering, Enforcement and Evaluation.

Program Components

Education

- Walk and Roll K-5 Educator Guide in-class Activities and Training
- Walk and Roll Schooltime assembly
- Bicycle Education
- Parent and Teacher Champion Workshops and Trainings

Encouragement

- Walking School Bus and Bike Train Programs and Training
- Walk and Roll to School Days
- Spring Contest
- Bike Blender and Trivia Wheel for Special Events

Engineering

- Walk Audits with the Support and Assistance of Alta Planning and Design
- Engineering Plans for Grant Applications

Enforcement

- Partnerships with Local Law Enforcement to Promote Safety Around Participating Schools

Evaluation

- Safe Routes to Schools National Surveys to evaluate the effectiveness of the program

For more information and details about our programs and services please contact us:

Safe Routes to Schools Alameda County
 email: SR2S@transformca.org
 phone: (510) 740-3150 Ext. 332
 web: alamedacountySR2S.org
facebook.com/saferoutestoschool



How to Use the Walk and Roll K-5 Educator Guide

The activities in this guide are designed as a supplemental resource, so that classroom teachers and after school program providers can easily integrate these ideas throughout the year and support the important messages of the Safe Routes to Schools program.

Each activity correlates to the Common Core Standards and falls into the category of one or more of the following themes: safety, community, health and environment. Each grade level section begins with safety activities, followed by a hands-on walking activity, followed by environmental activities that are aligned to meet the Next Generation Science Standards and address the connections between pollution, the environment and our physical wellbeing.

Look for the * in the *Table of Contents* for activities that will work particularly well in the environment of an after school program.



Be a Teacher Champion! If you are excited about passing on the Safe Routes messages to your students, interested in making a commitment to some of the activities in this Educator Guide, and would like to have a Safe Routes to Schools staff member come do an activity with your class, please call (510) 740-3150 Ext. 332, to find out more about being a Teacher Champion.

We have developed parent letters for each grade level; K-1, 2-3, and 4-5. Sending this letter home is a great way to introduce families to the Safe Routes to Schools program and to let them know that you will be doing some classroom activities around pedestrian and bicycle safety, and encouraging use of alternate and active forms of transportation.



To help you integrate this resource into your classroom or after school program, here are some suggestions on when to use these activities.

September: The beginning of the school year is a great time to share and remind students of basic pedestrian practices. *Use Your Head Before Your Feet, Intersections Galore, or My Safe Route to School* and *Walk and Roll Art Studio* can help prepare students for International Walk & Roll to School Day, the first Wednesday of October.

October/November: Halloween and daylight savings are two opportunities to talk about pedestrian safety with *Keep it Safe on Your Feet, Walk Around the Block* or *School Safety Audit*.

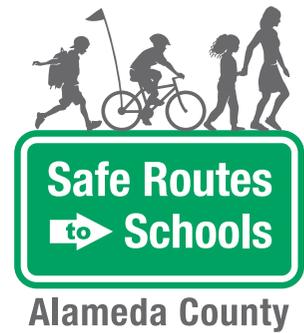
January: Pledges and resolutions are a good way to start the new year. Use *Green Heroes* to encourage students to think about making a change to help the environment.

February: Valentine's Day is an opportunity to talk about the heart and our physical health in relation to the environment with *Using People Power, Pollution Solution, or What's in our Air?*

March: The Safe Routes to Schools Spring Contest is a school-wide encouragement event available to schools that you can support with *Walking Makes Sense, Walk Around the Block, or Let's Carpool!*

April: Use Earth Month to talk about the positive environmental impact that we can make by using active and alternative transportation with *This is the Way we Go to School, Active Travel Choices, or Greenhouse in a Bottle*.

May: National Bike Month, Bike to Work Day and Bike to School Day are all ways to talk about the benefits of biking. You can review bicycle and pedestrian safety with *Walk and Roll Team Trivia*, pass out the *Safe Practices for Riding* handout or use the *Mode Chart* to track modes of transportation to and from school.



