

MINNESOTA

WALK! BIKE! FUN!

AT HOME

Student and Parent/Caregiver Guide

Grade Levels: Kindergarten - 3rd grade



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To Parent/Caregiver

Let's have some fun with Walk Fun! The activities assigned will help teach you about how to walk safely in your neighborhood or community. Your child will be asked to complete a variety of activities on paper or with technology, like your computer, Chromebook, iPad, or phone. There will be some videos to watch, drawings to make, pictures to take, walking to do and worksheets to complete.

To Student:

Let's have some fun with Walk Fun! The activities assigned will help teach you about how to walk safely in your neighborhood or community. You will be asked to complete a variety of activities on paper or with technology, like your computer, Chromebook, iPad, or phone. There will be some videos to watch, drawings to make, pictures to take, walking to do and worksheets to complete. Follow the instructions carefully with each activity and don't forget to ask your parent/caregiver or teacher for help. Have fun with Walk Fun!



WALK FUN! CHECKLIST

LESSON 1

 I WATCHED WILLY THE WHISTLE

 I DREW PICTURES

LESSON 2

 I DREW PEDESTRIANS ON THE STREET EXAMPLE

 I LABELED THE VISUAL BARRIERS

 I EXPLAINED CROSSING THE STREET WITH VISUAL BARRIERS

 I KNOW THE 5-FINGER CROSSING RULE

LESSON 3

 I WATCHED THE CROSSING INTERSECTIONS VIDEO

 I EXPLAINED TRAFFIC SIGNS

 I TOOK PHOTOS OF STREET SIGNS

LESSON 4

 I PLAYED STOP LOOK WALK

 I DID THE SCAVENGER HUNT

 I ANSWERED THE SURVEY QUESTIONS

Connect on Social Media

Connect with others who are doing Walk! Bike! Fun! At Home by joining our private [WBF at Home Facebook Group](#) or sharing publicly with: **#WalkBikeFun**



Using Google Canvas

Students can use Google Canvas to complete many of the activities in the Walk Bike Fun at Home Activities.

Students or Parents/Caregivers:

Go to the Google Presentation found [here](https://docs.google.com/presentation/d/1iFVwGPCYwpssllVB1NrQm3zq3ZWu3vcDCjD9DFI3PDc/edit?usp=sharing): <https://docs.google.com/presentation/d/1iFVwGPCYwpssllVB1NrQm3zq3ZWu3vcDCjD9DFI3PDc/edit?usp=sharing>

Next, download the presentation in your Google Drive

Now, you can add your own pictures and images

Be sure to save your work!

LESSON 1: TRAFFIC AND YOU

1.1: Traffic Basics

Instructions

Watch the Willy the Whistle video (6min) by clicking on the hyperlink [here](https://www.youtube.com/watch?v=AOzcBegFTMk) or typing it into a browser: <https://www.youtube.com/watch?v=AOzcBegFTMk>.

In the space below, draw a picture of a curb or “edge,” a pedestrian, traffic, and a vehicle. If you are working online, you can draw and submit your work on the Walk Fun! Google Slides by clicking [this](https://docs.google.com/presentation/d/1iFVwgpcYwpsslVB1NrQm3zq3ZWu3vcDCjD9DFI3PDc/edit?usp=sharing) link and downloading the template, typing it in (<https://docs.google.com/presentation/d/1iFVwgpcYwpsslVB1NrQm3zq3ZWu3vcDCjD9DFI3PDc/edit?usp=sharing>).

<p>curb or edge</p>	<p>pedestrian</p>
<p>traffic</p>	<p>vehicle</p>

LESSON 2: VISUAL BARRIERS AND STREET CROSSING

2.1: Sidewalks

Sidewalks are special places where we walk that are away from the traffic in the street. When there is a sidewalk we should always use it. If there is not a sidewalk we should always walk on the left side of the street, closest to the grass or buildings helps us see the traffic that is coming.

Instructions:

Check off which picture shows a child walking on the sidewalk? The image on the left or the right?



Explain where a pedestrian should walk if there are no sidewalks around in the space below.

What side of the street should a pedestrian walk on?

Have your parent/caregiver take a picture of the answer and share with your teacher or mark it completed on the Walk Fun! Checklist.

