

Grade
4-5



SAFETY RULES!

Traffic Safety Cross-Curriculum Activity Workbook



100
years
OF SERVICE

Note to Teachers

The AAA Traffic Safety Education Materials present essential safety concepts to students in Kindergarten through fifth grade. The material is designed to capture students' imaginations and encourage them to learn more about traffic safety while completing writing, spelling, reading, and math exercises.

This edition covers the following safety topics:

- **Pedestrian Safety** – How children get to and from school safely including the safest places to walk, where to cross streets, and cooperating with crossing guards.
- **What to Do in an Emergency** – The steps children should take in an emergency to keep them safe from harm.
- **Safe Places to Play** – Which places are dangerous for children to play in and how they can find safe places to play.
- **Look Both Ways** – The proper procedure for crossing streets safely.
- **School Bus Safety** – How children should behave on the school bus to keep them and everyone else safe.

When introducing the program, you should notify parents and seek their involvement.

Grade 4-5 Safety Rules

This 16-page booklet presents Traffic Safety concepts and activities related to bike safety, the Highway Transportation System, and map reading.

How to Use the Materials

Each workbook activity is perforated and can easily be photocopied by the teacher for distribution or entire workbooks can be given to individuals.

Review the activity instructions together, and then allow students to complete the exercises individually or in small groups. Review the answers together, explaining concepts students appear to have trouble understanding.

This series of Traffic Safety materials was produced by:

**AAA Traffic Safety Programs
AAA National Office
Heathrow, Florida 32746**

Note to Parents

You're the biggest influence on your children and their attitudes toward everything including traffic safety. Show them that their safety matters to you as much as it should to them.

AAA encourages you to take an active role in your child's traffic safety education. By being a good role model and discussing important safety concepts with your children, you'll be teaching them skills that could save their lives.

When your child brings home traffic safety education materials from school:

- Review the materials together.
- Ask your child to demonstrate the concepts to you.
- Model the concepts as you walk, ride, drive, and travel with your children.
- Demonstrate safe behavior all the time.

Remember, the safety concepts you practice together, could save your life and theirs.



Introduces traffic safety tips!

Traffic Safety Rules!

Traffic safety is a broad subject.

Everyone learns traffic safety to help them travel from one place to another without being hurt or injured. Traffic Safety rules apply to all ages and you will use them when you walk, ride a bike and when you drive.

What is Traffic Safety?



Traffic safety rules

1. Ride with the traffic flow.
2. Always signal your intentions.
3. Wear your helmet.
4. Stay out of the street.
5. Buckle up!
6. Obey the Crossing Guard.
7. Don't play on the bus.
8. Obey traffic signs.
9. Look both ways.
10. Watch out for bad drivers.
11. Sit quietly when you are a passenger in a vehicle.
12. Cross the street at a crosswalk.



For each rule above, write a situation where you would use that rule.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

traf-fic\ 'traf-ik\
noun, a:

the movement (as of vehicles and pedestrians) through an area or along a route b: the vehicles, pedestrians, ships, or planes moving along a route.

Example:

- It is dangerous to ride your bike in heavy traffic.
- Crossing guards help direct traffic to stop when children need to cross a busy street.

Write another sentence using the word **traffic**.

safe-ty\ 'saf-te\
noun:

the condition of being safe from undergoing or causing hurt, injury, or loss.

Example:

- Good traffic safety habits reduce your odds of getting hurt.
- Remember the bike safety rules when you have to share the roads with other vehicles.

Write a sentence using the word **safety** as a noun.

saf-ty\ 'saf-te\
transitive

verb: to protect against failure, breakage, or accident.

Example:

- Mike is the captain of the school safety patrol.
- Safety belts are used to secure passengers in vehicles.

Write a sentence using the word **safety** as a verb.



Traffic

List four kinds of traffic.

List six kinds of vehicles.

List three kinds of pedestrians.

List three kinds of animals that share the road with us.

Write a sentence describing the dangers in each phrase below.

A busy parking lot with slow traffic and a lot of cars

A not so busy highway with a few cars going very fast

A busy school zone ten minutes before school starts

A neighborhood street during Halloween trick or treat



The Story of the Highway Transportation System

The Highway Transportation System is made up of three components: roads, vehicles, and road users. Roads include: highways, streets, bridges and tunnels. Vehicles include: cars, buses, trucks, motorcycles, and bicycles. Road users include: drivers, pedestrians, animals, and you.

