

Walk and Roll Resources

K-5



IN THIS UNIT

Traffic Light Placards

Air Pollution

Mode Chart

Traffic Signals

Safe Pedestrian Practices

Safe Rolling Practices

Literary Resources

Online Resources



**Safe Routes
to Schools**

Alameda County













MODE CHART	Monday	Tuesday	Wednesday	Thursday	Friday
Walk					
Roll (Bike, Skateboard, Scooter)					
School Bus or Public Transportation					
Carpool (Sharing the ride with other people who don't live with you)					
Car					

Name: _____

Traffic Signs and Signals

Write the correct name of each signal and sign from the list on the right. Hint: one signal name is used twice. Then, color each sign and signal the appropriate color.

















SCHOOL CROSSING

Warning that people may be crossing the street near a school.

PEDESTRIAN BUTTON

Posted on traffic lights for pedestrians to cross more easily.

PEDESTRIAN CROSSING

Safe area for pedestrians to cross.

NO PEDESTRIANS

Not a safe area for pedestrians to walk.

WALK

Safe for pedestrians to cross the street.

DON'T WALK

Unsafe for pedestrians to cross the street. Cars may be coming.

WAIT/DON'T WALK

If flashing don't start to cross. If in the street continue to the other side



Safe Pedestrian Practices



Crossing a Street

- Stop at the curb or edge of the street.
- If there is a visual barrier, like a car or bush, find a better place to cross.
- Look left, right, and left again for traffic.
- Make eye contact with drivers when possible.
- Scan to the left and to the right for vehicles as you cross.
- Walk in a straight line to the other side of the street.
- Cross only when it is safe.

Crossing an Intersection

- Use the crossing button on the traffic signal if a button is available.
- Wait for the walking person or “WALK” symbol before crossing.
- Look left, right, and left again, and then over your shoulder before crossing.
- Scan to the left, right, front and behind you as you cross.
- Stop if you see a car turning into the crosswalk. Do not try to beat it.
- Stay in the crosswalk, if there is one.
- When finished crossing, step up onto the curb.

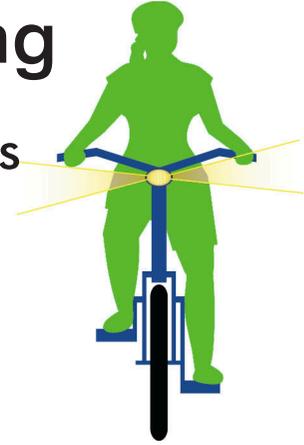
Helpful Reminders about Street Safety

- Don't chase a ball into the street.
- Don't cross from between two cars.
- Don't cross alone.
- Don't cross at an angle.
- Always walk. Don't run.
- If a car passes while you are looking left and right, start again.
- Use crosswalks and crossing guards whenever possible.
- Wait for any turning car to pass. There is more room behind the car than in front of it.



Safe Rolling Practices for Riding

Bicycles, Skateboards & Scooters



Important Rules for Kids

- Always wear a helmet. It's the law!
- Don't play around the road or the sidewalks.
- Choose the route with the fewest cars to ride on.
- Stop at all stop signs.
- Ride with adults as much as possible, especially when riding on busier streets.

Important Equipment Reminders

- ALWAYS wear a helmet to protect against head injuries, the most common serious injury suffered by bicyclists.
- Be sure your bike is well-maintained and adjusted. Do the ABC Quick Check before every ride--Air, Brakes, and Crank, Cog, Chain, and Quick Releases..
- Use a good light and reflectors, and wear bright clothing when it's dark.

Bicycling Technique Reminders

- Obey the rules of the road as if you were driving a car - stop at stop signs and red lights. Use hand signals before turning or changing lanes.
- Stay two bicycle-widths away from parked cars to avoid the "door zone."
- Always ride in the right most lane that serves your destination. Ride straight and avoid the "door zone". It's dangerous and illegal to ride on the left side of a two-way street.
- Avoid traveling along the side of cars when passing through intersections -- they may turn in front of you without warning.
- When riding in a central business district, use extreme caution when passing parked cars, as drivers may not see you when opening doors or pulling out of parking spaces.
- Keep your hands on the handlebars at all times. Riding with no hands does not permit you to stop or to avoid surprise hazards such as dogs, potholes, broken glass, or cars.
- Yield to all pedestrians. They can't foresee a dangerous situation as well as you can and may be distracted. A bicycle is required by law to yield to pedestrians.
- Remember, your bicycle is a small vehicle and you are not easily seen on crowded streets. Do everything you can to make sure you are noticed and can be seen.



