

# PEDESTRIAN SAFETY

## LESSON PLAN – Pre-k & K

### **PURPOSE:**

To instruct young students on how to walk safely to and from school and to and from the bus stop.

### **OBJECTIVE:**

Students will learn where and how to cross the street safely.  
Students will know that they always cross at intersections.  
They will know to stop, look and listen at all crossings.  
They will wait till traffic is clear before crossing.

### **INTRODUCTION:**

Total Lesson Time: 30 minutes

#### **I. Type: Fact-based Attention Getter**

Pedestrian injury remains one of the highest causes of unintentional injury-related death among children ages 5 to 14.<sup>1</sup> Consistent safety messages and practice are important for this age group. Students in this age group are old enough to learn safe pedestrian practices and follow basic safety rules, but are easily distracted and can be unpredictable.<sup>2</sup> Young students are difficult for motorists to see, so they are at high risk for getting hit. It is also difficult for young students to see oncoming traffic. Students need to learn where to cross the street, how to look for traffic and how to read traffic signs. It is recommended that children at this age have supervision when interacting with traffic.<sup>3</sup>

Today's lesson is on crossing streets safely.

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<sup>1</sup> Borse NN, Gilchrist J, Dellinger AM, Rudd RA, Ballesteros MF, Sleet DA. *CDC Childhood Injury Report: Patterns of Unintentional Injuries among 0-19 Year Olds in the United States, 2000-2006*. Atlanta (GA): Centers for Disease Control and Prevention, National Center for Injury Prevention and Control; 2008.

<sup>1, 3</sup> *Safe Routes to School Guide Teaching Children to Walk Safely as They Grow and Develop: A guide for parents and caregivers* Pedestrian and Bicycle Information Center (PBIC) in collaboration with SRTS experts from around the country and support from the National Highway Traffic Safety Administration (NHTSA), Federal Highway Administration (FHWA), Centers for Disease Control and Prevention (CDC) and Institute of Transportation Engineers (ITE). August 17, 2006 maintained by the NCSRTS at [www.saferoutesinfo.org](http://www.saferoutesinfo.org)

## **II. Establish Credibility:**

How many of you walked today?! How many of you have been frightened by traffic sometime when you were walking? [You can invite a couple of students to relate stories if you wish.] Today, we're going to talk about some ways you can keep yourself and your friends safe while walking.

## **III. Preview Main Points:**

Today, we will talk about and practice some easy things you can do to walk safely.

### **PRESENTATION:**

**Type:** Lecture + Discussion + Activity

**Materials:** The "Stop, Look and Listen" Chant

Flipchart or chalk board or power point on which to write the Pedestrian Safety Rules

### **Outline:**

#### **1<sup>st</sup> Main Point: Choosing a Route**

With a trusted adult, pick a route to and from school or the bus stop and practice it. Always walk along the route you and your parent/ guardian picked. Choose a route with the fewest street crossings. When you are going to cross streets, pick intersections with a stop light or stop sign if possible. Avoid crossing busy streets. Walk on sidewalks whenever possible.

### **Does anybody have any questions about this basic idea?**

**Transition:** Now, let's talk about some good walking safety rules.

First of all, what is a "pedestrian?"

Did you know that it comes from a Latin word meaning "feet?" So, we're going to talk about how to use our feet [and eyes and ears] to walk safely.

**2<sup>nd</sup> Main Point: Pedestrian Safety Rules:** Let's talk about each of these. [In discussion, have students point out the benefits of following these rules – eg., By avoiding crossing between parked cars, drivers can see you and avoid hitting you.]

1. Always cross at an intersection- at a corner. You can cross in the middle of a street if there is a painted crosswalk.
2. Never cross between parked cars.
3. Never run out into the street.
4. Only cross where you are able to see both ways down the street. Don't assume cars can see you just because you can see them.
5. If you have the choice of crossing at a corner with a signal or stop sign, cross there!
6. Cross corner to corner. Do not cross diagonally.
7. Walk inside the crosswalk if one is there and walk in a straight line.

## Does anyone have any questions?

**Transition:** Let's learn a fun and quick chant to help you remember safe ways to cross streets.

### **Suggested Activity:** Stop Look and Listen Chant

Leader models it first – a couple of times

Then invites the students to join in – do it several times

Then, for fun, you can choose boys to do it, then girls, etc.

### **Here's the Chant:**

“Stop! Look! and Listen! (*hold out your hand in a stop motion*)

Before you cross the street.

First you use your eyes (*point to your eyes*)

Then you use your ears (*point to your ears*)

And then you use your feet (*make a walking movement*)”

**Reinforce the message:** Stop, Look and Listen. Stop at the curb- at the edge of the corner. Look for cars- look left then right then left again! Look over your shoulder for cars that may be turning. Listen for traffic. Cross when it is clear.

## Any Questions?

**Transition:** Tomorrow we'll practice our chant again. Try it today when you cross streets on your way home from school.

## CONCLUSION:

You have learned the basic safety rules for walking [being a “pedestrian.”]

Compiled by Rebecca Gomez

Minneapolis Bicycle Ambassador, Department of Public Works

Edited and Formatted by Lynne Krehbiel-Breneman J.D., M.A., Consultant

to MPS Safe Routes to School, aided by Robert Anderson, MPS

Transportation Department Academy Administrator; Summer, 2010

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The Statewide Health Improvement Program (SHIP) is a nation-leading effort to reduce the incidence of chronic disease, such as obesity, diabetes and heart disease through prevention. It focuses on creating sustainable, systemic changes that make it easier for individuals to make healthy choices in their daily lives. SHIP is working in communities across Minnesota using a health promotion and prevention approach to help all Minnesotans lead healthier lives. The Minneapolis Department of Health and Family Support is a SHIP grantee and has subcontracted with the Minneapolis Public Schools (MPS) to implement health interventions in the areas of Active Recess/Playground management, Safe Routes to School, Physical Education, and Nutrition.



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