

# WALK AND ROLL CHALLENGE WEEK #1

## MONDAY - June 1

### Day #1: How to Walk Safely

**Lesson:** What is a Pedestrian? The Steps to Crossing the Street. Check out this Video: [Crosswalk Safety](#).

Pedestrian = A person walking or using a mobility device near a road.

#### **Steps to Crossing the Street**

1. Stop
2. Place one foot onto the crosswalk, or off the curb
3. Look left, right, and left again
4. Wait for vehicles to stop completely
5. Make eye contact with the person driving
6. Swiftly cross and continue to look left and right
7. Wave, smile and, say thank you

**Activity:** Practice the steps to crossing the street! If you can't practice on a street, use chalk to make a pretend crosswalk. Have a family member take a picture or video of you crossing the street.

## TUESDAY - June 2

### Day #2: How to Walk Safely - Every Corner is a Crosswalk

**Lesson:** Crosswalk = Any intersection where two roads meet. Some have curb cuts, some are marked with white lines, and some are unmarked.

**Activity:** Identify the different kinds of crosswalks around your neighborhood. Walk around your neighborhood and see how many different types of crosswalks you can find. Take pictures, videos, write a description of each crosswalk, or draw a picture of your favorite crosswalk.

## WEDNESDAY - June 3

### Day #3: How to Walk Safely - Crosswalk Etiquette

**Lesson:** Who has the right of way and what to do if there is no sidewalk. Sidewalks keep us away from traffic and give us a clear path to walk along. Check out this video: [Pedestrian Safer Journey](#).

**Activity:** Identify the different kinds of crosswalks around your neighborhood. Walk around your neighborhood and see how many different types of crosswalks you can find. Take pictures, videos, write a description of each crosswalk, or draw a picture of your favorite crosswalk.

**BONUS ACTIVITY:** Build a hopscotch maze with chalk using a sidewalk or walkway or driveway.

## THURSDAY - JUNE 4

### Day #4: Riding your Bicycle - Let's get Rolling!

**Lesson:** Learn about how to fit your helmet and how to do the ABC quick check on your bike, check out these videos: [Helmet Fitting](#) & [ABC Quick Check Video](#).

**Activity:** ABC quick check! Perform an ABC quick check on your bike or draw a picture of your dream bike and label the parts you would need to check as part of the quick check.

## FRIDAY - JUNE 5

### Day #5: Riding your Bicycle - Using your Hand Signals

**Lesson:** Learn about the hand signals and how to use them. Check out this video: [Hand Signals.](#)

**Activity:** Stand up and practice your hand signals.

## SATURDAY/SUNDAY - JUNE 6/7

### Day #6: Riding your Bicycle - Riding in a Group

**Lesson:** There are 3 important rules to remember when riding your bike in a group:

1. Stay in a straight line.
2. Keep a bike's length of distance between yourself and the person in front of you.
3. Use your hand signals and your voice to tell people when you are turning and passing them.

Check out this video: [Bicycle Safer Journey.](#)

**Activity:** Go outside and practice riding with the people in your household!

**BONUS ACTIVITY:** Teach the adults in your house how to use their hand signals and send us a video!

## WALK AND ROLL CHALLENGE WEEK #2

### MONDAY - June 8

Day #7: Getting to know your neighbor - Map Making

**Lesson:** Practicing map making and show us your walking/rolling route!

**Activity:** Go on a walk with members of your household. Draw a map of your favorite route around your neighborhood on paper or even using chalk on the pavement outside. Include trails, parks, and secret cut-throughs! (And remember to follow Social Distancing guidelines.)

### TUESDAY - June 9

Day #8: Getting to know your neighbor - Learn the characteristics of the best street to cross

**Lesson:** Learn the characteristics of the best street to cross with this fun Activity!

**Activity:** Find the marked crosswalk with lines on the road, what are the speed limits, and what kinds of vehicles use the street. Learn the differences between a street without a sidewalk, a basic sidewalk next to a lane of traffic, a sidewalk with a buffer, and a dedicated walking path or trail. Tell us your story. What is your favorite path?

**BONUS ACTIVITY:** It's springtime! Look out your window or go for a walk and count how many different colors of flowers you can see.

## WEDNESDAY - June 10

### Day #9: Who Uses the Streets?

**Lesson:** Who uses the streets in your neighborhood? Use this activity to understand who is using the streets in your neighborhood.

**Activity:** Make a bar graph or a tally chart for who goes by your house. Pick a spot to sit inside or outside where you can see a road. Count the number of people driving a car, walking, biking, using a scooter, and the number of buses. Make a tally chart or bar graph on paper or outside with chalk. This can be done in any time frame from 5 min to 1 hour. Look at the results. Do you live on a busy road or a quiet road?

## THURSDAY - JUNE 11

### Day #10: Getting where you need to go!

**Lesson:** People get to their destinations in all sorts of ways. Driving is just one of them!

**Activity:** Next time you or your household drive somewhere, look out the window and point out crosswalks, sidewalks, and bike lanes. How many people do you see walking? How many people do you see biking? How many buses do you see? Imagine what route you might take to get there using sidewalks, crosswalks, and walking paths, and talk about it with your household!

**BONUS ACTIVITY: Scavenger Hunt - Teddy Bears in windows, or other creatures, chalk creations in driveways, what other fun surprises can you find?**