

Lesson Seven: Bicycle Safety

Objective: Young children learn to ride bikes starting with tricycles; then bikes with training wheels and finally two-wheeled bikes. Bikes are a good source of fun and exercise for people of all ages. Safe bike habits need to be established (and modeled by adults) early in a child's life to ensure lifelong fun and safety.



Materials: Pictures of different types of bikes (bicycle, tricycle, unicycle, tandem, and bike with training wheels), crayons, paper

Directions:

1. Ask children what they know about bicycles. Ask if they know that there are different bicycles with different numbers of wheels. Show pictures of the different types of bikes. Invite children to help you count the wheels on each bike. Which picture(s) best represents the bikes each student rides?
2. Ask children if they know of any safe things to do while on their tricycle or bicycle.
3. Discuss with the children the following safety rules:
 - walk bikes across streets
 - always stop, look left, look right, look left again, and listen to be sure no cars are coming before crossing a street
 - ride on sidewalks or designated paths
 - obey stop signs
 - always wear a helmet
 - always use bicycle reflectors and lights
 - only ride bike during daylight hours
 - keep both hands on the handlebars
 - know the correct way to wear a helmet
 - learn how to correctly and safely brake
4. Give each child a piece of paper. Ask them to draw a picture of themselves riding their bikes with a helmet. When everyone is finished, put the pictures on a bulletin board titled, "We're on a roll!"
5. Teach this version of the song "The Wheels on the Bus"

"The Wheels on the Bike"

"The wheels on the bike go round and round..."

"The horn on the bike goes honk, honk, honk..."

"The pedals on the bike make it go, go, go..."

"The brakes on the bike go stop, stop, stop..."

*After Completion of Section Two, the children will receive the Safety Oath. Have each child sign the safety oath and congratulate him or her on successfully being a safe kid. Send the oath home to parents for the family to continue encouraging their children to be safe throughout the day.

SAFETY OATH

I **PROMISE** to keep my brain safe by following some simple safety rules:

- I will **ALWAYS** wear my helmet whenever I ride my bike, roller blade, scooter, or skateboard.
- I will **ALWAYS** wear a seatbelt, even if we are driving somewhere very close.
- I will **ALWAYS** look left-right-left before crossing a street at the **CROSSWALK**.
- I will **ALWAYS** tell my parents to be **SAFE TOO!**

SIGNED: _____



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