

Road Safety Resources – Out of School Settings

Unformed Youth Organisations – Rainbows and Brownies

Rainbows (5 to 7)



Rainbows is for girls aged 5 to 7 and is all about developing self-confidence, building friendships, learning new things and having fun. Rainbows follow a programme called the **Rainbow Jigsaw**, through which they can take part in lots of different activities with girls their own age.

- **Look** - Girls are encouraged to look around them and learn about their own environment and community.
- **Learn** – such as about road safety.
- **Laugh**
- **Love**

What Road Safety skills are relevant to this age group?

Overall objective: I'm learning to travel safely with an adult

1. I know that pedestrians walk on the pavement and vehicles travel on the road
2. I know how to walk safely with a grown up and hold hands when walking near the road
3. I know safer crossing places and how to use them
4. I know the Stop, Look, Listen and Think sequence (Green Cross Code)
5. I know how to ride a bike/scooter and cycle/scoot safely
6. I know why I need a child car seat when I travel in a car
7. I know how to behave when I travel in a car or a bus
8. I know how to be seen in the dark
9. I know how to keep safe in the holidays

(Adapted from: PHE and RoSPA (2016) Road injury prevention: Resources to support schools to promote safe active travel – Public Health England). *'Road Safety Campaign: Education Resource Review Findings'* 3 August 2016.

Free Resources



1. Think! Resource Centre

Think! Is the Department of Transport's road safety campaign. The Think! Resource Centre is a one stop source of road safety education materials.

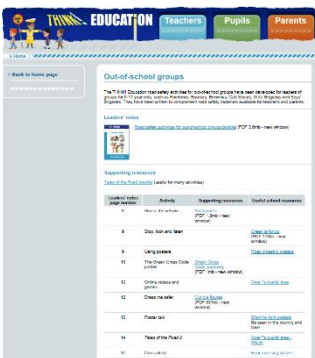
<http://think.direct.gov.uk/resource-centre/>

Here you will find a range of lesson packs that will help you deliver road safety topics to children aged 5 to 7. Each lesson pack contains a lesson plan, activity sheets and posters.

Themes: **Be bright be seen** (activity sheets: make me bright, posters – be seen in the country, be seen in the town, home - link sheet – know the road), **crossing the road safely with an adult** (activity sheets and posters – puffin and

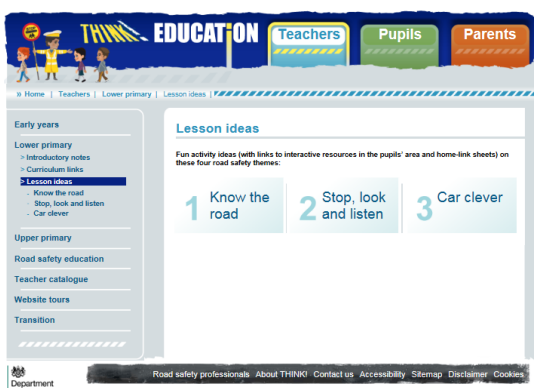
zebra crossings, crossing the road poster and stop look listen home - link sheet), **how to behave near traffic** (activity sheets: Holding hands, Match the traffic, posters – playing safe and busy traffic and Know the road home - link sheet) and **in car safety** (posters – booster cushion, booster seat and car seat and home - link Sheet – Car Clever).

2. Think! Education – Out of School Groups



Downloadable activities and supporting resources to accompany the **Road Safety Activities for Out of School Groups Booklet** e.g. guess the vehicle flashcards, Green Cross Code jumble, dress me safer cut out figures, crossings pictures, snakes and hazards board game, design a helmet outline, bike outline template, in car posters, matching road signs and road sign bingo games.

<http://think.direct.gov.uk/education/early-years-and-primary/out-of-school-groups/>



3. The Think! Education – Early Years

<http://think.direct.gov.uk/education/early-years-and-primary/teachers/lower-primary/>

Has some further relevant information to download relevant to this age group.

