

# Walk Sense

## Grade: Middle School



*The Walk Sense program aims to improve pedestrian safety and promote student wellness through walking. This 3-day curriculum contains lessons and activities that teach pedestrian safety skills through the use of videos, outside simulation activities and art projects. This program has been adapted from Miami Dade's Walk Safe Program.*

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**Lessons include cross curricular connections:**

- Arts and Humanities
- Lifetime Physical Wellness
- ELA
- Science: Environmental wellness

**Materials needed:**

- Technology for videos
- Orange cones for road simulation
- Road sign print outs (one set)
- Pre/Post Test hand outs

## Lesson One Introduction/Video (50 minutes)

**Lesson Objectives:**

The objective of this introductory lesson is to teach students basic vocabulary and safe street crossing behaviors. It is important teens understand they should help younger students/siblings cross the street safely and are responsible for themselves and others.

**Daily learning targets:**

- I can define and use appropriate walker safety vocabulary
- I can identify basic street signs

**Applicable National Standards of Learning:**

**Kentucky Common Core Standard:** positive health habits can help prevent injuries...to self and others NHES: 7

**National Standard 7:** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

**1. Pre Test (5 Minutes) p14****2. ICE BREAKER (10 minutes):**

**Instructions:** Every 4 minutes a walker is hurt in traffic (nationally). Ask students if they know anyone who was hit by a car; then ask why they think pedestrians are hit so frequently.

**Discussion:** Review the following traffic signs and vocabulary words. Larger versions of these signs can be found on page 16-19.



<b>Safe</b>	To be careful and avoid danger.
<b>Pedestrian</b>	A person who is walking.
<b>Curb</b>	Raised pavement between the edge of the road and the sidewalk.
<b>Crosswalk</b>	A marked place to cross the street.
<b>Corner</b>	Where the road bends or turns.
<b>Signals</b>	Lights that tell cars and people when to stop and go.
<b>Intersection</b>	Where multiple roads meet
<b>Visual Screen</b>	An object that blocks your view while crossing.

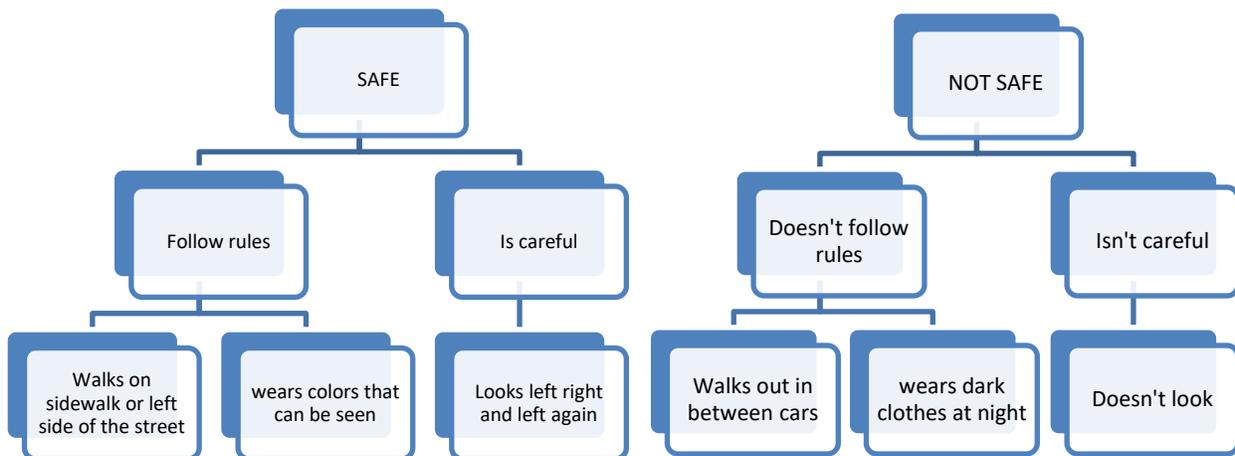
**3. VIDEO (5 Minutes): Play “Pedestrian Safer Journey”**

- <http://www.pedbikeinfo.org/pedsaferjourney/index.html>

**4. CONCEPT MAP (15 Minutes):**

**Instructions:** Ask students what they think safe walkers do vs unsafe walkers. Inform students that they will be learning how to be safe walkers. Create a concept map on the board that reflects students’ current knowledge.

