



**Safe Routes
to Schools**

Alameda County



Walk and Roll K-5 Educator Guide

Activities for Creating Safe and Healthy Communities



Alameda County



Walk and Roll K-5 Educator Guide

Activities for Creating Safe and Healthy Communities

Safe Routes to School Alameda County Partnership
Walk and Roll K-5 Educator Guide



Safe Routes to Schools Alameda County Partnership is funded in part with a major grant from Measure B-- Alameda County's half-cent transportation sales tax, and led by TransForm, a non-profit advocacy organization.

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Many of the activities in this Guide have been adapted from other sources. We thank former Safe Routes to Schools staff, the Nebraska Department of Roads Safe Routes to Schools, Marin County Safe Routes to Schools, Maryland Pedestrian and Bicycle Safety Education Program, and the Portland Department of Transportation for their contributions.

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About Alameda County Safe Routes to Schools Program

Safe Routes to Schools is an international movement and initiative dedicated to improving safety and increasing the number of children walking and rolling to school with bicycles, skateboards or scooters. The Alameda County Partnership is a countywide collaboration between TransForm, the Alameda County Public Health Department and Cycles of Change. Our other partners and collaborators include: Alameda County Board of Supervisors, the Berkeley Health Department, the cities of Alameda, Albany, Berkeley, Dublin, Hayward, Livermore, Oakland, Pleasanton, San Leandro, Union City and the Unincorporated Areas of the County; Albany, Berkeley, Hayward, San Leandro, San Lorenzo, and Oakland School Districts; and Alta Planning and Design.

The Safe Routes to Schools program provides training, resources and customized support at no cost to participating schools, while working together with school administrators, parents, teachers, and local community based organizations to encourage students to be active, have a healthy start to the school day, reduce traffic congestion and improve the environmental health of our communities.

Our program is available to any school in Alameda County that can provide school administration and staff buy-in, and enthusiastic parent volunteers to support and champion the Safe Routes to Schools messages and program components.

Our program is based on the comprehensive 5 E's model: Education, Encouragement, Engineering, Enforcement and Evaluation.

Program Components

Education

- Walk and Roll K-5 Educator Guide in-class Activities and Workshop
- Walk and Roll Puppet Show Assembly
- Cycles of Change Bicycle Education Program
- Parent and Teacher Champion Workshops and Trainings

Encouragement

- Walking School Bus and Bike Train Programs and Training
- Walk and Roll to School Days
- Spring Contest
- Bike Blender for Special Events

Engineering

- Walk Audits with the Support and Assistance of Alta Planning and Design
- Engineering Plans for Grant Applications

Enforcement

- Partnerships with Local Law Enforcement to Promote Safety Around Participating Schools

Evaluation

- Safe Routes to Schools National Surveys to evaluate the effectiveness of the program

For more information and details about our programs and services please contact us:

Safe Routes to Schools Alameda County

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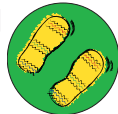


How to Use the Walk and Roll K-5 Educator Guide

The activities in this guide are designed as a supplemental resource, so that as a classroom teacher or after school program provider you can easily integrate these ideas throughout the year and support the important messages of the Safe Routes to School program.

Each activity correlates to the California State Content Standards and falls into the category of one or more of the following themes: safety, community, health and environment. Each grade level section begins with safety activities, followed by a hands-on walking activity, followed by environmental activities that address the connections between pollution, the environment and our physical wellbeing.

Several of the Safety activities work well for field trip preparation and are easily identified with this icon:



Look for the * in the *Table of Contents* for activities that will work particularly well in the environment of an after school program.

Be a Teacher Champion! If you are excited about passing on the Safe Routes messages to your students, interested in making a commitment to some of the activities in this Educator Guide, and would like to have a Safe Routes to Schools staff member deliver one of the Encouragement Project activities to your class, please call (510) 740-3150 Ext. 332, to find out more about the Teacher Champion program.

To help you integrate this resource into your classroom or after school program, here are some suggestions on when to use these activities.

September: The beginning of the school year is a great time to share and remind students of basic pedestrian practices. Use *Use Your Head Before Your Feet*, *Intersections Galore*, or *My Safe Route to School* or begin preparing for International Walk and Roll to School Day, the first Wednesday of October, with *Walk and Roll Art Studio*.

October/November: Halloween and daylight savings are two opportunities to talk about pedestrian safety with *Pedestrian Safety with Otto*, *Walk Around the Block* or *School Safety Audit*.

January: Pledges and Resolutions are a good way to start the new year. Use *Pollution Solution Heroes* to encourage your students to think about making a change to help the environment.

February: Valentine's Day is an opportunity to talk about the heart and our physical health in relation to the environment with *Using People Power*, *Pollution Solution*, or *What's In our Air?*

March: The SR2S Spring Contest is a school-wide encouragement event available to schools that you can support with *Walking Makes Sense*, *Walk Around the Block*, or *Let's Carpool!*

April: Earth Month is a great time to talk about the environmental impact that we can make by using active and alternative transportation with *This is the Way we Go to School*, *Trips and Travel*, *Choices and Change*, or *Greenhouse in a Bottle*.

May: National Bike Month, Bike to Work Day and Bike to School Day are all ways to talk about the benefits of biking. You can review bicycle and pedestrian safety with *Walk and Roll Team Trivia*, pass out the *Safe Practices for Riding* handout or use the *Mode Chart* to track modes of transportation to and from school.

