

Cross the road safely

Think first – find a safe place to cross

Stop – stand one step back from the kerb

Use your eyes and ears – look and listen for traffic coming from all directions

Wait until it's safe to cross
– if there is traffic coming, wait until it's passed and then look and listen for traffic again

Look and listen – when there is no traffic coming, walk quickly, straight across the road – look each way for traffic while you cross

My name is:

Why walk to school? Walking helps you and helps the planet!

You can...

- have fun with friends
- learn how to cross the road safely
- help reduce air pollution
- get some exercise and feel good
- walk with trusted adults, friends or a group from your neighbourhood

Record your progress

Keep this card in your school bag and mark the days you walk, cycle, scooter or skateboard all or part of the way to school. See if you can fill up all the days!



How often I've walked this week