Parents: Recognizing traffic, holding hands, finding the safest place to cross the road, how children can be seen more easily, safer places to cross, the Green Cross Code, car seats boosters and seat belts, cycle

safety, downloadable Home – Link activity sheets (Know the Road, Stop Look and Listen and Car Clever – in car safety)

Teachers/leaders – see Lesson Ideas – Know the Road, Stop look listen and Car Clever.

Pupils – lots of interactive road safety games.

Other sources

Rainbows Guides Notes for Leaders.

Kind permission of Cornwall Fire and Rescue Service.

<https://www.cornwall.gov.uk/media/17071130/rainbow-guides-leaders-notes.pdf>

See also Resources for Brownies.



Brownies (7 to 10)

Brownies is for girls aged 7 to 10 who follow the Brownie Adventure Programme in their regular meetings. They work towards interest badges related to activities and skills such as

Road Safety and Cyclist.

<https://brownies.girlguiding.org.uk/brownies/badges/roadsafety.asp>

<https://brownies.girlguiding.org.uk/brownies/badges/cyclist.asp>

To earn a badge, a Brownie needs to complete a set of tasks and often learn some specific things. The table includes some specific information relevant to the task. General websites and resources are noted below the table.



Road Safety

| Task | Resources | Interactive activities and games for children |
|--|--|---|
| <p>1. Take a photograph or draw a picture of:</p> <ul style="list-style-type: none"> - a safe crossing place - an unsafe crossing place. <p>Show you understand the differences.</p> | <p>http://think.direct.gov.uk/education/early-years-and-primary/parents/5-to-7s/teaching-your-child-to-cross-the-road-safely/</p> <p>Includes images of safer places to cross.</p> <p>http://www.roadwise.co.uk/schools/using-the-road/green-cross-code/</p> <p>Includes pictures of safe and unsafe places to cross. (North Yorks CC).</p> <p>http://think.direct.gov.uk/education/early-years-and-primary/docs/theme_1e_activity_3_walking_near_traffic.pdf</p> <p>Crossings posters.</p> | <p>http://think.direct.gov.uk/education/early-years-and-primary/media/safest_place/ Simple interactive map which asks the child to identify 6 safe crossing places.</p> <p>http://talesoftheroad.direct.gov.uk/safer-place-to-cross.php Interactive game moving a boy along a route identifying safe crossing places. Also an activity sheet and word search, TV ad (boy who didn't look for a safe place to cross).</p> <p>http://think.direct.gov.uk/education/early-years-and-primary/media/cross-safely/</p> <p>Interactive game involving young boy - Az and Mum looking to cross the road safely. Have to avoid bus stops and bends in road and use pedestrian crossings safely.</p> |
| <p>2. Know the Green Cross Code and explain how to cross roads safely.</p> | <p>http://think.direct.gov.uk/education/early-years-and-primary/parents/7-to-11s/the-green-cross-code/</p> <p>Clear written description of the Green Cross Code.</p> <p>http://think.direct.gov.uk/education/early-years-and-primary/docs/lower-primary/hls_theme2.pdf</p> | |

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| | <p>Stop, Look, Listen Home – Link activity sheet aimed at Parents & carers. Includes a simple quiz.</p> <p>http://think.direct.gov.uk/education/early-years-and-primary/docs/theme_1b_activity_2_walking_near_traffic.pdf</p> <p>Green cross code jumble game.</p> | |
| <p>3. Do both of the following.</p> <p>-Design an outfit to help someone be easily seen when walking near roads at night or in bad weather. Describe what materials you would use and why.</p> <p>-Design a cycle helmet. Know why wearing a</p> | <p>http://think.direct.gov.uk/resource-centre/key-stage-1/be-bright-be-seen</p> <p>https://brightkidz.co.uk/road-safety/how-does-high-vis-work</p> <p>General advice and information</p> <p>http://think.direct.gov.uk/education/early-years-and-primary/parents/7-to-11s/Be-bright-be-seen/</p> <p>Includes activity sheet: make me bright.</p> <p>http://think.direct.gov.uk/education/early-years-and-primary/teachers/lower-primary/lesson-ideas/know-the-road/c-activity-2/</p> <p>Two dusk street scene posters plus an activity sheet</p> <p>http://www.cornwall.gov.uk/community-and-living/cornwall-fire-and-rescue-service-homepage/keeping-safe/road-safety/be-a-safer-pedestrian/be-safe-be-seen/</p> <p>Interesting idea of a ‘Twilight Trail’ from Cornwall Fire and Rescue/Cornwall Council.</p> <p>https://www.nationwideeducation.co.uk/www/downloads/flash/teachers_answer-sheet_ks1-ks2.pdf</p> <p>Street Smart Quiz for KS1 (ages 4 – 7)</p> <p>http://think.direct.gov.uk/education/early-years-and-primary/docs/theme_2_activity_2_cycling.pdf</p> <p>Cycle helmet template.</p> <p>http://www.rospa.com/rospaweb/docs/advice-services/road-safety/teachers/school_assembly-plans.pdf</p> | <p>http://talesoftheroad.direct.gov.uk/cycling-safety.php</p> |

