



60 MINUTES



WORKSHEET, PENCIL

GOING FOR A WALK

Aim: To reinforce road safety messages while out for your daily exercise.

Instructions: Using the bingo sheets on the next page, see how many things you can spot when you are out for a walk.

Use one bingo sheet and make it into a competition to see who can spot a whole line, or every picture, first, or use the two bingo sheets and see who can spot the most on their own sheet. If you have children of different ages you can make it easier or harder: decide how many each child needs to spot, or get older children to count how many they see of certain things.

Take the opportunity to talk to your child about keeping safe in your local area. So this could be where to cross the road, how to use a pedestrian crossing, what to do if there is a car parked on the pavement, or what to do where there is no pavement.

What your child needs to understand will also depend on their age. Here is a very basic guide:

Age 2-4: always hold hands with an adult, always walk on the pavement away from traffic

Age 5-6: children should start thinking about crossing the road, while still holding hands with an adult; talk about where to stop; looking and listening; things that might stop them from seeing traffic coming; using crossings.

Age 7-11: having learnt the Green Cross Code children can start to practise on a quiet road under supervision; talk about where to cross, including using crossings and infrastructure to slow traffic.

For more information, try this [LINK](#). It's aimed at educators, but has a good guide of what each age group should be learning. Please make sure you follow the latest government advice on going out for exercise when doing this activity.

Extension: Older children can challenge themselves with the crossword on the last page. It's tricky enough, so good luck!

Click here for a short video giving an introduction to this activity:

[VIDEO](#)

FINDING THESE RESOURCES USEFUL?

ANY SUGGESTIONS?

We'd love some feedback on what is useful and how we can improve these resources. To complete a short survey, click this link: [SURVEY](#).

Enjoy this activity? Use #stayhomestayactive and tag us @SustransNI on [Facebook](#) and [Twitter](#)


The Active School Travel Programme is an exciting initiative for schools who wish to see more of their pupils choosing an active and healthy journey to school. The programme provides schools with the skills and knowledge to get more children walking, cycling and scooting as their main mode of transport to school.

Find out more at www.sustrans.org.uk/NIschools



BINGO SHEETS

Bike 	Lorry 	Car on pavement 	Pedestrian 
Traffic lights 	Shop 	Zebra crossing 	Give way sign 
Bench 	Dog 	Double yellow lines 	Bus 

Stop sign 	Bird 	Buggy 	Van 
Bin 	Zig zag lines 	Speed limit sign 	Cat 
Red car 	Pelican crossing 	Bus stop 	Speed bumps 

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30 MINUTES

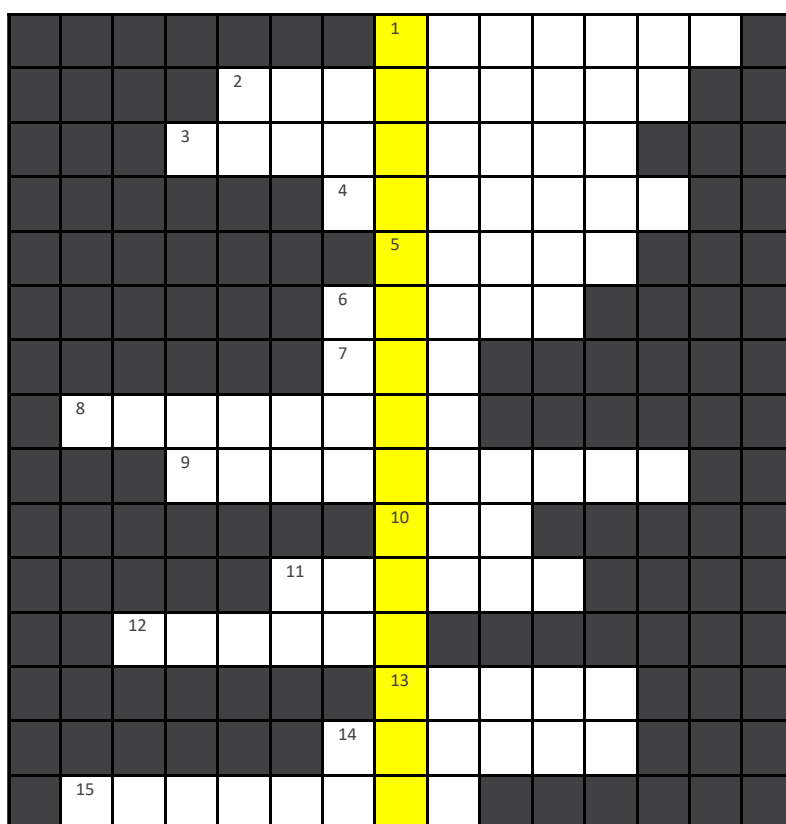


WORKSHEET, PENCIL

ROAD SAFETY CROSSWORD

Complete the crossword puzzle to reveal a special road safety message in the yellow squares.

1. A mode of transport that is good for your health and the environment.
2. A raised part of the road which slows down cars.
3. Wear this over your clothing to be seen easily during the day or night.
4. An easy way to travel shorter journeys which doesn't cost any money and protects the environment.
5. Watch you don't slip on this on a very cold morning .
6. An animal where you can cross the road safely.
7. Use this to plan a journey.
8. A place you can walk where there are no cars.
9. It is illegal to drive faster than this.
10. A large vehicle which can hold lots of people.
11. Petrol and _____ are fuels which contribute to air pollution.
12. Put these on your bicycle when it is getting dark.
13. If you walk, cycle or scoot instead of using a car you help to protect this.
14. You should wear this every time you go out for a cycle.
15. A Toucan _____ has beeps and lights to help us.



Insert road safety message in the boxes below

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