



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards:
www.cdc.gov/healthyschools/sher/standards/index.htm

With schedules full of extracurricular activities, sports, and play dates, kids today have busy lives — and that means they spend a lot of time on the road. Whether kids are in a school bus or a car, they should always keep some basic safety tips in mind. These activities will help teach your students all about car and bus safety.

Related KidsHealth Links

Articles for Kids:

Staying Safe in the Car and on the Bus

KidsHealth.org/en/kids/car-safety.html

Road Trip Fun

KidsHealth.org/en/kids/road-trip.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. What are some rules you need to remember when you're near a school bus or riding on a school bus? Why is it important to remember these rules?
2. Have you ever taken a long trip in the car with your family or friends? What are some important rules to remember when riding in the car? Why are these rules important?
3. What are some things you can do in the car or on the bus to help pass the time?



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

Safe Bus Rides

Objectives:

Students will:

- Identify important rules to help them stay safe on a school bus
- Create a book about school bus safety to share with friends and family

Materials:

- Chart paper, chalkboard, or smartboard
- Markers, pencils, crayons, or chalk
- "Safe Bus Rides" handout

Class Time:

45 minutes

Activity:

[Note to teacher: Prepare the books ahead of time, making sure that each child has 7 pages: 1 page for each of the rules listed below, plus a cover. Older students can use blank paper for the pages of their book and write the rules themselves.]

How many of you ride on the school bus to come to school? Even if you don't now, you may someday. So it's important to know how to stay safe on the bus. Today, we're going to make a book about school bus safety. Each page of your book will list a safety rule and you'll illustrate that rule. I'll write the rules:

- Wait until the bus stops completely and the driver says it's OK before getting on the bus.
- Stay sitting in your seat while the bus is moving.
- Keep the aisle clear.
- Talk quietly so the bus driver can concentrate on driving.
- Listen to the bus driver.
- Never put your hands, arms, or anything else out the window.

Now it's time to make your book. Each page of your book has one rule on it. Your job is to illustrate the rule on each page.



Travel Brochure

Objectives:

Students will:

- Discuss important rules to remember when traveling in an automobile
- Create a travel brochure to share with family and friends

Materials:

- Travel Brochure handout
- Art supplies (colored pencils, markers, crayons)
- Chart paper, chalkboard, or smartboard

Class Time:

45 minutes

Activity:

Have you ever taken a long car ride? How do you feel after sitting in the car for a while? Do you ever get bored? Today, we're going to make a brochure with some safety tips and fun activities you can do on a long car ride. Please tell me some safety rules that you need to remember when riding in the car. Now, think of some games or activities you can play in the car to help pass the time. Finally, what are some healthy snacks you might eat on a long trip?

Now I'll give you a paper that we'll fold in thirds to make it look like a brochure. On the front cover, draw a picture of yourself riding in the car. Open the brochure. On the left side, we'll list the safety tips you thought of earlier and draw a picture at the bottom. In the middle, we'll list the activities and games you mentioned and draw another picture at the bottom. On the right side, we'll list some healthy snacks and draw another picture at the bottom. [Note to instructor: *Younger kids can use the Travel Brochure handout that already has the rules, activities, and snacks listed. Older kids can use a blank piece of paper to make their brochure and write in their own rules, activities, and snacks.*]