Dear Families,

Your child's school is participating in the Safe Routes to School program. Safe Routes to Schools is a countywide program with the overall goal of encouraging and enabling children to walk and bicycle to school. Program features include projects and activities to improve health, well-being, and safety. These activities result in less traffic congestion, increased safety, and decreased emissions caused by school-related travels.

As part of the Safe Routes to School program, your child may participate in schoolwide encouragement and education events, as well as in-class activities. Some schools may also organize after school activities and events. After school programs may also support education and encouragement efforts. The educational activities are designed to increase your child's safety as they participate in encouragement activities, as well as their daily travels.

In kindergarten and first grade, children are introduced to traffic signage and the importance of being alert and aware as they navigate mock traffic situations in the classroom. Kindergarten and first grade children will also be introduced to the variety of ways people in the past got to school and how children from around the world get to school today. Additionally, they are introduced to the health and environmental benefits associated with walking, carpooling, and using transit.

There are many ways you can enhance your child's learning. The next time you are out with your child, point out traffic signs along the route you travel and explain what the signs mean. Have a conversation with your child about the many different kinds of transportation we use to transport people, foods, and products. Invite family members to chat with your child about how they got to school when they were younger. If you and your child primarily travel using a personal vehicle, plan a trip using public transit.

Should you have questions about the activities or would like to get involved with Safe Routes to Schools, please contact your child's teacher. Your child's teacher can put you in contact with the Safe Routes to School coordinator at your school.

Sincerely,

Teacher Signature
and Alameda County Safe Routes to Schools Program



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In second and third grade, students will learn about how to navigate intersections, the significance of being aware when walking, and safe crossing practices. Students will also learn about the variety of travel options available to commuters, the impact of their choices, barriers to walking and biking, and consider options to overcoming barriers. Additionally, students will have the opportunity to explore human causes of pollution and the impact on the environment.

There are many ways you can enhance your child's learning. When walking or biking with your child, model safe behaviors and explain why the behaviors you model are safe. Have a conversation with your child about the many different kinds of transportation we use to transport people, foods, and products. If you and your child primarily travel using a personal vehicle, plan a trip using public transit, or coordinate a carpool.

Should you have questions about the activities or would like to get involved with Safe Routes to Schools, please contact your child's teacher. Your child's teacher can put you in contact with the Safe Routes to School coordinator at your school.

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Teacher Signature
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In fourth and fifth grade, students will conduct a safety audit of the neighborhood surrounding the school, map the route they travel to and from school, and create a greenhouse in a bottle. Students will be challenged to work collaboratively, critically analyze data and generate solutions to challenges they note in their explorations.

There are many ways you can enhance your child's learning. When walking or cycling with your child, model safe behaviors and explain why the behaviors you model are safe. Before taking a trip, use Google Maps or a GPS app to plan the route with your child. Have a conversation with your child about the many different kinds of transportation we use to transport people, foods, and products. If you and your child primarily travel using a personal vehicle, plan a green trip and then calculate your family's gas savings, or encourage teachers at your school to sign up at active2me.org so classes can track their travel data and see the impact the active travel can have on health and the environment. Or, calculate your family's carbon footprint at www.nature.org/greenliving/carboncalculator and then have a discussion about ways to decrease your family's footprint.

Should you have questions about the activities or would like to get involved with Safe Routes to Schools, please contact your child's teacher. Your child's teacher can put you in contact with the Safe Routes to School coordinator at your school.

