

GROUP POEM

OBJECTIVES:

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

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.

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.

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.

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.

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.

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.

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.

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.

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

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:

123 456 78910

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

Special Safety Message: Biking and walking to school every day keeps you:

fit and trim

123 456 78910