



## WALK STICKER



## BIKE STICKER

### BRIGHTEN YOUR WALK TO SCHOOL

Follow these walking safety tips. Add color to your journey along the way!

- 1 Walk on the sidewalk.
- 2 If there are no sidewalks, walk on the side of the road facing traffic.
- 3 Share the sidewalk with others—don't run.
- 4 Cross the street using crosswalks and at intersections. Never cross mid-block or between cars.
- 5 Before crossing, remember to look LEFT-RIGHT-LEFT-ALL AROUND for driveway and street traffic.
- 6 Make eye contact with drivers and wait for them to signal before crossing.
- 7 Wear bright clothes and reflective gear to be seen.
- 8 Don't be distracted—remove headphones and don't use your phone.
- 9 Be aware of your surroundings.
- 10 Rain or shine, enjoy a safe walk to school each day!

### HOW DO YOU WALK SAFELY TO SCHOOL?

Color our Safe Routes to School Friends as they learn to walk to school safely. Add more to the journey with your own art!



**massDOT**  
Massachusetts Department of Transportation  
**MASSACHUSETTS Safe Routes to School**  
MASS.GOV/SAFE-ROUTES-TO-SCHOOL

## WALKING BOOKMARK (ENGLISH)

## WALKING BOOKMARKS (SPANISH)

### ALEGRA TU CAMINATA A LA ESCUELA

Sigue los siguientes consejos para caminar con seguridad. ¡Añádele color a tu viaje!

- 1 Camina en la acera.
- 2 Si no hay aceras, camina en el lado de la carretera que da frente al tráfico.
- 3 Comparte la acera con otros—no corras.
- 4 Cruza la calle en los cruces e intersecciones. Nunca cruces en medio de la cuadra o entre los autos.
- 5 Antes de cruzar, recuerda mirar a la IZQUIERDA-DERECHA-IZQUIERDA-ALREDEDOR por si hay tráfico a la entrada o calle.
- 6 Haz contacto visual con los conductores y espera que te señalen antes de cruzar.
- 7 Usa ropa vistosa y equipo reflectante para que te vean.
- 8 No te distraigas—camina sin audífonos y sin mirar tu teléfono.
- 9 Presta atención a tus alrededores.
- 10 Llévate o haga sol, disfruta caminar con seguridad a la escuela!

### ¿CÓMO CAMINAS CON SEGURIDAD A LA ESCUELA?

¡Colorea a nuestros amigos mientras aprenden a caminar con seguridad a la escuela. ¡Puedes añadir al viaje con tus propios dibujos!



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## HAND SIGNALS FOR BIKING

Use your hands to signal turns and stops!



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## SO YOU WANT TO BIKE TO SCHOOL?

- 1 Plan your route
  - Find streets with sidewalks, bike lanes, paths, and crosswalks.
  - Steer clear of busy streets and large intersections.
- 2 Test it out
  - Review your route with your family and give it a test run.
  - Time how long it takes to make the trip.
- 3 Make it fun
  - See if any friends who live along your route can join you.
  - Track your progress! How many days per month do you walk/bike to school?

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## BIKE HAND SIGNALS BOOKMARK

## ARRIVAL & DISMISSAL BOOKMARK

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### Start the School Day with CONFIDENCE

Safety during arrival and dismissal is a school priority!

- Walk on sidewalks. If there is no sidewalk, walk facing traffic.
- Cross streets using crosswalks and at intersections.
- Bike and roll in the same direction as vehicle traffic and use bike lanes if available.
- Follow Crossing Guard instructions.
- Dress to be seen and for the weather.
- Communicate with drivers by using hand signals and making eye contact.
- Know your school's arrival and dismissal plan.

**INDEPENDENCE BOOSTS CONFIDENCE!** Walking and biking to/from school with your family and neighborhood friends builds life skills.



### BRIGHTEN YOUR JOURNEY TO AND FROM SCHOOL

Have some fun with the following activities:

- Establish a walking school bus or bike train.
- Try a new travel route.
- Skip instead of walk (only on the sidewalks please).
- Decorate your bike/scooter helmets.
- Design a scavenger hunt or "I Spy".
- Wear your school or team colors.
- Count your steps along the way.