Fun games and activities inside!

WALK & ROLL *with* SCHOOLPOOL

Activity Book

SchoolPool is a program of King County Metro:
kingcounty.gov/schoolpool

King County METRO
Moving forward together

King County SchoolPool

Walk & Roll with SchoolPool

HOW *to* USE THIS ACTIVITY BOOK

Learn how to be a walking, rolling, busing, and carpooling role model! Walking and rolling are healthy, active, and green ways to get around your neighborhood and to school. Carpooling and taking the bus are great ways to share trips in your neighborhood and to school!

It's fun to walk and roll with my family!

King County Metro's SchoolPool program offers education and encouragement to families choosing to walk, roll, take the bus, and carpool to school. This book provides educational and encouragement activities for active and shared modes of transportation.

What is Rolling?

Rolling as a way to get around can mean many things, like bicycling, using a wheelchair, scooting, skateboarding, or another fun and active wheely way!

KIDS

This book is for you! Your parents and teachers want you to learn safe walking and rolling skills.

Complete these activities with your parents, teachers, or on your own. You will have a lot to teach your parents and teachers, too!

PARENTS

You will decide when your child has the skills and experience needed to safely walk or roll without you or another adult. See the Readiness Checklist on page 43 for some considerations.

Use this guide to begin or continue talking with your child and help them think through smart, life-long walking and rolling safety behaviors.

TEACHERS

You have an important role to play in the classroom and in teaching students about safe and healthy ways to get around.

You can use individual sheets from this book in lesson plans and activities to help your students develop safety skills that will carry them through the rest of their lives.

WHY WE WALK *and* ROLL

Follow these students on their way to school. Learn why they walk and roll to get to school, the library, and the park!

MY PARENTS USED TO WALK TO SCHOOL WHEN THEY WERE MY AGE.

In 1969, **1 IN EVERY 2 KIDS** (that's half or 50%) used to walk or roll to school. Today, less than **1 IN EVERY 6 KIDS** (15%) walks or bikes to school.

I LIKE WALKING AND ROLLING TO SCHOOL BECAUSE I GET TO HANG OUT WITH MY FRIENDS, AND IT MAKES ME FEEL GOOD!

Walking **ONE MILE** to and from school each day means I get **TWO-THIRDS** of the recommended **60 MINUTES OF PHYSICAL ACTIVITY** a day.

WHEN I WALK TO SCHOOL, I FEEL FOCUSED AND READY TO LEARN!

After **20 MINUTES OF PHYSICAL ACTIVITY**, students tested better in reading, spelling and math and were more likely to read above their grade level.

School

WALKING AND ROLLING ARE GOOD FOR THE ENVIRONMENT AND ARE FUN!

If half of all students walked or rolled to school, we would save **3.2 BILLION** vehicle miles and **1.5 MILLION** tons of carbon dioxide—equal to keeping more than 250,000 cars off the road for a year.

I LIVE FURTHER AWAY FROM SCHOOL, BUT I CAN STILL HELP! I CARPOOL WITH MY FRIEND TO HELP REDUCE POLLUTION NEAR SCHOOL.

Parents driving their children just to school make up **1 IN EVERY 10 CAR TRIPS** in the morning, and this number doesn't even include all of the trips parents make when dropping off children on their way to work (NHTS 2017). Carpooling and taking the bus can help reduce traffic and air pollution.

Library

WHAT ACTIVITIES *are* INSIDE?

Let's get started!
Do them in order or jump around.
It's your adventure.

These educational activities and informational sheets for elementary students will introduce families to safe walking and bicycling. Parents, guardians, and children are encouraged to do these activities together!

- **BUILD YOUR SAFETY SKILLS** 6
- **LET'S WALK IT OUT** 14
- **LET'S ROLL WITH IT** 18
- **EXPLORE YOUR ROUTE** 26
- **RIDE THAT BUS** 35
- **CARPOOL TO SCHOOL** 39

BUILD YOUR SAFETY SKILLS

The next pages are filled with fun activities for you to learn and gain more safety skills for walking and rolling in your neighborhood. **Let's jump in!**

WHAT *to* WEAR WALKING

Be Bright! Be Safe! Be Seen!