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| <p>helmet is very important.</p> | <p>Includes Be Bright Be Seen themed assembly outline.</p> <p>http://bikeability.org.uk/manage/wp-content/uploads/Cycling_Helmet_Template.pdf</p> <p>Get Cycling! Helmet template.</p> | |
| <p>4. Know the order of traffic lights and what the different colours mean. Make up a game or activity for other Brownies based on traffic lights.</p> | <p>http://think.direct.gov.uk/education/early-years-and-primary/pupils/over-7s/read/tales-of-the-road/</p> <p>Junior Highway Code pg. 27 Traffic lights</p> <p>http://www.helpmykidlearn.ie/activities/3-4/detail/traffic-lights-game</p> <p>Simple game.</p> <p>https://www.onlinescoutmanager.co.uk/programme.php?action=view&id=6490</p> <p>A run around game designed by a Beavers Leader.</p> <p>http://guidinguk.freeservers.com/favourite-games.html#trafficlights</p> <p>Another Leader's Traffic Light game suggestion.</p> | |
| <p>5. Do both of the following.</p> <ul style="list-style-type: none"> - Look at the road signs and markings shown in the Highway Code. Know the difference between circular, triangular and rectangular signs. Point out one example of each and explain what they mean. - Explain the meaning of some signs and markings when shown a picture of them. | <p>http://think.direct.gov.uk/education/early-years-and-primary/pupils/over-7s/read/tales-of-the-road/</p> <p>Junior Highway Code pg. 24 – 27 Road signs and markings</p> <p>http://think.direct.gov.uk/education/early-years-and-primary/teachers/upper-primary/lesson-ideas/ready-to-ride/activity-4/</p> <p>Sign language activity/quiz sheet.</p> <p>http://think.direct.gov.uk/education/early-years-and-primary/docs/theme_4_activity_5_signs_signals.pdf</p> | |

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| | Road sign bingo game. | |
| 6. Do both of the following. - Know how to keep safe when going out without an adult. - Make a poster or game about what to do if lost or separated from your carer or friends. | http://www.rosipa.com/school-college-safety/teaching-safely/school-transport/ Notes on considering the safety of the route and the child's pedestrian skills and abilities. https://www.verywell.com/what-to-teach-a-child-to-do-when-lost-620557 https://www.kidpower.org/library/article/safety-on-the-way-to-school-guidelines/ https://www.nidirect.gov.uk/articles/keeping-young-children-and-teens-safe-while-out-and-about http://www.childalert.co.uk/article.php?articles_id=63 | |



| Task | Resources | Possible activities and further information |
|--|--|---|
| 1. Show how to check that a bicycle is safe to ride. Show how to check that the chain, brakes and tyres are all in good order. | http://think.direct.gov.uk/education/early-years-and-primary/docs/theme_2_activity_3_cycling.pdf Beetle bike – identify and draw parts of a bike using this template. http://scouts.org.uk/media/352827/How-Tos-Leaders-FINAL.pdf Cubs Cyclists How To's Activity Pack (Halfords/Scouts) http://www.sustrans.org.uk/what-you-can-do/cycling/your-bike/bicycle-maintenance-made-easy/m-check-your-bike The 'M' cycle safety check in 11 steps. Includes a video. | Ask a parent with cycling experience to give a simple demonstration. Contact local bike shop and cycling club. |