Literary Resources

Books to Bring Walking, Biking and Busing into the Classroom

Walking, Cycling, and Public Transit

When You Go Walking Rozanne Lanczak Williams
Fiction, Guided Reading Level: E, Interest Level: Pre-K -2
Fun loving characters motivate young readers to write. The last page in the book invites readers to write their own piece modeled after the writing of one of the characters in the book.

I Went Walking Sue Williams
Fiction, Guided Reading Level: C, Interest Level: Pre-K-2
A young child goes for a walk and discovers a colorful parade of animals along the way.

Fast Food Joost Elffers and Saxton Freymann
Nonfiction, Guided Reading Level: L, Interest Level: Pre-K-3
Pictures of fruits and vegetables depict the variety of ways we can transport ourselves.

Listening Walk Paul Showers
Fiction, Guided Reading Level: I, Interest Level: K-2
During a walk with her father, a little girl discovers a world of sounds.

The Pink Bicycle Gill Lobel
Fiction, Guided Reading Level: M, Interest Level: K-2
This picture book tells the story of Alisha and how she manages the challenge of getting a new bike with no training wheels

Bicycle Book Gail Gibbons
Nonfiction, Guided Reading Level: P, Interest Level: K-3
Introduces readers to the history of the bicycle, bicycle design, types of bikes, care, uses, and mechanics.

Sally Jean, The Bicycle Queen Cari Best and Christine Davenier
Fiction, Guided Reading Level: N, Interest Level: K-3
Sally Jena, a girl who was born to ride, creatively solves a problem when she outgrows her bike, Flash.

Supergrandpa David M. Schwartz
Historical Fiction, Guided Reading Level: M, Interest Level: K-4
Gustaf Hakansson, 66, enters into a 1000 mile bicycle race. The race official dismisses him because of his age and he goes on to win the race. Based on a true story.

The Bicycle Man Allen Say
Historical Fiction, Guided Reading Level: P, Interest Level: K-4
Two American soldiers perform tricks on a borrowed bicycle for the school sports day festivities in a small village in occupied Japan.

Wilma Rudolph Victoria Sherrow
Nonfiction, Guided Reading Level: N, Interest Level: 2-5
The inspirational story of Wilma Rudolph who went on to gain fame as an Olympic runner despite polio damaging her leg as a child.

Walking the Road to Freedom Jeri Ferris
Nonfiction, Guided Reading Level: R, Interest Level: 3-5
Traces the life of the woman orator who spoke out against slavery throughout New England and the Midwest.

Mick Harte was Here Barbara Park
Fiction, Guided Reading Level: S, Interest Level: 4-7
A teenage narrator recalls her younger brother, Mick, and his death in a bicycle accident.

Walking to the Bus Rider Blues Harriette Gilliam Robinet
Historical Fiction, Lexile Measure 550L, Interest Level 6-8
Story of children of the Civil Rights Movement who walk everywhere.

Travels to School

Ruby's School Walk Kathryn White
Fiction, Guided Reading Level: J, Interest Level: Pre K-2
During a walk to school, a little girl named Ruby imagines a world her mom cannot see.

This is the Way We Go to School Laine Falk
Guided Reading Level: J, Interest Level: Pre K-2
Through text and photographs this text explains how children from all over the world get to school.

A Bus of Our Own Freddi William Evans
Fiction, Guided Reading Level: M, Interest Level: K-2
Story of Mable Jean who walks five miles to and from school. The community works together to provide a school bus for the children.



Sheila Rae, The Brave Kevin Henkes

Fiction, Guided Reading Level: K, Interest Level: K-2
Sheila Rae is a brave little mouse who isn't scared of anything until one day she decides to take a new way home and loses her way.

This is the Way We Go to School Edith Baer

Nonfiction, Guided Reading Level: L, Interest Level: K-2
Through text and illustrations, this text explains how children from all over the world get to school.

A School Like Mine DK Publishers

Nonfiction, Guided Reading Level: R, Interest Level: 3-6
Informational text tells of school experiences from around the world.