**Discussion:**



**Response:** Since we started there have already been 3 pedestrians hurt in traffic. To prevent being hurt in traffic follow the safe tips. Here are some more safe tips...

**Review these tips and see if class can develop their own WALK acronym.** (Example below)

- Be aware of surroundings (this means not listening to music or talking on the phone)
- Walk against traffic (walk with traffic coming at you, this way you can see cars and they can see you.)
- Follow crosswalks (use buttons whenever possible)
- If someone has been drinking encourage them to walk home with a sober friend or tell a trusted adult.
- When you walk, stop at the curb or the edge of the street before you cross and make sure cars have stopped.
- Look left, look right, and look left again
- Be aware that cars may not stop even if you have the right-of-way.
- Never run across the street or walk out between parked cars; walk when crossing the street.
- Know what the different signs and signals mean and always try to follow them.
- Early in the morning or in the evening and at night, wear reflective and/or light colored clothing, carry a light, and/or wear a flashing light.

### Walk Acronym:

**W**ear bright/reflective clothing

**A**lways be aware of your surroundings

**L**ook left right and left again before crossing

**K**now your signs and signals

#### **5. EXTRA ACTIVITY (15 Minutes) Instructions:**

Ask students what the benefits of walking are and write them on the board.

Environmentally friendly

Good exercise

Free

Fun

**Response:** Walking is good for our bodies because it strengthens our muscles, (ask the children if they know which muscles) keeps our heart active by pumping blood through our bodies more easily, and it's fun! Walking is also good for the environment because it reduces CO2 emissions vehicles give off. **EXTRA (only if you have time)** Carbon dioxide is not bad and occurs naturally in the environment, we even breathe it out. But vehicles release too much carbon dioxide into our environment which can't be absorbed by trees which breathe it in. This causes environmental issues. Think about CO2 like trash. What would happen if the trash man stopped coming?

#### **Key Objectives Lesson Review**

- Pedestrians should be careful and practice safety steps when walking.
- Safe walkers stop, look, and listen for cars before crossing the street.
- Always stop at the curb then look left-right-left before crossing the street.
- Walk on the sidewalk and cross at the corner, not the middle of the street.
- Obey traffic signals and keep looking left-right-left while crossing.

## Lesson 2 Scenarios/Walking Simulation (50 minutes)

### Lesson Objectives:

The objective of this lesson is to teach students skills for crossing the street safely and to teach them traffic signals to aid in their understanding. It is important children understand that they must pay attention, and that sometimes drivers are not paying attention. They must also understand that dark clothing is problematic to wear and that running into the street is an unsafe behavior.

### Daily learning targets:

- I can demonstrate safe behaviors while crossing the street
- I can identify clothing pedestrians should wear
- I can explain why wearing dark clothing is unsafe
- I can explain why running into the street is unsafe
- I can explain why drinking and walking is unsafe

### Applicable National Standards of Learning:

**Kentucky Common Core Standard:** PL-6-S-S-1: explain reasons for safety practices (e.g. pedestrian safety,...staying calm in dangerous situations) for dealing with a variety of health hazards (e.g. walking near motorized vehicles or potentially unsafe or threatening situations) encountered by adolescents NHES: 1

**National Standard 5:** Students will demonstrate the ability to use decision-making skills to enhance health.

### Safe or Unsafe Activity

1. Demonstrate a street walking behavior
2. Discuss why a behavior is safe or unsafe
3. Demonstrate the correct street-crossing behavior

## 1. Review Key Concepts from Lesson 1

- Pedestrians should be careful and practice safety steps when walking.
- Safe walkers stop, look, and listen for cars before crossing the street.
- Always stop at the curb then look left-right-left before crossing the street.
- Walk on the sidewalk and cross at the corner, not the middle of the street.
- Obey traffic signals and keep looking left-right-left while crossing.

