

OFFICER/ROCKET SCRIPT

BIKE SAFETY

ACTIVITY BOOK:

Sense of Safety & Beyond! Volume 2

Rocket:

Hi everyone, I'm Rocket! I'm so excited to be here today! A special hello to your teacher, hi Teacher Name. Thanks so much for letting me come to your classroom today. And of course I can never forget about my friend Officer _!



Officer:

It's great to be here Rocket!

Rocket:

Today we're going to teach you about being safe on your bike or scooter! I KNOW how much fun it is to ride a bike or scooter, but, we want you to learn the RIGHT way to ride so you can be SAFE and avoid serious injuries, like BIG cuts or broken bones. Give me a THUMBS UP if you are ready to learn about staying safe when you ride! Fantastic! Let's get started!

Lesson Begins:

Raise your hand if you have a bicycle.

Now, raise your hand if you have a scooter.

It's so cool that so many of you have bikes and scooters!

It's ok if you don't have a bike or scooter right now. Maybe someday, you will ride a bike or a scooter. Safety is so important, so I want you to know what to do! Now, everything I say today is true for bikes and scooters.

First, let's make sure we are always wearing a HELMET. Raise your hand if you have a helmet. Great!

We wear a helmet to protect our head from injury. The helmet protects our brain and our brain is important because that's where all of our thinking takes place. Make certain your helmet fits properly. It should be level on your head and it should not move around. Safe Routes to School can help you with that.

Now what CLOTHES are best to wear when riding a bike or scooter?

The answer is :Bright colored clothing! This way cars can see you. Bright colors can be yellow, orange, green, and even white! Raise your hand if you have clothes in any of these colors.

I see students right now in colorful clothes. (point out 2-3 kids) stand up and show your bright clothes! Thank you!

Lights and reflectors on your bike make it very easy to see you at all times..even when it's dark.

Next we will talk about HAND SIGNALS. On a bike, our hand signals tell cars and everyone that we are turning left, right, or stopping. In traffic, cars cannot hear your voice. So, your hand signals are like your voice because they tell others what you are going to do.

Your fingers point in the direction you want to go. Here is the signal for LEFT TURNS - arm straight out. Fingers pointing in the direction you want to go. Officer __, can you help us practice?

Officer:

Absolutely Rocket! Ok kids, take your left arm and point straight out. This is the hand signal for LEFT TURNS.

****Officer demonstrates****

Rocket:

Great job!

The hand signal for a right turn is to bend your LEFT arm, fingers pointing up like this. Or, you can use your RIGHT arm and point it straight out, fingers pointing in the direction you want to go. Officer __, can you help us again?

Officer:

Of course Rocket. Let's practice both ways. First, take your left arm and bend it like me. Awesome! Now, take your RIGHT arm and point it straight out. Remember both of those are for RIGHT TURNS.

****Officer demonstrates****

Rocket:

You all are doing great!

To show that you are stopping, take your LEFT arm and bend it with your fingers facing down. Officer __, show us how it's done!

Officer:

You got it, Rocket. Ok, follow me, you're going to take your LEFT arm and bend it with your fingers pointing down like Rocket showed us. That shows everyone that you are about to stop.

****Officer demonstrates****

Rocket:

Fantastic!

If you ride your bike in the street, always ride in the same direction as the cars.

If you ride your bike or scooter on the sidewalk, be extra careful of driveways and cars pulling in or backing out. They may not see you.

Remember, use your Eyes and Ears. Always look around as you ride...just because you see other cars doesn't mean they see you. Be Safe.

My last Rocket safety tip, when you're on a bike and you need to cross the street, you should get off your bike and WALK YOUR BIKE IN THE CROSSWALK WITH A GREEN LIGHT OR A WALK SIGN.

We all know never to cross on a RED LIGHT or DON'T WALK SIGN. Always make sure you cross a busy street with a trusted adult.

Officer __, do you think we have some time for a few questions from our friends?

Officer:

Sure, Rocket. Who has a question for Rocket about Bike Safety?

****Room for 3-5 questions****

Rocket:

Those were great questions, thank you. Before I go, I want us to say the Rocket Promise. So I want you to repeat after me:

ROCKET PROMISE:

I promise that when I ride my bike or scooter - I promise that when I ride my bike or scooter

To always wear a helmet - To always wear a helmet

Use hand signals - Use hand signals

Wear bright clothes - Wear bright clothes

And to watch for cars in the street - And to watch for cars in the street

So I can stay safe! - So I can stay safe!

That was fantastic! I have to go to my next school, but, until I see you next time here's my Rocket Howl ... **HOWL** ... Let's all howl together on the count of 3..1,2,3.. **HOWL** Awesome!! Don't forget, I care about your safety and I really care about you too! Remember to stay safe when you're riding your bike or scooter, **BYE!!**