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| <p>2. Do the following.</p> <p>Wear clothing that is safe for cycling.</p> <p>Explain why it is important to be seen when cycling.</p> <p>Know where to find details of lighting-up time.</p> <p>Show how to keep lights and reflectors in working order.</p> | <p>http://think.direct.gov.uk/education/early-years-and-primary/docs/tales_of_the_road.pdf</p> <p>Tales of the Road - A Highway Code for Young Road Users. See cycling pages.</p> <p>https://www.gov.uk/guidance/the-highway-code/rules-for-cyclists-59-to-82</p> <p>Rules for cyclists (Rule 60 – lights and reflectors).</p> | <p>Talk about fluorescent or light coloured clothing in the day and use of reflective materials and plastics at dusk/dawn and at night.</p> <p>Very good article – ‘Why Hi Vis for Children?’ at https://brightkidz.co.uk/road-safety/why-high-vis-children</p> |
| <p>3. Make a simple repair kit to carry with you when cycling. Bring it to the test and show how to use the items.</p> | <p>http://www.sustrans.org.uk/what-you-can-do/cycling/your-bike/bike-accessories-and-clothing-cyclists</p> <p>Essential bike accessories checklist</p> | <p>Basic repair kit should include:</p> <p>Spare inner tube, puncture repair kit, tyre levers, pump and multi tool.</p> <p>Puncture repair advice and video at:</p> <p>http://www.sustrans.org.uk/what-you-can-do/cycling/your-bike/bicycle-maintenance-made-easy/how-repair-bicycle-puncture-video</p> |
| <p>4. In a safe area, safely ride your bicycle:</p> <p>in and out of a line of blocks or cones</p> <p>using the brakes correctly.</p> | <p>Opportunity perhaps to involve a parent or two who are experienced cyclists. Also try local bike shop and cycling clubs/CTC.</p> <p>Children aged 10 or 11 may get opportunity to take Bikeability cycle training at school.</p> <p>https://bikeability.org.uk/</p> | <p>http://talesoftheroad.direct.gov.uk/cycling-safety.php</p> <p>Interactive pages for children on Tales of the Road website.</p> <p>http://www.sustrans.org.uk/what-you-can-do/children-and-families/cycling-kids/teach-your-child-ride-bike-without-stabilisers</p> <p>http://www.islabikes.co.uk/info-hub/teaching-your-child-to-ride</p> <p>Learn to ride help.</p> |
| <p>5. Go cycling with the tester or an adult you know. Show that you understand:</p> <p>the Highway Code for cyclists</p> <p>hand signals that cyclists use</p> <p>how to carry essential items.</p> | <p>http://think.direct.gov.uk/education/early-years-and-primary/pupils/over-7s/read/tales-of-the-road/</p> <p>See cycling pages.</p> <p>http://www.sustrans.org.uk/what-you-can-do/cycling/cycling-safety-and-rules/cycling-signs-and-road-markings</p> | <p>Encourage children/parents to ask about Bikeability cycle training through school. Teaches all the basics. Mainly delivered in year 6.</p> |
| <p>When riding a bicycle you must wear a helmet that fits you and is not damaged.</p> | <p>http://www.helmets.org/nhtsafit.pdf</p> | <p>Discuss whether Brownies think it should be the law to wear a helmet e.g. in Australia.</p> |

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| | <p>Easy steps to properly fit a Bicycle Helmet.</p> <p>https://at.govt.nz/cycling-walking/cycle-safety/</p> <p>Useful images to show a correctly fitted helmet.</p> <p>http://www.islabikes.co.uk/info-hub/islabikes-guide-to-fitting-a-helmet-111</p> <p>Guide to buying and fitting a helmet by this specialist children’s bike company.</p> | |
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Free Resources



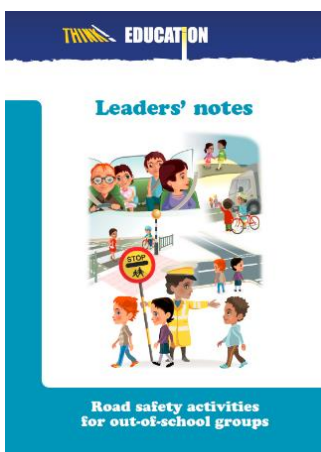
Think! Resource Centre

The Think! Resource Centre is a one stop source of THINK! road safety education materials.

