



WALK STICKER



BIKE STICKER

How do you walk safely to school?

Color each of the SRTS Kids and learn how they walk safely to school.

Jackson looks LEFT, RIGHT, LEFT before crossing the street.

Sophia uses the crosswalk.

Alex wears bright colors.

mass.gov/safe-routes-to-school

Safe Walking Tips

1. Walk on the sidewalk.
2. Walk facing traffic if there are no sidewalks.
3. Cross at intersections and use the crosswalk.
4. Before you cross the street, look LEFT, RIGHT, LEFT for traffic.
5. Walk, don't run.
6. Make eye contact with drivers.
7. See and be seen.
8. Wear reflective or light colored clothes.
9. Stay alert! Don't use cell phones or wear headphones.
10. Enjoy your walk!

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Safe Routes to School
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WALKING BOOKMARK (ENGLISH)

WALKING BOOKMARKS (SPANISH)

¿Cómo caminas a la escuela en forma segura?

Colorea cada uno de los niños SRTS y aprende cómo caminan seguros a su escuela.

Jackson mira hacia la IZQUIERDA, DERECHA, IZQUIERDA antes de cruzar la calle.

Sophia usa el paso de peatones.

Alex usa ropas de colores brillantes.

mass.gov/safe-routes-to-school

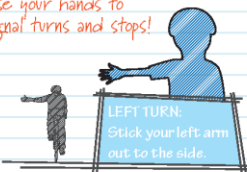
Consejos Para Caminar en Forma Segura

1. Camina sobre la acera.
2. Camina de cara al tráfico si no hay aceras.
3. Cruza en las intersecciones y usando los pasos de peatones.
4. Antes de cruzar la calle, mira hacia la izquierda, derecha, izquierda, para ver si hay tráfico.
5. Camina, no corras.
6. Establece contacto visual con los conductores.
7. Ve y sé visto.
8. Usa ropa de colores reflectantes o luminosos.
9. Permanece alerta – no uses teléfonos celulares ni auriculares.
10. ¡Disfruta de tu caminata a la escuela!

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HAND SIGNALS FOR BIKING

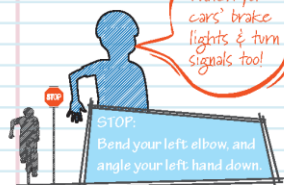
Use your hands to signal turns and stops!



OR, stick out your right hand.



Watch for cars' brake lights & turn signals too!



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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