**DRESSED AND READY TO RIDE**

Discuss with your class what you should wear when riding your bicycle or skating/blading:
- An Australian standards approved, correctly fitted helmet
- Bright and/or reflective clothing
- Correct footwear – shoes, not thongs
- Wrist, elbow and knee pads – if skating/blading

Discuss clothing or equipment that many cyclists and skaters wear that is not correct safety equipment:
- Wearing helmet incorrectly or without the straps done-up
- Hats, caps or beanies
- Dark coloured clothing
- Riding while wearing thongs or riding with bare feet

Students complete the “Dressing Crunch” worksheet. (You could enlarge the worksheet to A3 size or copy on to thin card for extra durability.) Have students present and explain their design to the class, highlighting the safety features that they have included.

**BREAK THE BACK-SEAT BOREDOM**

Driving requires a great amount of concentration and passengers need to be aware that their actions can cause distractions.

Discuss:
- What is a distraction?
- How could a passenger distract a driver?
- What are some activities a passenger could do that wouldn’t distract the driver?

Hand out “Crunch’s Car Cricket” game sheets. As a class read through the instructions and discuss the distraction level of the game.

Challenge students to invent their own back-seat game that wouldn’t distract their driver.
SAFETY SMART

Lead a discussion about ‘Road Safety’ with your class:
- What does ‘road safety’ mean?
- How can we be safe around roads?
- What do the terms ‘pedestrian’, ‘passenger’ and ‘cyclist’ mean?
- What are some examples of how we can be safe when using roads around our school?

Students complete the “Safety Smart” worksheet. Discuss the students’ answers. Reinforce the importance of being safe road users, whether we are pedestrians, passengers or cyclists.

CRUNCH’S ROAD SAFETY CHATTERBOX

Hand out “Crunch’s Road Safety Chatterbox” template to each student. Instruct students to cut and fold the template to create the chatterbox game.

In pairs, students can follow the instructions on the sheet to play the game.

Students complete their own road safety themed chatterbox by filling in the blank template. To help students keep to the road safety theme you can give them specific topics, such as: Bicycle clothing, driver distractions, etc.
List the different areas around your school that involve traffic, cyclists and pedestrians; such as:
- Surrounding streets
- Car parks
- Footpaths
- Cycleways
- Bus stops
- Nearby driveways

Challenge your class to classify each identified area as either ‘safe’ or ‘unsafe’. This can be a difficult task due to areas changing safety levels at different times of the day.

Identifying and avoiding busy areas at specific times of the day is an important part of being safe road users around schools.

Divide your class into small groups, depending on how many areas you previously identified. Assist each group to find a safe viewing zone near each traffic area.

Instruct each group to count the number of cars, bicycles and/or pedestrians that they can see in their area. Groups may collate this information for at least 5-10 minutes, depending on the amount of activity.

Return to the classroom, collate and graph the results.

**Important:** To ascertain how areas’ safety levels can change at different times, you need to record the areas’ activity throughout the day (first thing in the morning, mid-morning, midday, and just before school finishes). Collate and graph all this information.

Discuss with your class the results shown by the graph.

- What area has the largest range of activity?
- What areas are busy in the morning and afternoon? Why?
- What areas would be best avoided? Does this answer change depending on the time of day?
- Why is this information important?
Lead your class in a discussion about influences that can affect our decisions. Influences include:

- Peer pressure
- Media/television
- Parent/adult behaviour
- Time available (rushing etc)
- Should we allow these influences to change our behaviour?
- Is there any reason why we shouldn’t always behave safely?

Present the following scenarios to your class, discussing appropriate behaviours in each situation.

- You are waiting at a set of pedestrian/traffic lights with your older brother or sister. Your older sibling decides not to wait for the ‘green signal’ because they can’t see any cars, so they start to cross. They call to you to hurry up and cross too. **What would you do?**

- It is your lucky day….your friend’s parent offer you a lift home in their car. You accept because you are too tired to walk home. You hop into their car and struggle for a while trying to put your seatbelt on. Then your friend’s mum turns to you and says, “Don’t worry about putting your seatbelt on, we’re just going 2 minutes down the road.” **What would you do?**

Students complete the “**What would YOU do?”** worksheet.