Remy is walking to school. What should Remy **BRING ON THEIR WALK TO SCHOOL** when it's cool and rainy outside?

Answers!

King County School Pool

WHAT *to* WEAR BIKING

Be Bright! Be Safe! Be Seen!

Alex is biking to school. What should Alex **BRING ON HER RIDE TO SCHOOL** when it's warm and sunny out?

Answers!

What to Wear Walking

ANSWERS:

YES:

NO:

King County School Pool

What to Wear Biking

ANSWERS:

YES:

NO:

STREET SMARTS WORD MATCHING

Find a word from the Word Bank and match it with its definition. Use each word only once.

_____

Someone who walks or uses a mobility device to help them get about.

_____

We wear this when we bike, scoot, or skate to protect our brains!

_____

We can put these on our handlebars to light up our route when rolling. They also help drivers see us.

_____

This has two wheels that we move by pedaling while we sit on a seat.

"We always wear our helmet to protect our brains and keep both hands on our handlebars to stay in control"

_____

A vehicle that gives lots of students rides to and from school together.

_____

We ride with one or more classmates and friends in a car.

Word Bank

Stop sign	Pedestrian	Bike light
Sidewalk	Wheelchair	Crossing Guard
Crosswalk	Bike	Scooter
School Bus	Helmet	
Carpool		

Where people walk and slowly roll, separated from cars on the street.

These adults help us cross the street near school.

Some of us use this to roll, rather than walk. People who use these are still pedestrians!

This has a handle bar, place to stand with one foot, and two or more wheels. We move this by pushing with one foot off the ground.

A red octagon that tells all of us to STOP and look, even if we are walking or rolling!

Where we cross the street.

Draw yourself walking or rolling!

Walking and Rolling are fun activities that can be done year round! Ask your friends and family members to join you outside as you walk and roll to explore your neighborhood.

Build your safety skills: Walking

LET'S WALK IT OUT

Walking is a fun way to spend time outside and get around. **Show us what you know about how to be a safe pedestrian.**

HOW DID *the* PEDESTRIAN CROSS *the* ROAD?

Crossing the street gets us to the other side!

Always cross at corners or at a marked crosswalk. This is where drivers expect to see you.

Look for crossing signals, like the hand or walking person.

This signal tells us to **STOP**.

This signal tells us to **WALK**, only once we've checked that it's safe.

This signal tells us to stop if we have not started in the crosswalk yet, or to quickly get to the other side without running if we are already in the crosswalk.

Cross with your head up, looking around.

Challenge!

Can you make this into a dance?

Practice this rhyme to remember how to cross the street safely:

1. Stop every time at the edge of the street
2. Use your head before your feet
3. Make sure you hear every sound
4. Look left, look right, look all around

When it's clear of cars or the drivers have stopped their cars, then you can go!

WALKING WORD SCRAMBLE

Mohammad is ready to go to school. Help him reveal these important safety tips so he stays safe on his walk.

CAN YOU SOLVE THE PUZZLE?

POSSIBLE ANSWERS

Signs	Against
Lights	Bright
Sidewalk	Traffic
Drivers	Stop
School	

1. Stop. Look left, right, and left again to look for **RTIFAFC** before crossing the street. _____

2. Before crossing the street, make eye contact with **VIRESRD** to make sure they see you. Wait for cars to **TSPO** before you walk. _____ _____

3. When possible, always walk on **IDKALWES**. If there is no sidewalk, walk on the left side of the street **TGAIANS** traffic. _____ _____

4. Always stop at stop **SSING** and stop **GSIHLT**. _____ _____

5. Wear **HTRIGB** clothing to be seen more easily on your walk to and from **OLSOCH**. _____ _____

ANSWERS: 1. Traffic 2. Drivers, Stop 3. Sidewalk, Against 4. Signs, Lights 5. Bright, School

Build your safety skills: Biking

LET'S ROLL WITH IT

Biking is a fun way to spend time outside and get around. **Test your knowledge of bikes and how to roll safely!**

LABEL *the* BIKE PARTS

Can you help Isabel learn about her new bike?

FILL IN THE BLANKS WITH THE CORRECT BIKE PARTS.