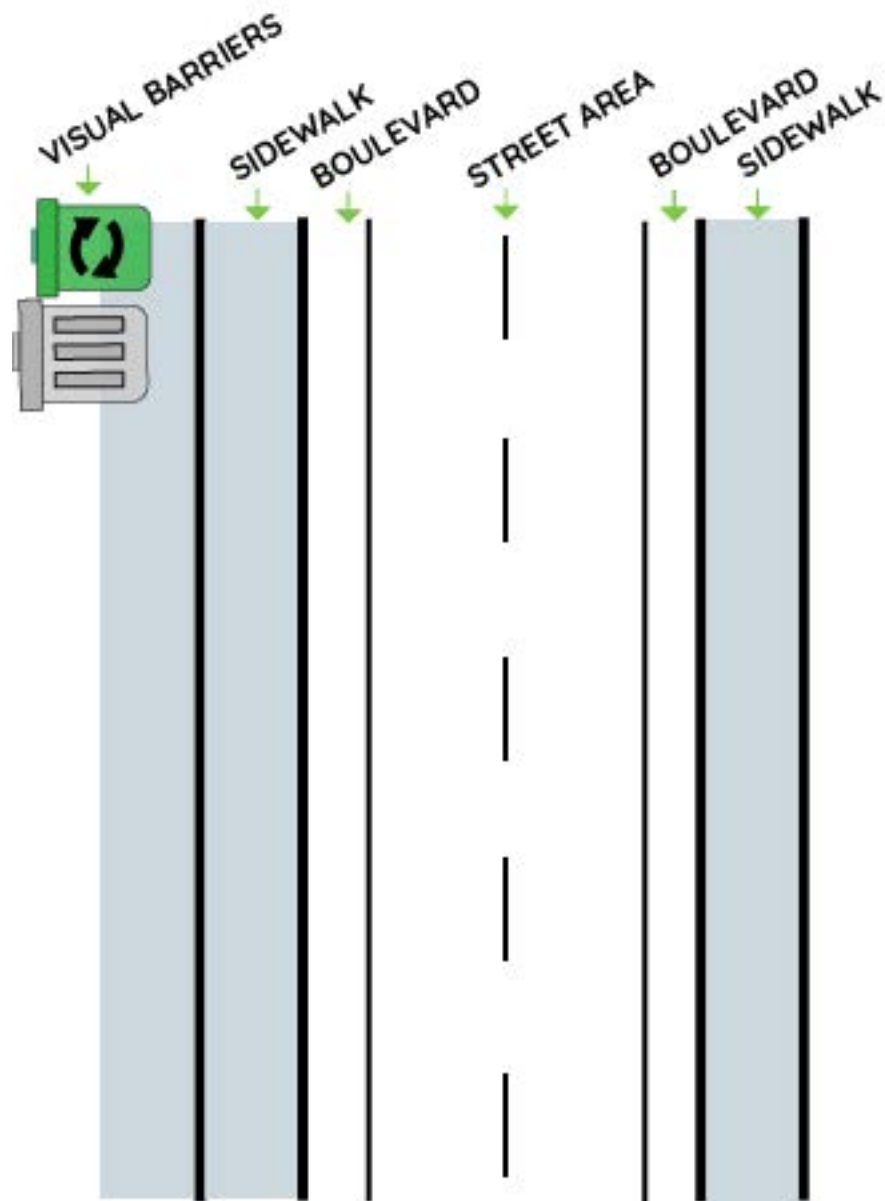
Have your parent/caregiver share a picture of the drawings with your teacher or mark it completed on the Walk Fun! Checklist.

2.2 Sidewalks Model Street Example

Instructions

Can you draw a person walking (or a pedestrian) on the sidewalk? Use an arrow to show which way your person is walking.

If you are working on the computer or a phone, you can draw the following examples on your Walk Fun! Google Slides presentation. Remember to save your work and have a parent or caregiver check off this item on your Walk Fun! Checklist, or share the [Walk Fun! Google Slides Presentation](#) with your teacher.