Mapping

Me on the Map Joan Sweeney

Fiction, Guided Reading Level: I, Interest Level: Pre K-2
A young girl describes how her room, her house, her town, her state, and her country become part of a map of her world.

My Map Book Sara Fanelli

Fiction, Guided Reading Level: I, Interest Level: Pre K-2
Twelve full-color maps draw a unique picture of everyday life as seen from a child's perspective, and some of the featured items are entitled, *Map of My Day*, *Map of My Tummy*, *Map of My Heart*, and *Map of My Dog*.

Maps and Globes Jack Knowlton

Nonfiction, Guided Reading Level: O, Interest Level: K-3
Includes a brief history of mapmaking, a simple explanation of how to read maps and globes, and an introduction to the many different types of maps.

Sweet Clara and the Freedom Quilt Deborah Hopkinson

Fiction, Guided Reading Level: S, Interest Level: K-3
A young slave stitches a quilt with a map pattern which guides her to freedom in the North.

There's a Map on My Lap Tish Rabe

Nonfiction, Guided Reading Level: L, Interest Level: K-3
The Cat in the Hat teaches about cartography and the uses of different kinds of maps.

Map Parts Kate Torpie

Nonfiction, Guided Reading Level: M, Interest Level: 2-5
An introduction to maps and their various parts, discusses such topics as legends and symbols, compass roses, scales, boundaries, and latitude and longitude.

Journeys in Time: A New Atlas of American History

Elspeth Leacock and Susan Buc
Nonfiction, Guided Reading Level: T, Interest Level: 4-6
Text, illustrations, and maps of 20 journeys that have shaped America's past.

Around the World in A Hundred Years Jean Fritz

Nonfiction, Guided Reading Level: W, Interest Level: 4-7
Examines the great wave of European exploration during the 15th-century which resulted in more accurate maps.

Transportation Choices and the Environment

Traveling Green Jacqueline A. Ball

Nonfiction, Guided Reading Level: P, Interest Level: 2-6
Packed with large, full-color photos and interesting facts. Young environmentalists learn about the current efforts to make their planet greener--and discover ways that they can help out too.

Why Should I Walk More Often? M.J. Knight

Nonfiction, Guided Reading Level: P, Interest Level: 3-5
Provides facts on the environmental effects of pollution and excessively using cars, and presents practical alternatives for children, including walking with friends to school, biking, and planting trees.

Promoting Physical Activity

From Head to Toe Eric Carle

Nonfiction, Guided Reading Level: D, Interest Level: Pre K-2
Whimsical, colorful illustrations and simple text take readers into a world of movements and invites youngsters to mimic animal actions.

Hop Jump Ellen Stoll Walsh

Fiction, Guided Reading Level: I, Interest Level: Pre K-2
A frog bored with hopping discovers dancing.

The Busy Body Book Lizzy Rockwell

Nonfiction, Guided Reading Level: O, Interest Level: K-1
Explains how your bones and muscles, heart and lungs, nerves and brain all work together to keep you on the go.

Oh the Things You Can Do That Are Good For You! All About Staying Healthy (Cat in the Hat's Learning Library) Tish Rabe

Nonfiction, Guided Reading Level: L, Interest Level: K-3
The Cat in the Hat teaches about healthy choices.

Anna Banana: 101 Jump Rope Rhymes Joanna Cole

Fiction, Guided Reading Level: O, Interest Level: Pre K-3
An illustrated collection of jump rope rhymes arranged according to the type of jumping they are meant to accompany.



Online and Video Resources

SR2S Alameda County Partnerships

Cycles of Change

www.cyclesofchange.org

Works to improve the health and sustainability of our neighborhoods by increasing the use of bicycles as transportation, connecting youth with the extraordinary living systems of our local area, and building a diverse community of visionary young leaders.

Stop Waste

stopwaste.org

Alameda County Waste Management Authority and the Alameda County Source Reduction and Recycling Board operating as one public agency. Education programs for schools.

BikeMobile

bike-mobile.org

A mobile bike shop that goes into schools, community centers, parks, and neighborhoods across Alameda County to help youth repair their bikes, teach mechanics and safety, and get more bikes on the road.