Brake Time!

Did you know there are two different types of bicycle brakes? Check the type of brakes that you have on your bike or that you have seen before.

☐ **Backpedal Brakes:** When you press backwards on your pedals, your wheels will stop turning.

☐ **Handlebar Brakes:** When you squeeze the brakes on your handlebars, your bike will stop.

ANSWERS: 1. Seat 2. Chain 3. Pedal 4. Handlebar 5. Frame 6. Tire 7. Spoke

CHECK IT BEFORE YOU RIDE

Helmet Fit Check

Do you know how to properly fit your helmet? Put your helmet on your head. Then, match these steps with the images below by **DRAWING A LINE FROM THE IMAGE TO THE HELMET FIT CHECK STEP.**

1 Eyes

Look up.
Check: can you see the brim of your helmet?

2 Ears

Buckle your helmet.
Check: Do the straps form a "V" beneath your earlobes?

3 Mouth

Open your mouth.
Check: Is your chin strap snug when your mouth is open?

ABC QUICK CHECK

Check your bike to make sure it's safe and in good condition to ride before you jump in the saddle. **FOLLOW THE ABC QUICK CHECK STEPS BY MATCHING EACH STEP'S ORANGE LETTER TO THE RIGHT PLACE ON THE BIKE.**

A **AIR:** do your tires have enough air when you squeeze them?

B **BRAKES:** When you squeeze, do they stop the tires?

C **CHAIN:** Is your chain threaded over the sprocket and properly oiled?

D **QUICK RELEASE:** Are your quick release levers on tight so the wheel doesn't come loose?

E **CHECK YOUR SEAT:** is it a proper height for you to pedal?

F **CHECK YOUR HANDLEBARS:** Do you have a light and/or bell mounted?

USING HAND SIGNALS *for* SAFETY

Hand signals are important to use when you are rolling. They tell others on the street where you are going to move next.

Imagine this person is bicycling forward, and you are looking at the back of the person. **LABEL THE HAND SIGNALS WITH THE PROPER MEANING.**

_____ _____ _____ _____

RULES OF THE ROAD

Older students! Have you and your parents or guardian talked about riding on the street safely? If you're ready to ride on the street, show us what you can do with this challenge.

Challenge!

True (T) or False (F): Which of these rules of the road do we need to follow when riding a bike on the street?

1. Obey all traffic laws and signs (just like cars) — T / F
2. Always ride on the sidewalk — T / F
3. Wear a properly fitted helmet — T / F
4. Swerve in and out of parked cars to give space to passing cars. — T / F
5. Ride on the left side of the street against traffic — T / F
6. Use lights and bright clothing when riding at night — T / F
7. Always let cars go before you at intersections — T / F
8. Always use hand signals — T / F

ANSWERS: A: Slowing, B: Turning left, C: Turning right, D: Turning right
1-T, 2-F, 3-T, 4-F, 5-F, 6-T, 7-T, 8-T

READY FOR A CHALLENGE?

Show what you've learned about walking and rolling by doing this **CROSSWORD PUZZLE!**

ACROSS

1. A two-wheeled vehicle that we move using pedal power!
4. We stop at the _____ of the street before looking and crossing.
5. This is one of Cs you check when doing your ABC Quick Check!
7. Make eye _____ with drivers before crossing the street in front of cars.
8. Using hand _____ tells others on the street where we will move next.
9. Some pedestrians use this 4-wheeled mobility device to get around.
10. Using our feet or other active ways to get around, instead of driving, is good for the _____.
11. We use this to cross the street.

DOWN

1. I wear _____ colored clothing so others can see me better.
2. A person who walks or uses a mobility device to get around.
3. Disconnect from _____, such as phones and music when walking and rolling.
6. Walking and rolling are good ways to get active, which is good for our _____!
12. _____ left, right, left and all around before crossing the street.

ANSWERS

Across	Down
1. Bike	1. Bright
4. Edge	2. Pedestrian
5. Chain	3. Distractions
7. Contact	6. Health
8. Signals	12. Look
9. Wheelchair	
10. Environment	
11. Crosswalk	

Color me!