Reproducible Materials

Handout: Safe Bus Rides

KidsHealth.org/classroom/prekto2/personal/safety/car_bus_safety_handout1.pdf

Handout: Travel Brochure

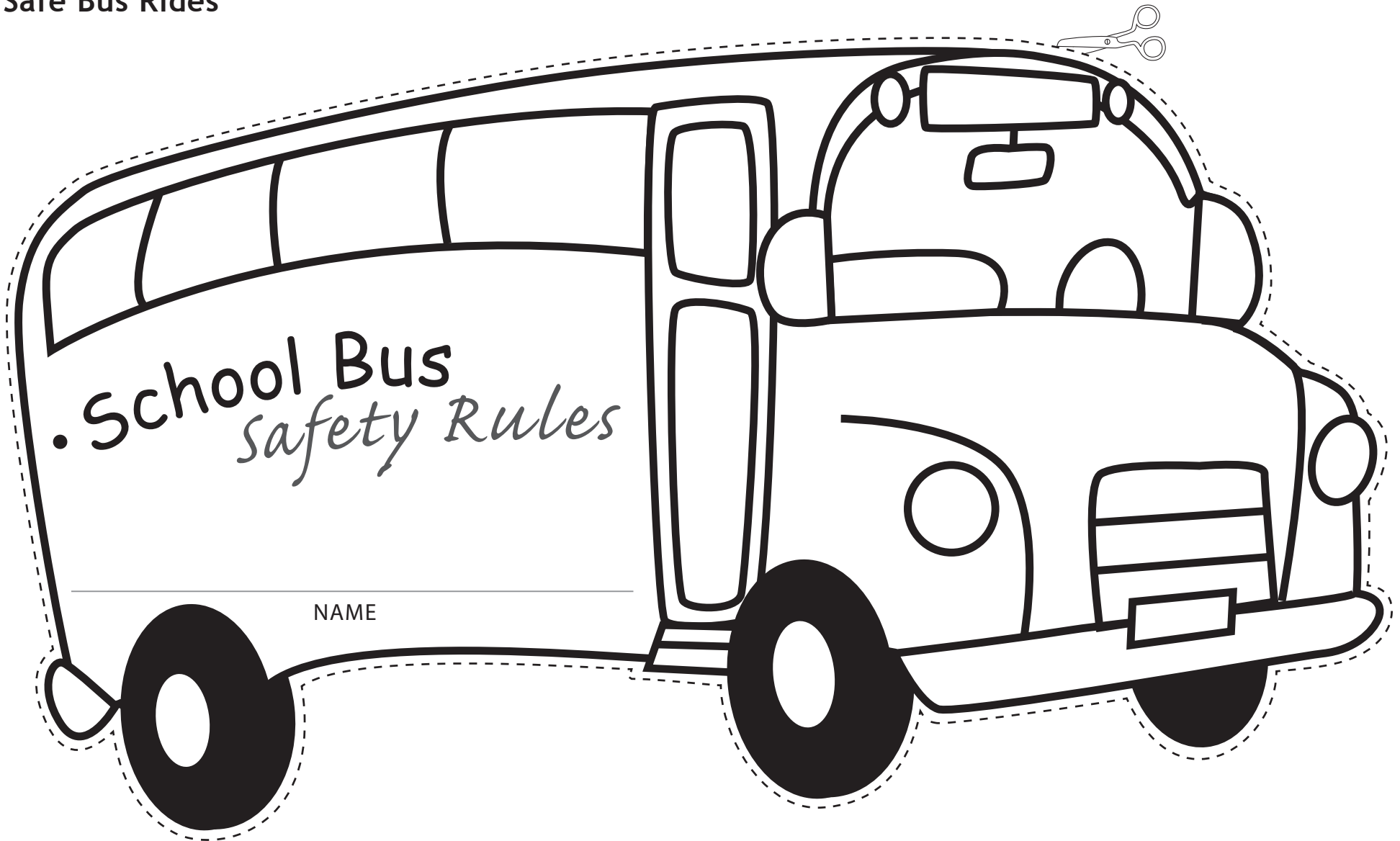
KidsHealth.org/classroom/prekto2/personal/safety/car_bus_safety_handout2.pdf



Name:

Date:

Safe Bus Rides





School Bus Safety Rules

Rule 1



Wait until the bus stops completely and the driver says it's OK before getting on the bus.



School Bus Safety Rules

Rule 2



Stay sitting in your seat while the bus is moving.



School Bus Safety Rules

Rule 3



Keep the aisle clear.



School Bus Safety Rules

Rule 4



Talk quietly so the bus driver can concentrate on driving.



School Bus Safety Rules

Rule 5



Listen to the bus driver.



School Bus Safety Rules

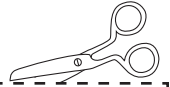
Rule 6



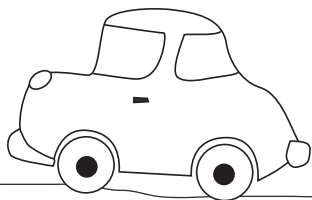
Never put your hands, arms, or anything else out the window.



Travel Brochure

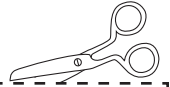


NAME





Travel Brochure



Safety Tips

1. Always stay in your car seat or booster seat.
2. Always wear a safety belt.
3. Keep your body parts inside the car at all times.
4. Play and talk quietly so you don't distract the driver.
5. Never eat foods like lollipops or other foods on a stick that could hurt you if the car stops suddenly.
6. Always sit in the back.

Games and Activities

1. The Alphabet Game
2. Guess the Animal
3. The License Plate Game
4. Bingo
5. I Spy
6. Color
7. Listen to music
8. Sing songs
9. Read a book
10. Take a nap

Healthy Snacks

1. Fruits (apples oranges, grapes, bananas)
2. Pretzels
3. Whole-grain cereal
4. Animal crackers
5. Pre-cut veggies (carrots, celery, cucumbers, bell peppers)
6. Fig bars
7. Water
8. String cheese