SR2S Educator Guide: California Content Standards Correlations

Use Your Head Before Your Feet							
Themes: Safety	Language Arts	Social Studies	Math	Science	P.E.	Health	Arts
Grade K	Listening & Speaking 1.1, 1.2, 2.2				1.2, 1.3		Music 2.1, 2.2, 4.1, 4.2
Grade 1	Listening & Speaking 2.1 Reading 1.1,1.3,2.3						Music 2.2
Pedestrian Safety Basics with Otto							
Themes: Safety, Community	Language Arts	Social Studies	Math	Science	P.E.	Health	Arts
Grade K	Reading 2.5	K.4				Injury Prevention & Safety 1.8, 1.10, 7.2	Visual Arts 5.3
Grade 1	Listening & Speaking 1.1-1.5					Injury Prevention & Safety 1.4, 1.5, 7.1	Visual Arts 2.4, 2.8
Walking Makes Sense							
Themes: Community	Language Arts	Social Studies	Math	Science	P.E.	Health	Arts
Grade K	Reading: 1.18; Writing 1.1, 1.2; Listening & Speaking 1.1	K.1, K.4		Life Science 2.a; Investigation & Experimentation 4.a, 4. b, 4.e	1.1, 1.2		
Grade 1	Writing 1.1, 1.2, 2.1, 2.2 Listening & Speaking 1.1, 1.2, 1.3, 1.4, 1.5, 2.1, 2.4	1.2: 3		Investigation & Experimentation 4.a,4.b,4.e			

This is the Way We Go to School						
K-1	Language Arts	Social Studies	Math	Science	P.E.	Health
Theme: Community						
Grade K	Reading 1.1-1.6, 2.1,2.3,2.4,2.5; Writing 1.1,1.3; Listening & Speaking 1.0,2.1	K.4				
Grade 1	Reading 1.1,1.2, 1.3,1.17,2.2,2.3,2.6,2.7; Writing 1.0; Listening & Speaking 1.0,2.0	1.4				
K-1 Using People Power						
Themes: Environment/Health						
Grade K						
Grade 1			Number Sense 2.0 Mathematical Reasoning 1.0,2.0 Statistics, Data Analysis & Probability 1.0,2.0; Mathematical Reasoning 1.0,2.0	Investigation & Experimentation 4.d,4.e Investigation & Experimentation 4.a, 4.b,		
2-3 Intersections Galore						
Theme: Safety						
Grade 2					1.1, 1.6	1.10M
Grade 3					5.3, 5.6	1.2M
2-3 Walk Around the Block						
Themes: Safety, Community						
Grade 2		2.2				
Grade 3		3.4				

Trips and Travel, Choice and Change									
2-3	Themes: Environment/Health	Language Arts	Social Studies	Math	Science	P.E.	Health	Arts	
	Grade 2			Statistics, Data Analysis & Probability 1.0	Investigation & Experimentation 4.e		5.3N		
	Grade 3			Mathematical Reasoning 2.0	Investigation & Experimentation 5.c, 5.e		1.5P, 1.6P		
Pollution Solutions									
2-3	Themes: Environment/Health	Language Arts	Social Studies	Math	Science	P.E.	Health	Arts	
	Grade 2			Number Sense 3.0; Mathematical Reasoning 1.0			1.8N, 5.3N, 7.5N		
	Grade 3			Mathematical Reasoning 2.1, 2.3	Physical Science 1.e		5.1G, 1.3P, 1.4P, 1.5P, 1.6P		
Pollution Solution Heroes									
2-3	Themes: Environment/Health	Language Arts	Social Studies	Math	Science	P.E.	Health	Arts	
	Grade 2		2.5				8.2M		
	Grade 3		3.4: 2				6.1P, 7.2P		

School Safety Audit									
4-5									
Themes: Safety/Community	Language Arts	Social Studies	Math	Science	P.E.	Health	Arts		
Grade 4	Writing 2.1					1.16S,7,4			
Grade 5	Writing 2.4					1.5P, 8.1P, 7.4S 8.1S, 8.3S,			
4-5	My Safe Route to School								
Themes: Safety/Community	Language Arts	Social Studies	Math	Science	P.E.	Health	Arts		
Grade 4	Writing 2.3					1.16S, 7.4S			
Grade 5	Writing 2.4; Reading Comprehension 2.1					1.5P, 7.3S,8.1S,8.3S, 8.1P			
4-5	Greenhouse in a Bottle								
Themes: Environment/Health	Language Arts	Social Studies	Math	Science	P.E.	Health	Arts		
Grade 4				Life Science 2.b; Investigation & Experimentation 6.a, 6.c					
Grade 5				Life Science 2.b, 2.f, 2.g; Investigation & Experimentation 6.h					
4-5	What's in Our Air?								
Themes: Environment/Health	Language Arts	Social Studies	Math	Science	P.E.	Health	Arts		
Grade 4	Listening & Speaking 1.1, 1.8		Statistics, Data Analysis & Probability 1.0	Investigation & Experimentation 6.a, 6.c, 6.f		1.7N			
Grade 5	Listening & Speaking 1.5		Statistics, Data Analysis & Probability 1.0	Life Science 2.f, 2.g;		1.3P, 1.5P, 1.6P			

Let's Carpool!							
4-5	Language Arts	Social Studies	Math	Science	P.E.	Health	Arts
Themes: Environment/ Community							
Grade 4			Number Sense 3.0; Statistics, Data Analysis & Probability 1.0				
Grade 5			Number Sense 2.0; Statistics, Data Analysis & Probability 1.0				
K-5 Walk and Roll Encouragement Projects							
Themes: Community	Language Arts	Social Studies	Math	Science	P.E.	Health	Arts
Walk and Roll Art Studio K-5							2.0 Creative Expression
What's Your Story? K-5	1.0 Writing Strategies 2.0 Writing Applications						
Walk and Roll Team Trivia 3-5	1.0 Listening & Speaking Strategies						
What's the Speed Limit? 2-5				Investigation & Experimentation			