Do you live too far to walk or roll to school? Think about other places you can walk or roll to, such as the library, park, or a friend's house. Plan your route using that as your destination.

EXPLORE YOUR ROUTE

Before you grab your backpack and tie your shoes, do you know the way to walk or roll to school? Plan your route before you leave!

Your route is made up of the streets you will walk on, crosswalks you will cross, and the turns you will make to arrive at school.

Let's get started planning your route.

MAPPING *your* ROUTE *to* SCHOOL

Use these steps to get started planning how you would walk or roll to school:

1. Think about where you live and where your school is.
2. Think about a safe route to school, using the tips below! Then describe your route out loud.
3. Draw the route you would take. If you're stuck, work with your parent to look at a map and plan it together.
4. Color your map, adding in any of these objects.

Not sure of the best way to get to school? Look for routes with the following items for a more comfortable trip:

- ★ Sidewalks or paths
- ★ Cars driving slowly
- ★ Not many cars
- ★ Stop lights & pedestrian crossing signals
- ★ Clearly marked crosswalks
- ★ Other people walking or biking
- ★ Bright lighting when it's dark
- ★ Neighbors watching out for each other

Do you see any of these objects along your route? ADD THEM TO YOUR MAP.

Lake or River

Stop Sign

Trees

Stop Light

Crossing Guard

Crosswalk

Building

Start!

HOME

If you're not sure, ask your parent to use the computer to look at an online map.

If you're interested in biking, you can even use Google Map's bicycling view to help you plan your route.

Friend's house

School

Park

Library

If you cannot walk to school, plan your route to a park, the library, or a friend's house!

READY *to* TRY IT OUT?

Are you ready to try out your walking or rolling route?

CHECK THE BOXES FOR WHAT YOU HAVE DONE TO GET YOURSELF READY!

- ☐ I've learned basic traffic safety skills by completing pages 6-24 of this workbook!
- ☐ I've mapped out and drawn my route.
- ☐ I've talked with my parent or guardian about my route. We have planned to do it together.

Lace up those shoes, strap on a helmet (if you're rolling), and let's go explore this route! Keep your head up, looking and listening along your way.

USE THE BINGO OR SCAVENGER HUNT SHEETS ON THE NEXT PAGES. Stop to fill out your bingo or scavenger hunt on the sidewalk, or out of the street.

ROUTE BINGO

Best for
Pre K - 2nd Grade

Play B-I-N-G-O on your route adventure!

While you are walking or rolling along your route, have your parent help you navigate. If you are biking, scooting, or rolling in some other way, ask your parent to hold onto the BINGO card. There are two BINGO cards so you and a friend, parent, or sibling can play, too! Here's how:

- Stop at every corner, crosswalk, alley, and driveway to look for cars.
- When you are stopped, look at your BINGO sheet. Do you see any of the things shown on your BINGO sheet, but in real life? If so, place an "X" over the image.
- Once you find all the things in one line (vertical, horizontal, or diagonal), you can call out BINGO!

HOORAY! Do a safety dance once you get to school to celebrate winning BINGO and following your route!

Bingo Sheets!

ROUTE BINGO

Best for
Pre K - 2nd Grade

Play B-I-N-G-O on your route adventure!

STOP SIGN	**CROSSWALK**	**SQUIRREL**	**CAR**
BICYCLE (parked or with someone biking)	**SCHOOL ZONE SIGN**	**MY SCHOOL!**	**BIRD**
SIDEWALK	**CAT**	**CLOUD**	**HELMET**
SCOOTER	**TRAFFIC LIGHT**	**BUS** (public bus or school bus	**PEDESTRIAN** (other than you or your parent)

ROUTE BINGO

Best for
Pre K - 2nd Grade

Play B-I-N-G-O on your route adventure!

MY SCHOOL!	BUS (public bus or school bus	TRAFFIC LIGHT	SIDEWALK
PEDESTRIAN (other than you or your parent)	SCOOTER	CROSSWALK	HELMET
CLOUD	CAR	CAT	BICYCLE (parked or with someone biking)
SQUIRREL	BIRD	STOP SIGN	SCHOOL ZONE SIGN

Best for
3rd - 5th Grades

ROUTE SCAVENGER HUNT

Find these items on your route to school and draw them in the spaces below!