- The U.S. has 3.9 million miles of roadway, of which 3 million miles are rural roads.
- There are 211.6 million registered vehicles in the U.S.
- There are 185 million licensed drivers in the U.S.

Urban roads are in the city.



The acronym for the Highway Transportation System is HTS.

When you ride your bike, always ride with traffic.



How many thousand miles of urban roads are there in the US?
_____.

Rural roads are in the country and small towns.

In the U.S., what is the average number of vehicles per registered driver? (to the nearest hundredth) _____.

- How do you use the HTS? _____
- Who do you share the road with? _____
- List 3 ways you share the HTS with vehicles.

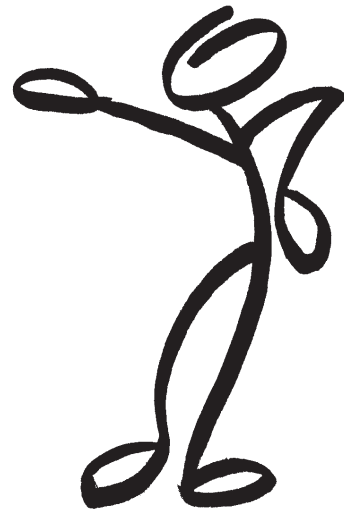
- List 3 ways you share the HTS with pedestrians.

- List one way you share the HTS with animals.



Circle the hidden words. List them below.

S	N	A	I	R	T	S	E	D	E	P
R	H	T	S	B	S	H	A	R	E	U
D	A	O	R	D	R	I	V	E	R	S
S	I	Y	W	E	W	I	T	H	N	E
T	E	E	N	A	G	E	D	U	P	R
R	Y	L	E	G	A	R	A	G	I	Q
E	O	L	C	A	R	S	V	Z	E	T
E	U	A	H	I	G	H	W	A	Y	S
T	P	I	R	T	H	E	T	I	X	E
S	S	D	A	O	R	E	J	C	K	N
S	L	A	M	I	N	A	V	W	G	A
S	L	E	N	N	U	T	R	A	I	N

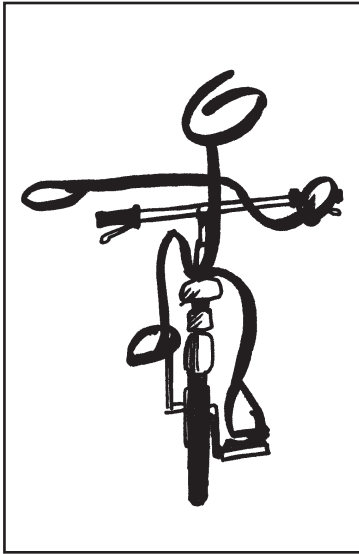


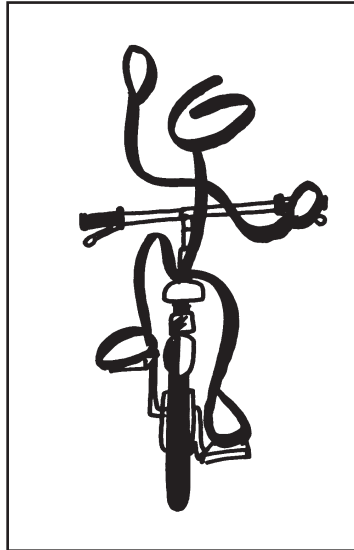
_____	_____	_____	_____
_____	_____	_____	_____
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_____	_____	_____	_____
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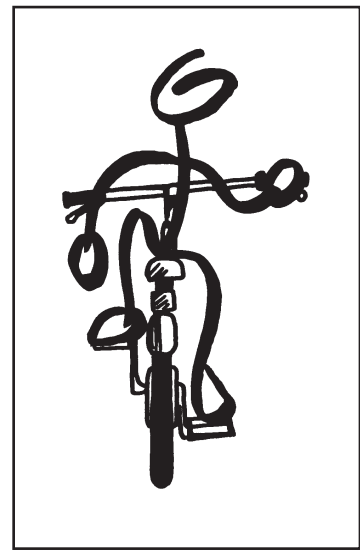
Write a paragraph describing the Highway Transportation System. Use the words from the above list.



Write the name of the hand signal on the line below the picture.







When you ride your bike and share the road, always signal your intentions at least 100 feet before turning. Signal before turning left, signal before turning right, signal before stopping. How can you determine how far 100 feet is?



Always wear your helmet when riding your bike.

