

Caregiver Guide to Safe Routes to School

Grades K-2

Introduction

The Safe Routes to School curriculum includes in-class lessons and activities to help students learn the skills they need to walk, bike, roll, and ride safely but the best way for students to learn is to practice at home. Below is an overview of what is included in the curriculum, and how you can help teach it at home.

Lesson 1: Safe Crossing Basics

Students will learn about types of intersections (four-way stops, two-way stops, signalized intersections with lights, and roundabouts) and how to cross safely.

- Ask students what type of intersection they are approaching, how cars will move through the intersection, and where they need to stop to be safe.
- Have students identify different types of signs (stop signs, one-way), and signals (walk signal, stop signal, countdown signal)
- Ask students to stop, look left, look right, and look left again
- Ask students to make eye contact with drivers before crossing the street
- Practice at several types of intersections

Lesson 2: Safe Passengers (Car Rider/School Bus Safety)

Students will learn how to stay safe in and around cars, and on the school bus.

- Have students identify what car lights mean when you see them (braking, reverse, turning)
- Talk to your students about the importance of booster seats and seat belts
- Show your student where to safely wait for the bus, how to board, and how to exit



Lesson 3: Bike Safety

Students will learn how to safely ride a bike, understand the parts of a bike, understand basic bike maintenance, and how to be seen by drivers (especially at dawn, dusk, and night)

- Practice navigating your neighborhood on bikes, especially how to cross any intersections
- Help your student with basic bike maintenance (airing tires, replacing a chain, and checking brakes)

Lesson 4: Transit Skills

Students will learn about Bloomington Transit, and how it helps students and adults get around the city.

- Take your student on a bus ride
- Show your student how to pay for a bus ride, board and exit the bus, and pull the rope to signal your exit

Lesson 5: Speed, Health, and Safety

Students will learn about the risks of speeding, how walking and biking can benefit your health, and how to stay safe around fast cars.

- Talk to your student about how fast cars need a long time to slow down so they need to be extra careful
- Make sure your student has access to clip-on backpack lights, a bike light, and knows which clothing keeps them most visible (bright, reflective clothing and lights help drivers see students sooner, especially at dusk, dawn, and night)