This worksheet is designed for children to work on with a parent or carer. Read the information together and then help them to do the activity.

<table>
<thead>
<tr>
<th>Have a look around the Facility. Look at the mural on the wall. Count the bikes and scooters in the artwork.</th>
<th>Practice crossing the road at the “Zebra Crossing”. Remember to look right and left and right again.</th>
<th>Look at the Traffic Light. Talk about the colours of the lights and what they mean.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Look at the roundabout. Talk about keeping to the left on roundabouts and watching for traffic coming from the right.</td>
<td>Look at the Stop sign. Talk about what the sign means.</td>
<td>Put on a helmet. Make sure that the helmet is tightened correctly and that the front is level so that noses are protected.</td>
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<tr>
<td>Check that your bike or scooter is safe to ride. Check that the tyres are full of air.</td>
<td>Ride your bike or scooter around the “road”. Make sure that you stop at the traffic light if it is red and at the Stop sign.</td>
<td>Have a drink of water. It is important to have lots of water, especially when exercising. (Use the fill station if you need too).</td>
</tr>
</tbody>
</table>
Songs and stories to share

**Song: Twinkle, twinkle traffic light**

Twinkle, twinkle traffic light
Standing on the corner bright
Red means stop
Green means go
Yellow means wait
We all know
Twinkle, twinkle traffic light
Standing on the corner bright

**Song: Stop at the Lights**

Stop at the lights
Look both ways
Look both ways again
Wait for the traffic
To come to a stop
Then cross the road, with a friend.