In most states the bicycle is legally defined as a vehicle. Bicyclist have the same rights to the roadway, and must obey the same traffic law as the operators of other vehicles. These laws include stopping for stop signs and red lights, riding with the flow of traffic, using lights at night and yielding the right-of-way when entering a roadway.

Bicycle Laws

- Bicyclist must obey all traffic controls and signals. Bicycles must use a fixed, regular seat for riding.
- A bicycle may not be used to carry more persons at one time than the number for which it is designed or equipped.
- At least one hand must be kept on the handlebars while riding.
- A bicyclist must not wear a headset, headphone or other listening device other than a hearing aid while riding. Wearing a headset blocks out important audio cues needed to detect the presence of other traffic.

Sidewalk Riding

- When riding on sidewalks or in crosswalks a bicycle has the same rights and duties as a pedestrian.
- A bicyclist riding on sidewalks or in crosswalks must yield the right-of-way to pedestrians and must give an audible signal before passing.





MEASURE



TEST THE FIT



ADJUST THE FIT



ADJUST THE STRAPS



FINE TUNE THE FIT

Find the words in the puzzle and write them in the blanks.

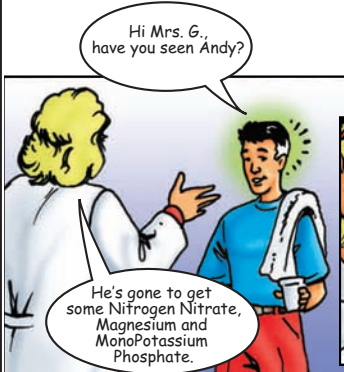
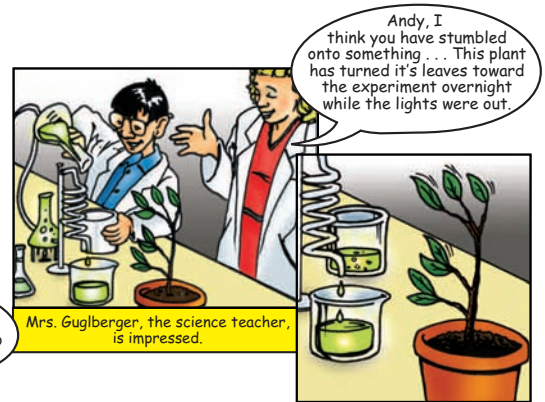
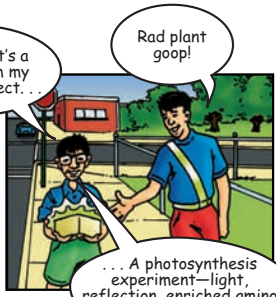
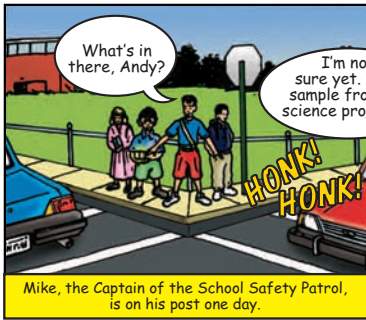
J	H	I	S	N	G	I	S
I	T	O	Y	E	E	L	P
W	I	F	O	D	L	Q	C
N	W	B	I	P	C	S	I
R	E	R	U	O	Y	A	F
Y	S	H	K	A	C	F	F
R	A	E	W	W	I	E	A
U	I	L	Y	E	B	U	R
O	A	M	O	A	B	M	T
Y	V	E	U	R	S	K	M
M	O	T	E	R	U	S	W

_____	_____
_____	_____
_____	_____
_____	_____
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Write a paragraph using the words you found to describe bike riding laws.

