



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards: www.cdc.gov/healthyschools/sher/standards/index.htm

Bike riding is a great way to get around and have fun. But before you start pedaling, you need to know the rules of the road and how to stay safe. These activities will help your students learn all about staying safe while riding bikes.

Related KidsHealth Links

Articles for Kids:

Bike Safety

KidsHealth.org/en/kids/bike-safety.html

Do You Know How to Be Street Smart?

KidsHealth.org/en/kids/street-smart.html

Checking Out Cuts, Scratches, and Abrasions

KidsHealth.org/en/kids/cuts.html

Concussions

KidsHealth.org/en/kids/concussion.html

Resources for educators:

Concussions Special Needs Factsheet

KidsHealth.org/en/parents/concussions-factsheet.html

Concussions: What Parents and Coaches Say

KidsHealth.org/en/parents/concussion-survey.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. Think about the last time you rode a bike. Did you remember to wear a helmet? How does a helmet keep you safe? What could happen if you fell off your bike and hit your head when you weren't wearing a helmet?
2. Where are the safest places to ride a bike?
3. What kind of clothes should you wear while bike riding?
4. How can hand signals help to keep you safe on your bike?



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

Talking Hands

Objectives:

Students will:

- Learn and demonstrate hand signals for bicyclists

Materials:

- “Talking Hands” handout

Class Time:

- 30 minutes

Activity:

If you’re riding a bike, how can you tell someone behind you where you’re going? You can make hand signals! You need to know three basic hand signals: left turn, right turn, and stop. Today, we’re going to read KidsHealth.org articles related to bike safety, and then we’ll play a version of Simon Says using bike hand signals. First, we’ll look at the “Talking Hands” handout and learn the hand signals. Then we’ll play Simon Says as a class to practice.

Extension:

1. Discuss situations in which people use their hands to communicate.



Brainy Bikers

Objectives:

Students will:

- Learn the importance of wearing a bike helmet
- Create a design for a bike helmet

Materials:

- “Brainy Bikers” handout
- Crayons, markers, stickers

Class Time:

- 30 minutes

Activity:

Do you know the most important rule of bike safety? It’s wearing a bike helmet properly every time you ride a bike. Do you know why? It’s to keep your noggin from getting knocked. So today, we’re going to practice making really cool bike helmet designs with our “Brainy Bikers” handouts. [Note to instructor: Cut-out helmets can be part of a bike safety bulletin board.]

Extensions:

1. To make sure you’re wearing your helmet correctly, visit a local bike shop, hospital, or police station and have a bike safety expert check how your helmet fits.
2. With parental permission, have kids bring in their bike helmets to decorate with permanent markers, nail polish, glitter, and/or stickers. (Glow-in-the-dark markers and stickers are best!)

Reproducible Materials

Handout: Talking Hands

[KidsHealth.org/classroom/prekto2/personal/safety/bike_safety_handout1.pdf](https://www.kidshealth.org/classroom/prekto2/personal/safety/bike_safety_handout1.pdf)

Handout: Brainy Bikers

[KidsHealth.org/classroom/prekto2/personal/safety/bike_safety_handout2.pdf](https://www.kidshealth.org/classroom/prekto2/personal/safety/bike_safety_handout2.pdf)

Quiz: Bike Safety

[KidsHealth.org/classroom/prekto2/personal/safety/bike_safety_quiz.pdf](https://www.kidshealth.org/classroom/prekto2/personal/safety/bike_safety_quiz.pdf)

Answer Key: Bike Safety

[KidsHealth.org/classroom/prekto2/personal/safety/bike_safety_quiz_answers.pdf](https://www.kidshealth.org/classroom/prekto2/personal/safety/bike_safety_quiz_answers.pdf)