Can you find and draw them all?

- Be sure to stop in a safe place to draw what you find—or draw them once you get back home.
- Whatever you don't find, you can draw later when you get back home. Hint: page 11 may help if you get stuck!
- If you don't know what one of these looks like, how could you find out?

PEDESTRIAN
(other than you, your sibling, friend, or parent)

BUS
(public bus or school bus)

STOP SIGN

CROSSWALK

SCHOOL ZONE SIGN
(hint: you will find these on streets when you get close to school)

BICYCLE
(parked or with someone biking)

CAR

PEDESTRIAN SIGNAL
(hint: these electronic signals change from a walking person to a hand)

TRAFFIC SIGNAL
(hint: these are red, yellow, and green)

SIDEWALK

RIDE THAT BUS

If you can't walk or roll, riding the bus is a great way to get to school!

WHY WE RIDE

Bus riders: You're a traffic buster and a green hero!

Riding the bus gives you time to be with friends before and after school or enjoy reading a book. When you take the bus instead of ride in a family car, you help lower the number of cars around school. Fewer cars around school means less traffic and cleaner air!

Follow these tips to ride the bus safely.

GOING TO SCHOOL

- Leave home with lots of time to get to the bus stop before the bus comes.
- Walk with your parent, a trusted adult, or sibling to the bus stop.
- Stand at least three GIANT steps away from the curb when waiting.
- Wait for the bus to come to a complete stop and for the stop sign paddles to pop out before getting closer.
- Once you are on the bus, stay seated and facing forward.

COMING HOME

- First, find your bus. If you aren't sure which one is yours, ask your teacher or another school staff to help.
- Hop on the bus, find your seat, and face forward.
- When it's your turn to get off, wait for the bus to come to a complete stop.
- Once your bus driver gives you the okay, stand up and exit the bus.
- If you need to cross the road, cross in front of the bus only once your bus driver gives you the okay to cross.

Always follow the bus driver's directions. Their job is to keep you safe on the way to and from school!

DRIVE *the* BUS

Yossi and Jayden are the first to get on their buses each morning and greet their friends as they get on along the way.

CAN YOU HELP THEM GET TO SCHOOL BY LEADING THEIR BUSES THROUGH THIS MAZE? THEN, CIRCLE THE BUS WITH THE FASTEST ROUTE TO SCHOOL.

CONNECT *the* DOTS

Help this bus take shape by connecting the dots. Then, color in the bus!

CARPOOL TO SCHOOL

Sharing is Caring. And so is carpooling!

When we carpool to school with our classmates and friends, we help care for the environment and each other!

How is that?

It helps my mom get to work when I get a ride to and from school with you. It also means one less family car driving and polluting near school. PLUS! I get to spend time with you!

Parents:
Interested in forming a carpool? Find families to carpool, bike, or walk together with at kingcounty.gov/SchoolPool

FILL *in the* BLANK
CARPOOL EDITION

FIND YOUR CARPOOL BUDDY OR FAMILY MEMBER! Have one person read the bolded clues below and have the other person choose a word for each clue. After you fill in all of the blanks, read your story out loud and have a good laugh!

You and your friend _____ are carpooling to school today! You eat a healthy
FRIEND'S NAME

_____, put on your _____, grab your _____,
FOOD **PIECE OF CLOTHING** **SOMETHING YOU BRING TO SCHOOL**

and say goodbye to your pet _____. _____ and you hop in your family car,
ANIMAL **PARENT'S NAME**

buckle your _____, and head to _____ house. _____
NOUN **FRIEND'S NAME** **FRIEND'S PARENT'S NAME**

waves when they see you pull up to their home and _____ to _____,
ACTION **FRIEND'S NAME**

"They're here! Don't forget your _____!" Your friend hops in the car and buckles up.
OBJECT

Along the way, you both decide to play a(n) _____ game called I Spy. You start: "I spy
ADJECTIVE

with my little eye something _____." Your friend looks around. "Is it a(n)
ADJECTIVE