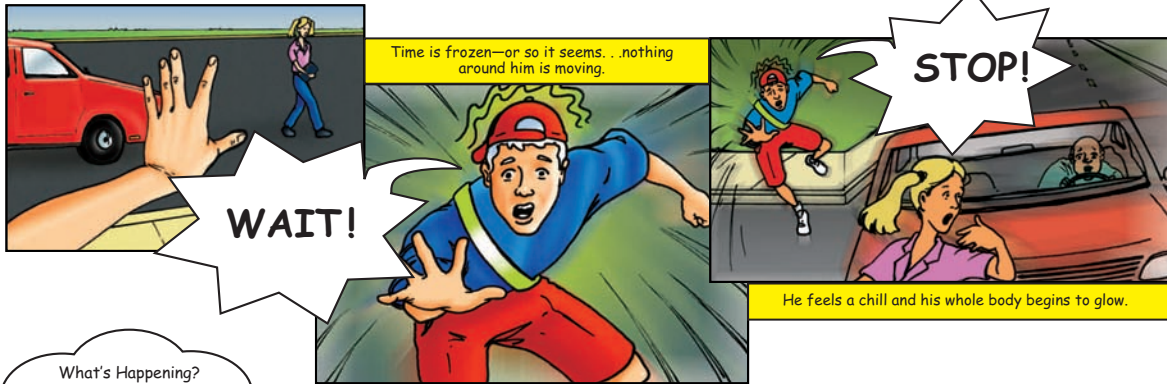
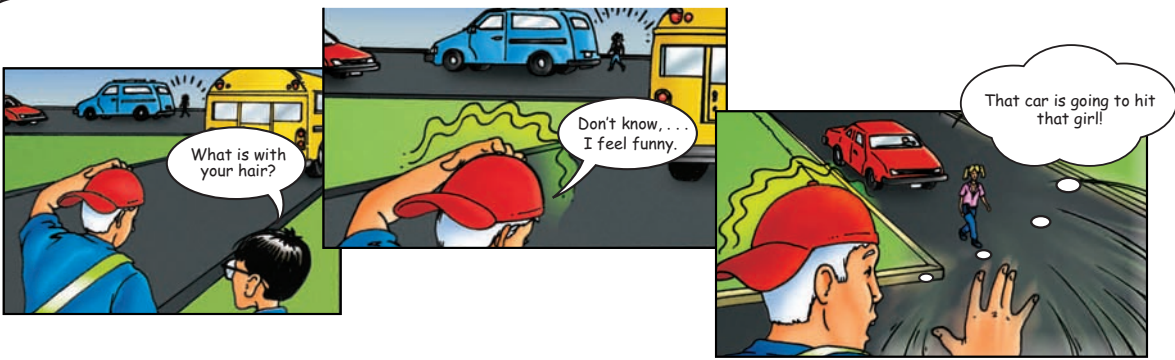


Reflectoman: The beginning ...

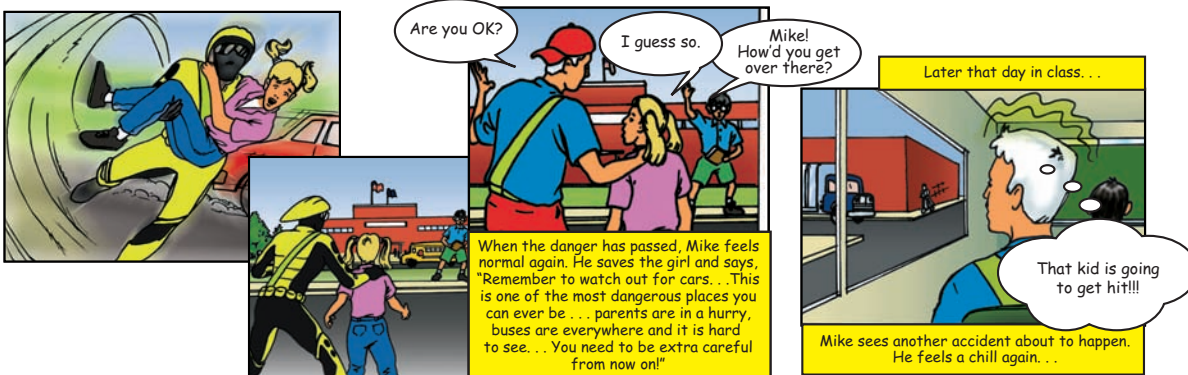


I feel like I have extra energy today... I could probably get to school faster if I just run!





What's Happening?
Can't worry about that now. ...
That girl is going to get hit
by a car!



Yesterday, Mike was just the Captain of the School Safety Patrol. Now he is an empowered lightning fast physical being. He will soon be known as **Reflectoman**. Reflectoman is completely aware of his environment and gets supernatural powers when he encounters Traffic Safety situations of peril. His mission is now *much* greater! Reflectoman must ensure this awareness is spread throughout the world.



Map Reading

Numbering the Nation's Interstate Highways

President Eisenhower signed the Federal-Aid Highway Act of 1956. This created the Interstate System now formally known as the Dwight D. Eisenhower National System of Interstate and Defense Highways. It was intended to connect big cities, military bases, and the Mexican and Canadian borders. In August 1957, the U.S. Government announced the numbering scheme for the red, white, and blue interstate shield sign based on a combination of designs submitted by Missouri and Texas.