Sincerely,

Teacher Signature
and, Alameda County Safe Routes to Schools Program

Walk and Roll K-5 Educator's Guide Content Standards Connections								
K & 1st Grades	Language Arts	Social Studies	Math	Science	Physical Ed.	Health	Arts	Themes
Use Your Head Before Your Feet	K:RF.K.2, SL.K.1 1st: RL.1.3, SL.1.1		K: K.CC.A.3, K.CC.A.5, K.CC.A.6		K: 1.2 1st: 1.3		K: Music 2.1, 2.2, 4.1, 4.2 1st: Music 2.2	Safety
Be Safe on Your Feet	K: SL.K.2 1st: RF.1.3, L.1.1, SL.1.2	K.4	1st: 1.MD.B.3			K:1.8S, 7.2S 1st: 1.4S, 1.5S	K: Visual Arts 5.3 1st: Visual Arts 2.4, 2.8	Safety/ Community
Walking Makes Sense	K: RL.K.1, SL.K.4 1st: RL.1.1, RF.1.3, SL.1.4	K:K.1, K.4 1st: 1.2, 1.3			K: 1.1, 1.2			Community
This is the Way We go to School	K: SL.K.2, RF.K.1 1st: SL.1.2, RF.1.3	K: K.4 1st: 1.4	K: K.CC.C.6 1st: 1.MD.C.4					Community
Using People Power	K: RI.K.1, RI.K.2 1st: RI.K.3, RI.1.1, RI.1.2, RI.1.3		K: K.OA.A.2, K.CC.C.6 1st: 1.OA.A.1, 1.MD.C.4	K-ESS3-3				Environment/ Health
Walk and Roll K-5 Educator's Guide Content Standards Connections								
2nd & 3rd Grades	Language Arts	Social Studies	Math	Science	Physical Ed.	Health	Arts	Themes
Intersections Galore!	2nd: W.2.2, RF.2.4 3rd: W.3.2, RF.3.4		2nd: 2.OA.A.1 3rd: 3.OA.D.8		2nd: 1.1, 1.5, 5.7 3rd: 5.6, 5.3.	2nd: 1.1M 3rd: 1.2M		Safety
Walk Around the Block	2nd: W.2.1 3rd: W.3.3	2nd: 2.2 3rd: 3.4	2nd: 2.MD.D.10 3rd: 3.MD.B.3			2nd: 1.8N, 1.9N		Safety/ Community
Active Travel Choices	2nd: W.2.3 3rd: W.3.3		2nd: 2.NBT.B.5 3rd: 3.NBT.A.2			2nd: 5.3N 3rd: 1.5P, 1.6P		Environment/ Health

Walk and Roll K-5 Educator's Guide Content Standards Connections							
2th & 3th Grades	Language Arts	Social Studies	Math	Science	Physical Ed/Health	Arts	Themes
Pollution Solutions	2nd: W.2.8		2nd: 2.NBT.B.5 3rd: 3.NBT.A.2	2-PS1-1	2nd: 1.8N, 5.3N, 7.5N 3rd: 5.1G, 1.3P, 1.4P, 1.5P, 1.6P		Environment
Green Heroes	2nd: RI.2.1	2nd: 2.5 3rd: 3.4			2nd: 8.2N 3rd: 6.1P, 7.2P		Environment/ Health
Walk and Roll K-5 Educator's Guide Content Standards Connections							
4th & 5th Grades	Language Arts	Social Studies	Math	Science	Physical Ed/Health	Arts	Themes
School Safety Audit	4th: W.4.1 5th: W.5.1		4th: 4.NF.A.2 5th: 5.NF.A.1		4th: 1.16S 5th: 1.5P, 7.3S, 8.1S, 8.3S, 8.1P		Safety/ Community
My Safe Route to School	4th: RI.4.1, RI.4.2 5th: RI.5.2		4th: 4.NF.A.2 5th: 5.NF.A.1		4th: 1.16S, 7.4S 5th: 1.5P, 7.3S, 8.1S, 8.3S, 8.1P		Safety/ Community
Greenhouse in a Bottle	4th: RI.4.1, RI.4.2 5th: RI.5.1, RI.5.2			5-ESS2-1 and 3-5-ETS1-3			Environment/ Health
What is in Our Air?	4th: SL.4.1 5th: SL.5.1		4th: 4.NF.C.6 5th: 5.NBT.A.3	5-ESS2-1 and 3-5-ETS1-3	4th: 1.7N 5th: 1.3P, 1.5P, 1.6P		Environment/ Health
Let's Carpool!	4th: W.4.2 5th: W.5.2		4th: 4.NBT.B.4 5th: 5.NBT.B.6				Environment/ Community