



Walk and Roll E-Toolkit

Lesson Plan and Activities

Module 1: How to Walk Safely

Objective: To give students the tools to be to be safe pedestrians.

1. **Lesson:** What is a Pedestrian and The Steps to Crossing the Street

Pedestrian = A person walking or using a mobility device near a road

Steps to Crossing the Street

1. Stop
2. Place one foot onto the crosswalk, or off the curb
3. Look left, right, and left again
4. Wait for vehicles to stop completely
5. Make eye contact with the person driving
6. Swiftly cross and continue to look left and right
7. Wave, smile and, say thank you

Video: [Crosswalk Safety Education Video](#)

Activity: Practice the steps to crossing the street! If you can't practice on a street, use chalk to make a pretend crosswalk. Have a family member take a picture or video of you crossing the street

2. **Lesson:** Every Corner is a Crosswalk

Crosswalk = Any intersection where two roads meet. Some have curb cuts, some are marked with white lines, and some are unmarked.

Activity: Identify the different kinds of crosswalks around your neighborhood. Walk around your neighborhood and see how many different types of crosswalks you can find. Take pictures, videos, write a description of each crosswalk, or draw a picture of your favorite crosswalk.

3. **Lesson:** Sidewalk Etiquette

Who has the right of way and what to do if there is no sidewalk.

Sidewalks keep us away from traffic and give us a clear path to walk along.

Video: [Pedestrian Safer Journey Ages 5 - 9](#)

Video: [Pedestrian Safer Journey Ages 10 - 14](#)

Video: [Pedestrian Safer Journey Ages 15 - 18](#)

Activity: When you are riding your bike on the sidewalk or in the crosswalk, you must move at a walking pace. In the times of social distancing, it is important to remain 6 feet apart. Use a ruler to measure how far 6 feet is so you can safely share the sidewalk with your neighbors.

Bonus Activity: Build a hopscotch maze with chalk using a sidewalk or walkway or driveway.

Module 2: Riding Your Bicycle

Objective: To teach students tips on how to use the road while riding their bikes.

1. **Lesson:** Let's get rolling! Helmet fittings and ABC quick check.

ABC quick check video: [ABC Quick Check Video](#)

Activity: ABC quick check! Perform an ABC quick check on your bike or draw a picture of your dream bike and label the parts you would need to check as part of the quick check.

2. **Lesson:** Using your hand signals

Video: Learn about the hand signals and how to use them: [Hand Signals Video](#)

Activity: Stand up and practice your hand signals.

3. **Lesson:** Riding in a group

There are 3 important rules to remember when riding your bike in a group:

1. Stay in a straight line.
2. Keep a bike's length of distance between yourself and the person in front of you.
3. Use your hand signals and your voice to tell people when you are turning and passing them.

Video: [Bicycle Safer Journey Ages 5-9](#)

Video: [Bicycle Safer Journey Ages 10 - 14](#)

Video: [Bicycle Safer Journey Ages 15 - 18](#)

Activity: Go outside and practice riding with the people in your household!

Bonus Activity: Teach the adults in your house how to use their hand signals and send us a video!

Module 3: Getting to Know Your Neighborhood

Objective: To familiarize students with their own neighborhoods and how to navigate it safely by walking or rolling.

1. Lesson: Map Making

Activity: Show us your walking/rolling route! Go on a walk with members of your household. Draw a map of your favorite route around your neighborhood on paper or even using chalk on the pavement outside. Include trails, parks, and secret cut-throughs! (And remember to follow Social Distancing guidelines.)

2. Lesson: Learn the characteristics of the best street to cross.

Activity: Find the marked crosswalk with lines on the road, what are the speed limits, and what kinds of vehicles use the street. Learn the differences between a street without a sidewalk, a basic sidewalk next to a lane of traffic, a sidewalk with a buffer, and a dedicated walking path or trail. Tell us your story. What is your favorite path?

Bonus Activity: It's springtime! Look out your window or go for a walk and count how many different colors of flowers you can see.

Module 4: Who Uses the Streets?

Objective: To teach students about how they, as people walking and rolling, fit in with other types of transportation options. This module is envisioned to be a slightly more advanced look at the transportation network, while staying age appropriate.

1. Lesson: Count the people using the road

Activity: Make a bar graph or a tally chart for who goes by your house. Pick a spot to sit inside or outside where you can see a road. Count the number of people driving a car, walking, biking, using a scooter, and the number of buses. Make a tally chart or bar graph on paper or outside with chalk. This can be done in any time frame from 5 min to 1 hour. Look at the results. Do you live on a busy road or a quiet road?

2. Lesson: Getting where you need to go

People get to their destinations in all sorts of ways. Driving is just one of them!

Activity: Next time you or your household drive somewhere, look out the window and point out crosswalks, sidewalks, and bike lanes. How many people do you see walking? How many people do you see biking? How many buses do you see? Imagine what route you might take to get there using sidewalks, crosswalks, and walking paths, and talk about it with your household!

Bonus Activity: Teddy Bear scavenger hunt! See how many teddy bears and other stuffed animals you can find perched in windows and on porches around your neighborhood [or adapt scavenger hunt to match what activities are taking place in your community.]