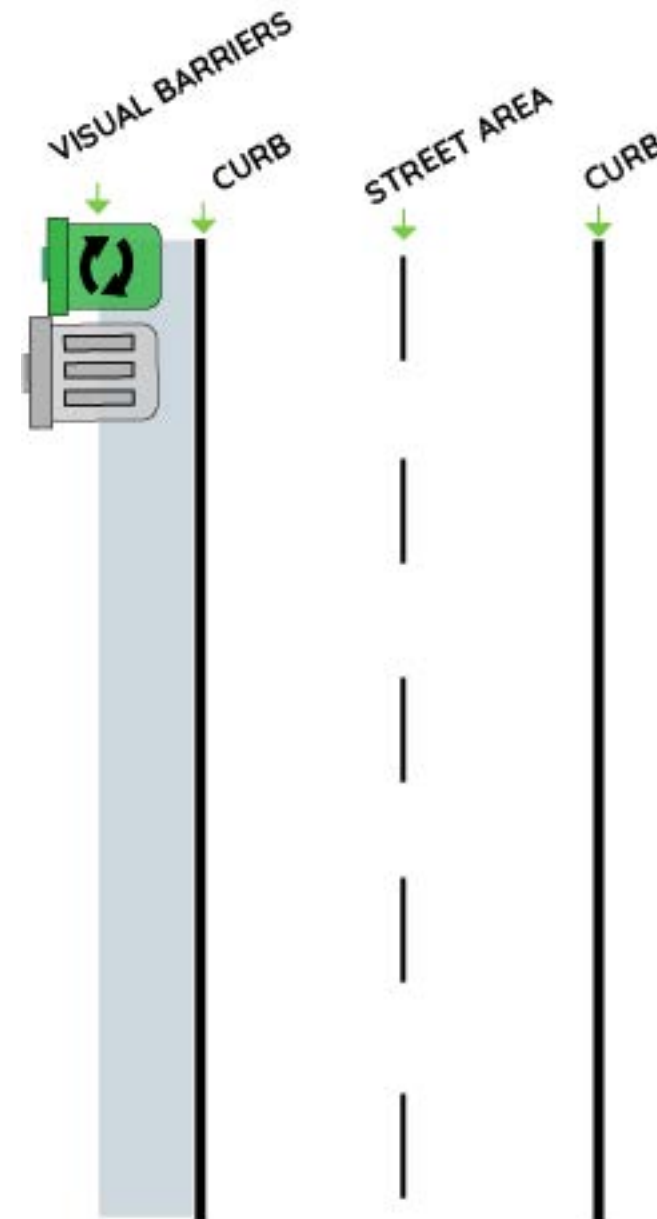
Have your parent/caregiver take a picture of the drawings and share with your teacher or mark it completed on the Walk Fun! Checklist.

2.2 Sidewalks Model Street Example

Instructions

Next, draw a pedestrian walking on the correct side of the street when there is no sidewalk. Add an arrow to show which direction they are walking

Remember to save your work and have a parent or caregiver check off this item on your Walk Fun! Checklist, or share the [Walk Fun! Google Slides Presentation](#) with your teacher.



Have your parent/caregiver take a picture of the drawings and share with your teacher or mark it completed on the Walk Fun! Checklist.

2.3 Sidewalks: Visual Barriers

Below are a few examples of “visual barriers,” which is anything that makes it hard for you to see traffic, or anything that makes it hard for people driving cars to see you.

Instructions:

Label the visual barriers below.