## 2. Simulation Game (40 Minutes): How to Play

The objective of the game is to be the first team to get all of its members across the practice street safely. The instructor will ask the first person in each line a question, and whoever raises their hand first and answers correctly will get to cross the practice street. If an incorrect answer is given, that person will go to the end of the line and the other team will be given an opportunity to answer correctly. After answering the question correctly, students will need to demonstrate safe crossing behaviors while crossing the simulated road. If a student fails to cross safely, he/she will go to the end of the line and try again. The game is over when one team gets all of its members across the street safely. To motivate the students you can give the winning team a prize like early dismissal. Remind the students that this is just a game and bullying another student for answering incorrectly will not be tolerated.

<b>Simulation Activity Questions</b>	<b>Question</b>	<b>Answer</b>
1	What is the first thing you do when you get to a street?	Stop at the curb/edge of the street.
2	What do you do next (after you stop, and before you cross)?	Look left-right-left.
3	Does a green light or “WALK” signal always mean go?	No! You have to stop and look left-right-left to make sure it’s safe to cross.
4	What do you do when the “WALK” signal is lit up at a crosswalk?	Stop, look left-right-left, then cross when it is safe.
5	What do you do when the “DON’T WALK” signal is lit up?	Wait for a “WALK” signal.
6	People who walk are known as...	Pedestrians.
7	If you’re not sure if a driver can see you, should you cross?	No! Make eye contact with the driver of the stopped vehicle before you cross.
8	What should you do while crossing the street to make sure you stay safe?	Keep looking in all directions to make sure no cars are coming.
9	What is the definition of a visual screen?	Anything that blocks your view when you are trying to look left-right-left before crossing the street.
10	Give an example of a visual screen.	Car, bus, or bush.
11	If you are trying to cross the street and there is a bus in the way, where should you cross?	In front of the bus.
12	What safety steps should you follow if there is a school bus in the way when you’re trying to cross the street?	Walk ahead until the driver can see you, and then follow the visual screen safety steps before crossing.

14	Is it against the law to walk in the street if there is a sidewalk next to the street?	Yes. It is illegal and unsafe.
15	If you are walking with a group of people, who is in charge of stopping and looking left-right-left before crossing?	Everyone in the group is in charge of their own safety, and should stop and look left-right-left.
16	If the road does not have a sidewalk, where should pedestrians walk?	Walk as far to the left of the road as possible – facing traffic – so that drivers can see you.
17	If you need help crossing a street or to understand pedestrian signals, who can you ask for help?	Crossing guards, AAA school safety patrols, teachers, or other adults that you know.
18	Why are open areas in parking lots dangerous?	Because they are just like streets.
19	In a parking lot, you should watch for cars heading for what?	Open parking spaces.
20	In a parking lot, before you walk behind a parked car, what should you look for?	Backup lights, beeping, or any other indication that the car is backing up.
21	If we look left-right-left, and a car is coming, what should we do?	Wait until it passes, then look left-right-left until it is safe to cross.
23	At an intersection, is it enough to look left-right-left?	No, because you need to look for cars coming from all four directions.
24	Why do we always look left first before crossing a street?	Because cars drive on the right side of the road, so cars coming from our left will be closer to us.
25	What does it mean to be safe?	To be careful so that you don't get hurt.
26	Why might drivers not always see you, even if you see them?	Drivers may not be paying attention, even if you are.
27	Where is the best place to cross the street?	At the corner or crosswalk.
28	It's good to pay attention with your eyes, but what other sense can help you stay safe?	Hearing.
29	What kinds of sounds should you listen for when crossing the street?	Engines, horns, backing up, and beeping sounds.
30	When you're at an intersection, where should you stand to wait for a "WALK" signal?	On the curb/ edge of the street.