_____?" "No." "Is it a(n) _____?" "No." "Is it a(n) _____?"
NOUN **ANIMAL** **NOUN**

"Wow, yep, you got it so _____!" As you get close to school, your parent slows down
ADVERB

in the School Zone and pays extra _____ since there are so many students _____
NOUN **VERB**

and _____ to school. Once in the drop off zone, you _____ until your
VERB **VERB**

parent comes to a complete _____, before _____ unbuckling your seatbelt,
NOUN **ADVERB**

grabbing your _____ and _____ the door. "Bye, _____"
NOUN **VERB** **PARENT'S NAME**

"Good bye you two! I hope you have a(n) _____ day!" What a fun way to start the day!
ADJECTIVE

LEAD *the* WAY

Walk & Roll
Artist

CIRCLE YOUR FAVORITE WAY to get to/from school and tell us why it's your favorite

I like

WALKING/ ROLLING

BIKING/ SCOOTING

TAKING THE BUS

CARPOOLING

because _____

_____

DRAW YOURSELF ON YOUR WAY TO SCHOOL using the favorite way you circled above.

GREEN SNEAKER CHALLENGE

Remember that fresh air and physical activity are essential for our physical and emotional health!

Maintain social distance and stay close to home while taking advantage of this time to build knowledge about bicycle and/or pedestrian safety, health, the environment, and your community!

Challenge your family to walk, bicycle, scoot, skate, and roll in your neighborhood for 30-days!*

FILL IN THE MONTH AND DATES OF THAT MONTH ON THE CALENDAR BELOW.
Place a celebratory [✓] or sticker for each day you and your family take a walk and roll in your neighborhood.

Month: _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐

* Exercise indoors if necessary.

The READINESS CHECKLIST

Before walking alone to school, students should be confident in:

Following walking rules

- ☐ Look left, right, and behind before crossing at corners
- ☐ Follow traffic signals
- ☐ Use paths and sidewalks, where provided

Walking predictably

- ☐ Walk - don't run - across the street
- ☐ Watch for cars turning or pulling out of driveways

Having a safety plan

- ☐ Develop a plan with your parent or trusted adult in case of a problem while walking

Staying aware

- ☐ Don't text or talk on cell phones while walking
- ☐ Don't listen to music with headphones while walking

Looking for more information to help you assess your student's readiness? Check out Mary L. Pulido, Executive Director of the New York Society for the Prevention of Cruelty to Children in the Huffington Post article, "When Are Children Ready to Walk Alone?" here: www.huffingtonpost.com/mary-l-pulido-phd/whenare-children-ready-to-walk-alone_b_7063318.html

Depending on the age and experience level of your child, you may want to join them on their walk or roll to school or in the neighborhood.

Before biking alone, students should be confident in:

Following biking rules

- [ ] Ride on the right side with traffic
- [ ] Stop at stop signs and look left, right, and behind
- [ ] Use proper hand signals when turning

Riding predictably

- [ ] No swerving in and out of parked cars
- [ ] Make eye contact with drivers at intersections
- [ ] Ride in a single file line when biking in groups

Having a safety plan

- [ ] Develop a plan with your parent or trusted adult in case of a problem while biking

Having the right gear

- [ ] Wear a helmet
- [ ] Have air in the tires and check brakes
- [ ] Have white lights in the front and red lights in the rear of the bike

Staying aware

- [ ] Don't text or talk on cell phones while biking
- [ ] Don't listen to music with headphones while biking

Color me!

Color me!

Find out more about walking, rolling, bussing, and carpooling safety tips, events, and activities at Kingcounty.gov/SchoolPool

Want more fun?

- **Check out Cascade Bicycle Club's new bicycling activities**: cascade.org/learn
- **Play BINGO inside**: sonomasaferoutes.org/content/green-sneaker-30-day-family-challenge
- **Watch pedestrian safety videos for ages 5-9 and 10-14 years old:** www.pedbikeinfo.org/pedsaferjourney
- **Watch bicycle safety videos for ages 5-9 and 10-14 years old:** www.pedbikeinfo.org/bicyclesaferjourney

Created by
Alta Planning + Design
June 2020

alta PLANNING + DESIGN

King County METRO *Moving forward together*

King County School Pool