U.S. Interstate Sign

Highways traveling East-West are always even numbered (I-40, I-80, and end in zero.) Those traveling North-South are odd numbered (I-75, I-95 and end in 5.)



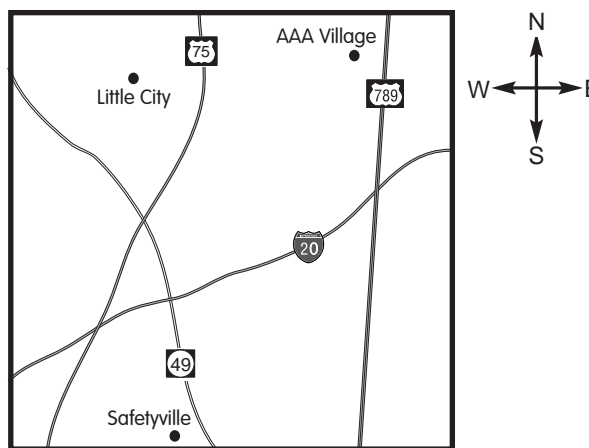
U.S. Federal Highway Sign

For three (3) digit highways, those starting with even-numbers (I-685) circle major cities while those starting with an odd-number (I-375) are branches of the route number shown by the last two numbers and head directly into a big city.



State Road Sign

North South highways are always odd-numbered.



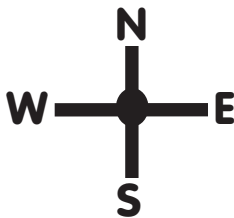
Below, write the route using direction and road number that you would use to travel from AAA Village to Safetyville.



Maps help us determine the shortest route between one place and another. Trace the shortest route from school to home on this map.



Hint: Use a ruler to help you choose the shortest route.



Drivers may have a hard time seeing you

- **In rain**
- **Bright sun**
- **At dusk**
- **In the dark**

Be extra careful when it's dark!!

Tips:

- Carry a flashlight
- Wear light-colored clothes
- Wear reflective clothing

Make sure you are SEEN when you are sharing the road during these conditions.

Story of Why Time Changes in the Spring and Fall



Benjamin Franklin was the first to think of the idea of Daylight Savings Time (DST) while he was in Paris in 1784. During DST, clocks are moved forward one hour to add one extra hour of daylight. DST begins for most of the U.S. at 2 a.m. on the first Sunday of April. It ends at 2 a.m. on the last Sunday in October. An easy way to remember this is *Spring Forward* in April, *Fall Back* in October. The government chose 2 a.m. because most people are in their homes and the changeover is complete before most people leave the house.



When daylight savings time ends, it gives us an extra hour of daylight in the morning. How does this affect the safety of getting to school.



Halloween is the most dangerous night of the year. Do you know why?



Circle the hidden words about Daylight Savings Time.

Z S M D R A W R O F J I H G F S E
W I Y M E N P T U R N K L E M H D
S T L L B O Q R S A T U V M W I X
E N O A O P O S N K U K T I E F Y
F I R S T Q D A Y L I G H T V T Z
A S X T C R S V T I V L L O E K C
L I Y H O W T I W N E B V E N C B
L R Z I J O H N Y E G A P R I L A
M J S P R I N G Z H F C V X N O N
T L U G U X A S S O C K Y W G C V
H S N J O A H K J C D R Z B A K I
T A D K H B T M L M O R N I N G G
A B A L C H A N G E O V E R C D H
W C Y D E F N O P Q S T U Z X T U

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Write a paragraph describing daylight savings time using the words above.



Traffic related accidents are the leading cause of death for children ages 6 to 14!

The Problem

Motor-vehicle crashes are the leading cause of death and injury for American children, outranking all other types of unintentional injuries and claiming more lives than any childhood disease. Young pedestrians are at a disadvantage over adults because they are shorter, their peripheral vision is not fully developed, have difficulty in judging a vehicle's speed and distance and often think, if they can see the driver, the driver can see them. Not knowing how to restrain children properly in vehicles puts children at risk of serious injury or even death.

AAA understands the magnitude of this problem . . .

AAA produces a wide variety of traffic safety educational programs and products, including workbooks, traffic safety posters, videos, audiotapes, interactive CD-ROMs, and links to www.aaa.com for kids and adults. AAA wants to help children learn how to be safe pedestrians and protect themselves as passengers in motor vehicles. Designed to entertain as well as teach, these cross-curriculum traffic safety educational materials, will help teach children valuable lessons, which could truly save their lives.

