



Know Your Road Signs: Lesson 2

Always Wear a Helmet: Design Your Helmet

Big Idea: When you are on the road, wear a helmet.

Duration: 15 minutes

Materials: Helmet worksheet, crayons, colored pencils or markers

Discuss:

- We must know road signs to keep ourselves and others safe, but accidents can still happen!
- Wear a helmet when riding a bike, scooter, skateboard or hoverboard.
- In some states, it is a law that you must wear your helmet!

Questions:

- Who should wear a helmet? (*anyone who will be riding a device that is not enclosed*)
- Do adults need helmets too? (*yes: when riding the same vehicles. Also motorcycles and some occupations such as construction workers*)

Directions:

- Pass out helmet worksheet and have students get out crayons, colored pencils or markers.
- Tell students there are all kinds of designs for helmets to help you feel good while protecting yourself.
- Some professional bikers and skateboarders have artists design their helmets.
- Tell students they are going to get to design their helmets then share them with each other.
- If students need ideas, you can ask about hobbies, toys, colors, sports, teams and animals to give them ideas.

Review:

- Allow students to share helmet designs and discuss wearing helmets.
- When and why do you wear a helmet?
- Who should wear a helmet?