<http://think.direct.gov.uk/resource-centre/>

Here you will find a range of lesson packs that will help you deliver a range of road safety topics to children aged 7 to 11. Packs contains a lesson plan, activity sheets and posters.

Themes: **Be bright be seen** (activity sheets and posters as for Rainbows, home – link sheet – Green cross code and quiz), **crossing the road safely on your own**, (mainly interactive games for pupils based on green cross code), **crossing the road safely with an adult** (activity sheets and posters – puffin and zebra crossings, crossing the road poster and stop look listen home link sheet), cycle safety, in car safety and pedestrian safety.



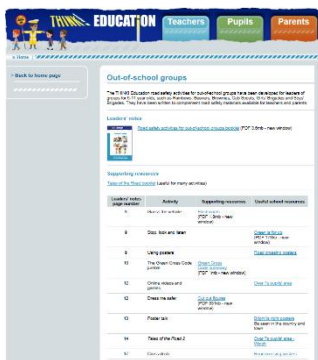
‘Road Safety Activities for Out of School Groups – Leaders Notes Booklet’

This booklet and the accompanying resources are aimed at leaders of groups such as Rainbows, Beavers, Brownies and Cub Scouts

Includes walking near traffic, recognising traffic, crossing the road, bright is right, walk safer, using road crossings, cycling, in-car safety and signs and signals.

http://think.direct.gov.uk/education/early-years-and-primary/docs/out_of_school_booklet.pdf

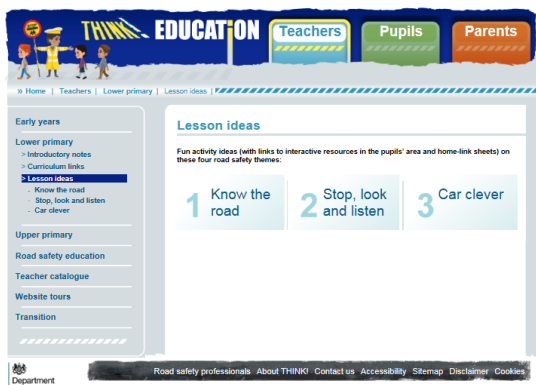
Hard copies available from <http://shop.dft.gov.uk/thinkshop/>



Think! Education – Out of School Groups

Downloadable activities and supporting resources to accompany the **Road Safety Activities for Out of School Groups Booklet** e.g. guess the vehicle flashcards, Green Cross Code jumble, dress me safer cut out figures, crossings pictures, snakes and hazards board game, design a helmet outline, bike outline template, in car posters, matching road signs and road sign bingo games.

<http://think.direct.gov.uk/education/early-years-and-primary/out-of-school-groups/>



The Think! Education – Upper Primary

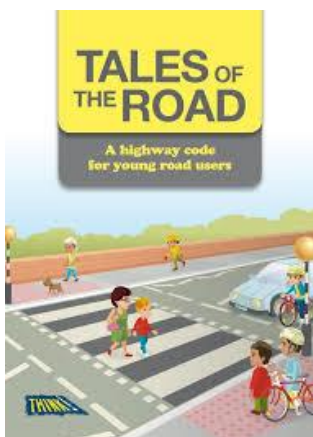
<http://think.direct.gov.uk/education/early-years-and-primary/teachers/upper-primary/>

Has some further relevant information for teachers/leaders and parents of children aged 7 to 11.

Parents: Green cross code, be bright be seen, car seats boosters and belts, cycle safety, making independent journeys,

Teachers/leaders – see Lesson ideas – The road ahead, careful crossing, ready to ride? Car wise.

Pupils – interactive games.



Tales of the Road

A highway code for young road users is available on this site. Covers pedestrian safety and the Green Cross Code, cycle safety, travelling in the car and on public transport, road signs and markings and a handy glossary. Most suitable for Key Stage 2 pupils (7-11 year olds).