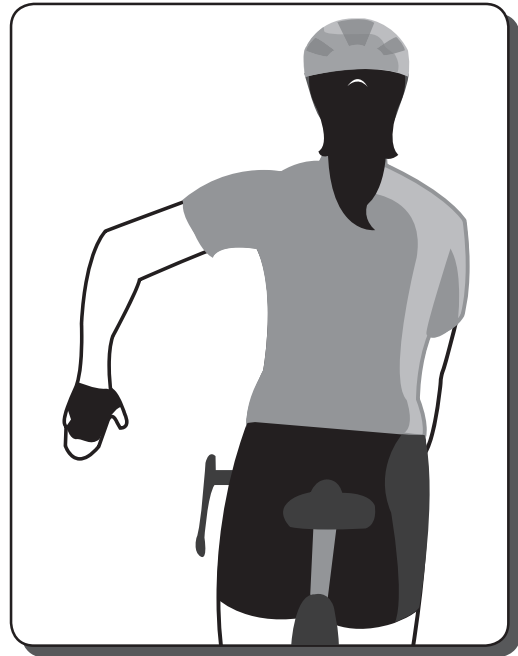
Name: _____

Date: _____

Talking Hands



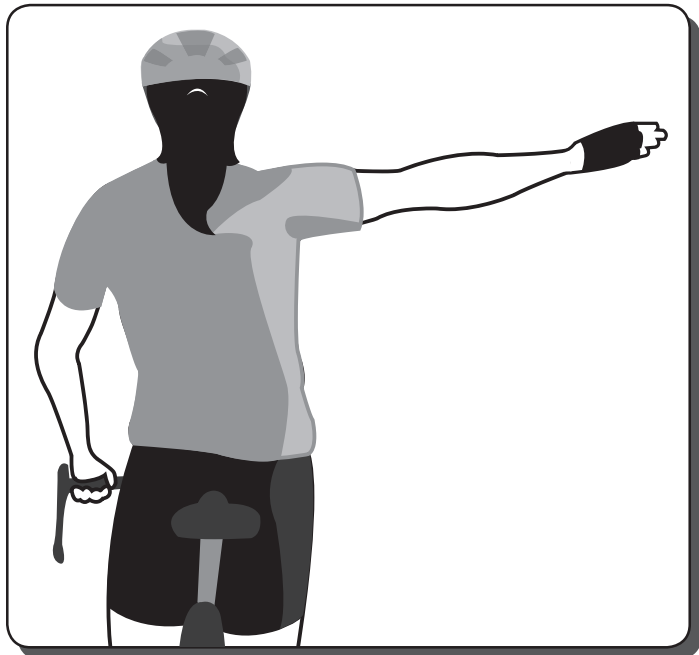
Left turn



Stop



Right turn



Also means right turn



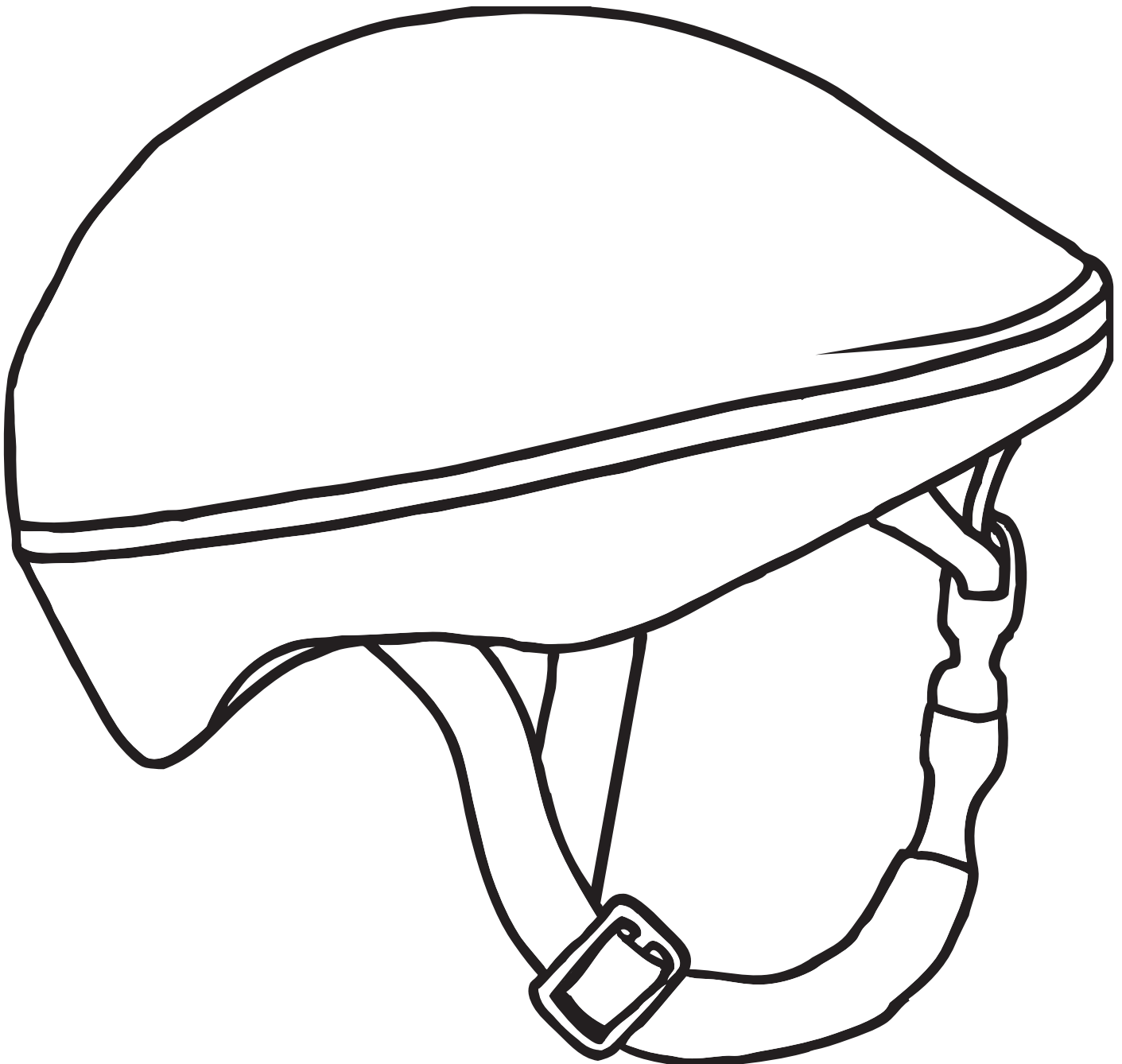
Brainy Bikers

Promise to follow the #1 bike safety rule by writing your name and today's date:

I promise to wear a helmet every time I ride a bike.

Name: _____ Date: _____

Create a cool design for a bike helmet using crayons, markers, and/or stickers.





Name: _____

Date: _____

Quiz

Circle the correct answer.

1. True or false: You should wear a bike helmet every time you ride a bike.
2. True or false: Bike injuries can send kids to the hospital.
3. True or false: It's OK to wear sandals or flip-flops when you ride a bike.
4. True or false: You should always ride in the opposite direction as the traffic.
5. True or false: Hand signals help keep you safe when you ride a bike.



Quiz Answer Key

Circle the correct answer.

1. True or false: You should wear a bike helmet every time you ride a bike.
2. True or false: Bike injuries can send kids to the hospital.
3. True or false: It's OK to wear sandals or flip-flops when you ride a bike.
4. True or false: You should always ride in the opposite direction as the traffic.
5. True or false: Hand signals help keep you safe when you ride a bike.