### **Key Objectives Lesson Review**

- Knowing the difference between safe and unsafe ways to cross the street is an important part of being a safe pedestrian.
- Safe walkers look and listen for cars before crossing the street.
- Always stop and look left-right-left before crossing the street.
- Always cross at the crosswalk or corner if possible.
- Always walk on the sidewalk, not the street. If there is no sidewalk, walk on the left edge of the street, so drivers can see you.
- Obey traffic signals and continue looking left-right-left while crossing.
- Always pay attention when walking into the street and never run into the street
- Always make sure drivers can see you and don't wear dark clothing at night

## Day 3: Poster Contest/Test (50 minutes)

### Lesson Objectives:

The objective of the final lesson is for students to demonstrate what they have learned.

### Daily learning targets:

- I can identify what I can do to safely cross the street
- I can share my knowledge with my family and peers

### Applicable National Standards of Learning:

**Kentucky Common Core Standard:** PL-6-S-U-1: safety practices and procedures help prevent injuries and provide a safe environment NHES: 1

**National Standard 4:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

### 1. POSTER CONTEST (30 Minutes to Create, 10 Minutes to Present Designs):

**Instructions:** Each student designs and produces a creative poster containing a Walk Sense pedestrian safety/health message. Each student describes his/her completed poster and explains its message (if time permits). Teacher/school personnel select ONE winning poster.

#### Discussion: Poster Theme Ideas

Safety steps to follow before/while crossing the street

Dangers to look out for while crossing the street

Health benefits of walking to/from school

### 2. POST TEST (10 Minutes) p11

**Directions:** Circle best answer choice and raise your hand for any questions.

1. When crossing the street you look...
  - A. Left, then right
  - B. Right then left
  - C. Left, right, and left again
  - D. Right, left, and right again
2. If a sidewalk is not available where do you walk?
  - A. Walk facing traffic
  - B. Walk facing away from traffic (back turned)
  - C. There is always a sidewalk
  - D. Walk anywhere
3. If you are late going somewhere, can you run across the street?
  - A. Never
  - B. If no cars are coming
  - C. If the crosswalk says WALK
  - D. Always
4. Walking is good because...
  - A. It's good for the environment because less gas emissions are released into the air.
  - B. It's good exercise
  - C. It's fun
  - D. All of the above
5. Talking to friends while walking can be a distraction, what else can be a distraction?
  - A. Listening to music
  - B. Talking on a cell phone
  - C. Texting
  - D All of the above
6. It is important for children under \_\_\_\_ to walk with an adult or older sibling?
  - A. 15
  - B. 12
  - C. 10
  - D. 9
7. You are about to cross a crosswalk when the walk signal changes from  to . What do you do?
  - A. Run across the street so you make it in time.
  - B. Look to make sure no cars are coming and then cross.
  - C. Stop and wait for the next signal.
8. Before you cross a street you always have to stop and look for drivers, but aren't drivers supposed to do this? Why do you have to?
  - A. Driver's may get distracted and not see you.
  - B. You shouldn't have to look,
  - C. Even if a driver does see you, they may not have time to stop.
  - D. Both A & C
9. It is getting dark outside and you want to walk to a friend's house? What do you wear?
  - A. A big coat
  - B. Bright/ reflective clothing
  - C. Dark clothing
10. Which is an example of a visual screen?
  - A. Bush
  - B. A car that is blocking your view.
  - C. A fallen tree
  - D. All of the above

# Signs







**DONT  
WALK**

# Walk Sense One-Day Curriculum Middle School

## Lesson Objectives:

The objective of this introductory lesson is to teach students basic vocabulary and safe street-crossing behaviors. It is important that children understand they need an adult or older sibling present before they can cross the street until they are ten years old.