**SAFETY STORY – CULMINATING ACTIVITY**

Conduct a quick brainstorming session with your class to recap the important safety issues learnt.

- What steps do we need to take to cross the road safely?
- What is required to be a safe cyclist?
- How and why do you need to behave safely as a passenger?

Students can choose a topic, such as:

- Riding a bike safely;
- Crossing roads safely; or
- Travelling as a passenger safely; and write a story, incorporating appropriate road safety messages.
Crunch wants to go for a bike ride with his friends, but he can’t find his bike helmet.

Crunch doesn’t want to miss out on having fun so he decides to go riding without his helmet.

List the positives and negatives of Crunch’s actions.

Crunch is running late for school and needs to cross the road. He decides to cross the road in front of the school instead of walking to the pedestrian crossing.

List what is safe and unsafe about Crunch’s behaviour.

What would you do?
Crunch’s favourite back-seat car game is Car Cricket. It can be played on your own, with a friend or with all the passengers!

This game is best played on a two-lane highway, or a road with a steady stream of traffic. Anyone of any age can play, but if you have difficulty adding you may need an adult’s help.

Each person in the car takes a turn batting. To score, you add up the value of the vehicles passing in the opposite direction.

Scores are:

- Cars = 1 run, Car with a trailer = 2 runs, Bus or Truck = 4 runs, Semi-trailer = 6 runs

The batter continues to score until you see a Red Car then the batter is OUT and a new batter takes the crease.

The game can be played until a player reaches 100 or until everyone bats.

The rules are very flexible and it’s lots of fun especially when everyone gets involved looking ahead for red cars.

If you want to use different scoring, you could also try: Cars = 1 run, Ute = 2 runs, Motorbike = 3 runs, Caravan = 4 runs, Bus = 5 runs (Truck = OUT!)

Good luck and happy cricketing!
Help Crunch work out if these 10 actions are SAFE or UNSAFE.

Read each action carefully and write SAFE or UNSAFE after each one. If you get them all correct....
You really are Safety Smart!

1) Use a crossing ___________
2) Wear a cap under your helmet _______
3) Stop, Look, Listen, Think ___________
4) Wear thongs when riding ___________
5) Always listen to your School Crossing Supervisor ___________
6) Play in parks and backyards ___________
7) Don’t wear your seatbelt ___________
8) Ask the driver a lot of questions ___________
9) Use your car’s ‘safety door’ ___________
10) Wear bright clothes when walking or riding ___________

Crunch’s Secret Message

Find and circle each word in the box below. The unused letters will spell Crunch’s secret road safety message.

<table>
<thead>
<tr>
<th>AIRBAG</th>
<th>BRAKE</th>
<th>CROSSING</th>
</tr>
</thead>
<tbody>
<tr>
<td>CRUNCH</td>
<td>DISTRACT</td>
<td>HELMET</td>
</tr>
<tr>
<td>PASSENGER</td>
<td>PEDESTRIAN</td>
<td>REFUGE</td>
</tr>
<tr>
<td>SAFETY DOOR</td>
<td>SCHOOL</td>
<td>SEATBELT</td>
</tr>
<tr>
<td>STREETS</td>
<td>AHEAD</td>
<td>WHISTLE</td>
</tr>
<tr>
<td>ZEBRA</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Help Crunch get dressed in the correct safety equipment for walking, cycling or roller-blading.

1. Add colour then cut out all of Crunch’s body parts.

2. Using split-pins put Crunch together. (Match each cross with the appropriate dot).

3. Choose whether Crunch will be walking, cycling, or blading and choose the safety equipment he should wear.

4. Colour, cut and glue the safety equipment onto Crunch.

Crunch should now be dressed to be a safe pedestrian, cyclist or roller-blader.
How to make up your Chatterbox

Above is Crunch’s Road Safety Chatterbox. To make the chatterbox, start by cutting off this section. Add colour to your chatterbox, and follow the folding instructions. You can play with family and friends and everyone can have fun being safe...being Streets Ahead!
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