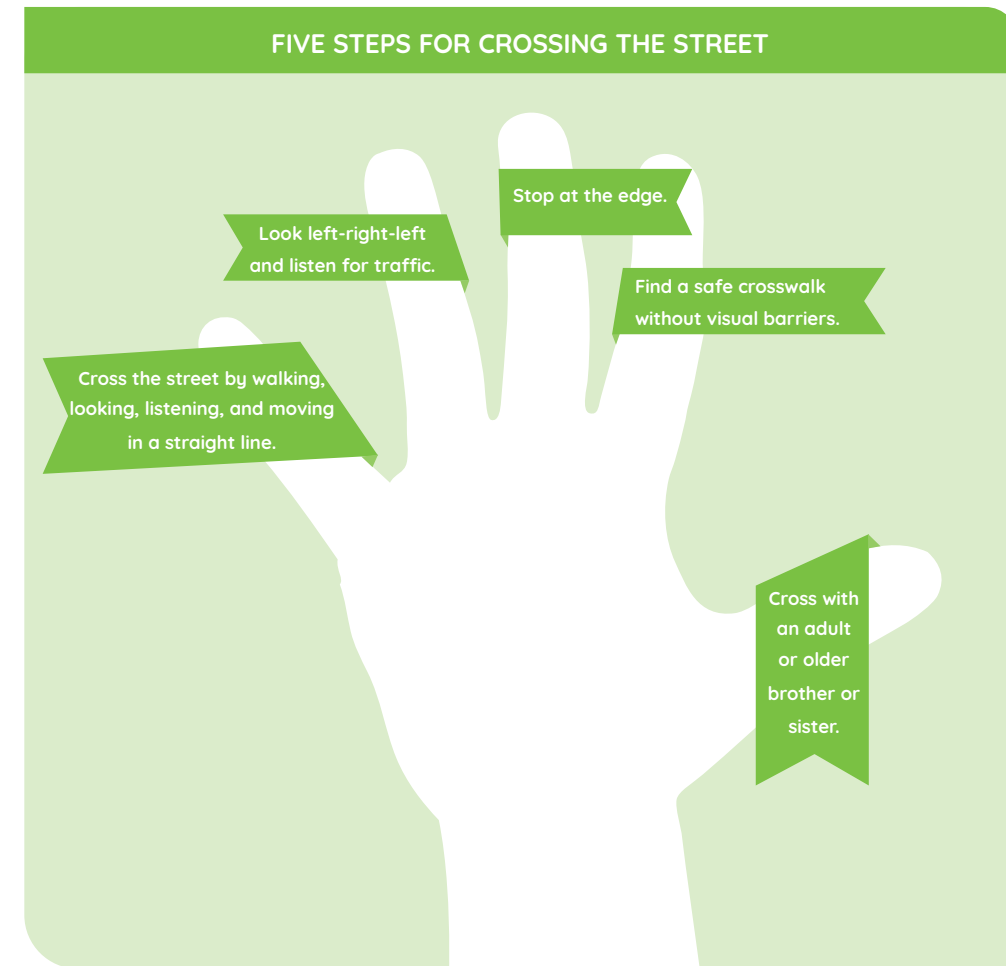


If you want to cross the street but see a visual barrier, you should find another place to cross the street that is free of barriers and safe to cross. If there is not an obvious safe place to cross without visual barriers, approach the edge of the visual barrier for a “second edge” and safely cross the street.

1. Can you think of other visual barriers?
2. What should you do if you want to cross the street, but there is a visual barrier?
3. What about if there is no other place to cross the street without a visual barrier?

Have your parent/caregiver take a picture of the worksheet and share with your teacher or mark it completed on the Walk Fun! Checklist.

2.4: Review the 5-Finger Steps for Crossing the Street



Who should you cross the street with?

Where should you cross the street? What should you do if there are visual barriers?

2.4: Review the 5-Finger Steps for Crossing the Street

1. Describe how to cross the street in the space below.

2. Where should you look?

3. Should you try to get across the street as fast as possible?

4. Should you listen to music while crossing the street?

LESSON 3: CROSSING INTERSECTIONS

Lesson 3: Crossing Intersections

Instructions:

Watch the video, "Crossing Intersections" by clicking [here](https://www.youtube.com/watch?v=bQVcdaW2TuY) or typing the URL here: <https://www.youtube.com/watch?v=bQVcdaW2TuY>

Next, tell a parent or caregiver what the signs below tell a person walking or a person driving a car to do.



What does this sign mean when the hand is lit up and the person is not?

What does it mean when the person is lit up and the hand is not?

Lesson 3.1: Crossing Intersections

Instructions:

Ask your parent/caregiver to take a walk with you in your neighborhood if it is safe, and take a picture of two or three street signs in your neighborhood.

If you can't take a walk, draw two or three street signs below or use Google Canvas and insert it in your [Walk Fun Google Slides presentation](#). Make sure at least one of your drawings or photos is not an example on the page before.

Once you are done, explain to a parent or caregiver what the signs tell a person walking or a person driving a vehicle to do.

LESSON 4: STOP LOOK WALK

Lesson 4: Stop Look Walk

Ask your family to play "Stop, Look, Walk" with you using the stop sign and pedestrian crossing signs on the next two pages. You can also find both signs on the [Walk Fun! Google Slides](#) presentation to switch between on a cell phone or tablet.

- Choose one person to be the "caller". Have the other members of your family stand in a line (shoulder to shoulder but arms length distance from each other) at one end of the yard, driveway, living room - any large space. The "caller" is at the other end.
- The "caller" should announce either "stop" or "walk". Then the family members follow that call. When the call is "walk" each person must first look "left, right, left" before beginning to walk toward the caller. If they do not, they cannot walk forward.
- When the "caller" calls "stop", everyone must stop or "freeze" where they are.
- The "caller" continues calling "stop" or "walk" until one person from the family meets them at their spot.
- The first family member to meet the "caller" then becomes the new "caller."



Lesson 4.1: Scavenger Hunt

Go on a neighborhood walk with your family if you can, and mark off the items below, you can also add any other items you found in the space below. Be sure to list who you walked with!

- | | |
|-------------------|--------------|
| SIDEWALK | POLICE CAR |
| CROSSWALK | TRAFFIC |
| DRIVEWAY | PEDESTRIAN |
| CURB | TRASH CAN |
| LARGE TREE | FENCE |
| DRAIN GATES | BOULEVARD |
| ROAD CONSTRUCTION | YIELD SIGN |
| TRAFFIC LIGHTS | TRUCK |
| PARKED CARS | TRAIN |
| BIKE LANE | TRAIN TRACKS |
| INTERSECTION | DOG OR CAT |
| SCHOOL BUS | BICYCLE |

What else did you see?

Who did you walk with?

Student/Family Feedback Form

Please complete the [Student/Family Feedback Form](#) after you have completed the Walk Fun at Home activities. The form should about 5 minutes to complete and will help BikeMN identify aspects of the Guide that are working well and areas for improvement.