Alameda County Public Health Dept.

www.acphd.org

Injury prevention program, helmet presentations, fittings and give-aways.

East Bay Bike Coalition

Ebbc.org

Education and outreach-- working to make cycling safe, convenient and enjoyable for all people in the East Bay.

Safe Routes to Schools Programs

National Center for Safe Routes to School

saferoutes.org

Safe Routes to School National Partnership

saferoutespartnership.org

California Safe Routes to Schools

www.casaferoutestoschool.org

Walk and Bike to School

www.walkbiketoschool.org

International Walk to School Day

iwalktoschool.org

Fire Up Your Feet

fireupyourfeet.org

Encourages families, students and schools to work together and create active lifestyles which inspire all children to be healthy and physically active.

Spare the Air Youth

www.sparetheairyouth.com

Alameda County Safe Routes to Schools Program

alamedacountysr2s.org

Safe Routes to School Marin County

saferoutestoschools.org

Education and Advocacy

League of American Bicyclists

bikeleague.org

California Bicycle Coalition

calbike.org

Active4Me

active4.me

Active4me is a service that helps active transportation programs manage their data and verify their program's effectiveness. Uses simple, inexpensive web and barcode technology to capture trips to school and compute the impact each trip has on CO2, gas, dollars, and calories.

Rock the Bike

rockthebike.com

A resource for bike blenders, helping people to make a real, lasting impact through Pedal Powered activities, services and products.



Carpool Connections

SchoolPool 511

www.schoolpool.511.org
Environmental Education

Environmental Education

Green Schools Initiative

www.greenschools.net/

Works to transform schools into models of sustainability for communities, engaging youth in hands-on, inquiry-based learning and action to improve the health and sustainability of facilities and operations.

Environmental Protection Agency for Kids

epa.gov/kids

Kids for Saving Earth

kidsforsavingearth.org

California Academy of Sciences

www.calacademy.org

Video Resources

Bicycle Safety

Bike Safety Video

Audience: Grade 4 - 5, Running Time 8:02

Content: Student Response to *Mick Harte was Here* by Barbara Park

www.teachertube.com/viewVideo.php?video_id=37034

Safe Kids USA – Safety Saves – Bike Safety

Audience: Grades 3 - 6, Running Time 5:51

Content: The story of Daniel Kane who survived being hit by a car while riding his bike because he was wearing a helmet.

www.youtube.com/watch?v=7u09HRDNf6M

Fitting a Helmet

Audience: Grades 1-5, Running Time 1:57

Content: How to properly fit a helmet.

www.youtube.com/watch?v=-2ZdD1GpYLk

National Highway Traffic Safety Administration Bike Safe, Bike Smart

Audience: Grades 2 -5, Running Time 9:11

Content: Covers student riders, helmet safety, and the rules of the road.

www.youtube.com/watch?v=uBGW8j__Jsg

Pedestrian Safety

Red Light, Right Light Do you Say?

Audience: Grades Pre K-1, Running Time 2:09

Content: Covers traffic signals through a song.

www.youtube.com/watch?feature=player_detailpage&v=it-dTcFGsFc

Safe Walking

Audience: Grades K-3, Running Time 4:06

Content: Safely crossing at intersections with and without traffic signals.

www.youtube.com/watch?v=c1hazUAR3VA

Pedestrian Safety: Where to Walk Without Sidewalk

Audience: Grades K-3, Running Time 5:04

Content: How to walk more safely in a rural community without sidewalks. Demonstrates a walking school bus walking to school.

www.youtube.com/watch?feature=player_detailpage&v=HpvpwLZL2gU

Pitt County Safe Communities Pedestrian Video

Audience: Grades 3-7, Running Time 8:56

Content: Educational video for motorists and pedestrians.

www.youtube.com/watch?feature=player_detailpage&v=eN7pQzxcBfo

Pedestrian and Bicycle Information Center Videos

Audience: Grades K-8

Pedestrian Safer Journey: Skills for Safe Walking

Content: Pedestrian safety for ages 5-9 and 10-14
pedbikeinfo.org/pedsaferjourney/el-en.html

Pennsylvania Safes Routes to School Program

Audience: K-5, Running Time 3:30

Walk This Way video

Content: Teachers elementary school children safety tips for walking to and from school.

saferoutespa.org/pedestrian-safety-videos