<http://think.direct.gov.uk/education/early-years-and-primary/pupils/over-7s/read/tales-of-the-road/>

Hard copies available from <http://shop.dft.gov.uk/thinkshop/>



Road Safety Matters - Parents Guide to Road Safety.

This booklet explains The Green Cross Code, Be bright be seen, Car seats and Cycling. <http://talesoftheroad.direct.gov.uk/pdf/RoadSafetyMattersGuide.pdf>

Hard copies available from <http://shop.dft.gov.uk/thinkshop/>



Cubs and RAC/Halfords

RAC partner the Cub Road Safety Activity Badge and have produced activities and resources to support the Cubs Road Safety Activity badge e.g. Know your (pedestrian) crossings and Night Smart (road signs) activity sheets.

<http://fundraising.scouts.org.uk/rac>

Also a Halfords Cub Cyclist How To's Activity Pack to help with their Cub Cyclist Activity badge.

<http://fundraising.scouts.org.uk/halfords>



Bikeability

The site of Bikeability, today's cycle training programme. Useful resources page with templates and activity sheets to download.

<https://bikeability.org.uk/>



3M Streetwise

The content was written by teachers with the help of the Department for Transport and Brake, the road safety charity.

<http://www.3m.co.uk/intl/uk/3mstreetwise/teachers.htm>



Roadwise

A website produced by The 95 Alive York and North Yorkshire Road Safety Partnership providing excellent range of teachers resources, road safety games and activities, children tips and advice, safe cycling etc.

<http://www.roadwise.co.uk/schools/>

Road Safety in the Primary Curriculum: Resources for Key Stage 1 and 2

<http://www.roadwise.co.uk/wp-content/uploads/2015/09/Road-Safety-in-the-Primary-Curriculum.pdf>



Junior Road Safety Officers

<http://www.jrso.com/playandlearn/>



Pinterest

See people's photo collections related to Brownies and road/cycle safety e.g.

[https://uk.pinterest.com/search/pins/?q=brownies%20road%20safety&rs=typed&term_meta\[\]=brownies%7Ctyped&term_meta\[\]=road%7Ctyped&term_meta\[\]=safety%7Ctyped](https://uk.pinterest.com/search/pins/?q=brownies%20road%20safety&rs=typed&term_meta[]=brownies%7Ctyped&term_meta[]=road%7Ctyped&term_meta[]=safety%7Ctyped)



Rospa

<http://www.rospa.com/road-safety/resources/free/teachers/>



Brake

Teaching road safety: guide for educators

<http://www.brake.org.uk/educators>

See pages 6 and 7 for Early Years teaching ideas. Additional options include taking part in your own Beep Beep! Day (free resource pack) and Brake's national Road Safety Week (free action pack) in November.

<http://www.brake.org.uk/beepbeepday>

<http://www.roadsafetyweek.org.uk/>



Sustrans

Charity with lots of cycling information on its website.

Charged Resources



Brownies Road Safety Pack (Recommended)

<http://www.room9media.com/brownies-cubs.html>

Features structured activities and games for Brownies, addressing all requirements of their new road safety badge. Written by a road safety professional.

Twinkle

<http://www.twinkl.co.uk/resource/t-t-4342-crossing-the-road-safe-and-unsafe-sorting-cards>

TES Teaching Resources

Lesson plans, schemes of work, presentations and student activities. Site for teachers. Some items are charged.

<https://www.tes.com/>

General ideas and activities from Leaders and Groups

<http://1stcranwellbrownies.org.uk/Pages/RoadSafety.html>

Outlines how the road safety badge was completed over two weeks – which activities were used.

<https://www.cornwall.gov.uk/media/17071106/brownies-activity-book.pdf>

Brownies Road Safety Badge Activity Book – Cornwall Fire and Rescue Service/Cornwall Council.

Ray Hughes, Active Travel and Road Safety Officer. Mouchel
Longden Road Depot, 107 Longden Road. Shrewsbury SY3 9EL.

Ray.hughes@mouchel.com

February 2017.