## Daily learning targets

- I can define and use appropriate walker safety vocabulary
- I can identify basic street signs
- I can understand personal safety

## Applicable National Standards of Learning:

**Kentucky Common Core Standard:** PL-4-PW-U-6: positive health habits can help prevent injuries...to self and others NHES: 7

**National Standard 7:** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

1. **Pre Test (5 minutes):** Give students the Pre Test. Remind them that we are asking them what they know already. It is not for a grade. (p14)
2. **ICE BREAKER (10 minutes):**

**Instructions:** Ask students to raise their hands if they have ever walked to school or around their neighborhood. Maybe they have even walked with their parents or older siblings during Thunder over Louisville or at the Kentucky State Fair. Inform students that at some point we all walk, and they will be learning important ways to keep themselves safe while walking.

**Discussion:** Review the following traffic signs and vocabulary words. Larger versions of these signs can be found on page 14-18.

## Vocabulary:

<b>Safe</b>	To be careful and avoid danger.
<b>Pedestrian</b>	A person who is walking.
<b>Curb</b>	Raised pavement between the edge of the road and the sidewalk.
<b>Crosswalk</b>	A marked place to cross the street.
<b>Corner</b>	Where the road bends or turns.
<b>Signals</b>	Lights that tell cars and people when to stop and go.
<b>Left/Right</b>	*Have students extend their left arm and form the shape of an “L” with their hands to practice identifying left and right.

<b>Intersection</b>	Where multiple roads meet.
<b>Visual Screen</b>	An object that blocks your view while crossing.

**2. VIDEO: Play “Pedestrian Safer Journey” (4 minutes 54 seconds)**

- <http://www.pedbikeinfo.org/pedsaferjourney/index.html>

**3. Review these tips and see if class can develop their own WALK acronym (10 Minutes):**

- Be aware of surroundings (this means not listening to music or talking on the phone)
- Walk against traffic (walk with traffic coming at you, this way you can see cars and they can see you.)
- Follow crosswalks (use buttons whenever possible)
- If someone has been drinking encourage them to walk home with a sober friend or tell a trusted adult.
- When you walk, stop at the curb or the edge of the street before you cross and make sure cars have stopped.
- Look left, look right, and look left again
- Be aware that cars may not stop even if you have the right-of-way.
- Never run across the street or walk out between parked cars; walk when crossing the street.
- Know what the different signs and signals mean and always try to follow them.
- Early in the morning or in the evening and at night, wear reflective and/or light colored clothing, carry a light, and/or wear a flashing light.

**Walk Acronym:**

**W**ear bright/reflective clothing

**A**lways be aware of your surroundings

**L**ook left right and left again before crossing

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#### 4. Simulation Game (15 Minutes): How to Play

The objective of the game is to be the first team to get all of its members across the practice street safely. The instructor will ask the first person in each line a question, and whoever raises their hand first and answers correctly will get to cross the practice street. If an incorrect answer is given, that person will go to the end of the line and the other team will be given an opportunity to answer correctly. After answering the question correctly, students will need to demonstrate safe crossing behaviors while crossing the simulated road. If a student fails to cross safely, he/she will go to the end of the line and try again. The game is over when one team gets all of its members across the street safely. To motivate the students you can give the winning team a prize like early dismissal. Remind the students that this is just a game and bullying another student for answering incorrectly will not be tolerated.

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27	Where is the best place to cross the street?	At the corner or crosswalk.
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29	What kinds of sounds should you listen for when crossing the street?	Engines, horns, backing up, and beeping sounds.
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### **Key Objectives Lesson Review**

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- Safe walkers look and listen for cars before crossing the street.
- Always stop and look left-right-left before crossing the street.
- Always cross at the crosswalk or corner if possible.
- Always walk on the sidewalk, not the street. If there is no sidewalk, walk on the left edge of the street, so drivers can see you.
- Obey traffic signals and continue looking left-right-left while crossing.
- Always pay attention when walking into the street and never run into the street
- Always make sure drivers can see you and don't wear dark clothing at night

### **5. Post Test (5 Minutes)**