

Helmets Protect Your Head!

Helmets are designed to protect your skull and your brain inside of it. It must fit correctly to do its job. This is how your helmet should fit:

- ✓ Snugly, but not tightly, all around with no spaces between the foam and the head.
- ✓ Not sit too high or too low on the head.
- ✓ Front – two fingers width above eyebrows
- ✓ Back – not touch the top of the neck
- ✓ Able to see straight-forward and side-to-side
- ✓ Chin strap – snug but not tight, no more than one or two fingers fit between chin and strap

Why?

Your brain is like a computer for your body. It controls how and what your body does. If it is injured, it cannot do its job correctly.

Your body comes equipped with a skull to protect your brain. However, your skull is made of bone, and it can break. Wearing a helmet adds protection to your head. You can prevent a head injury!

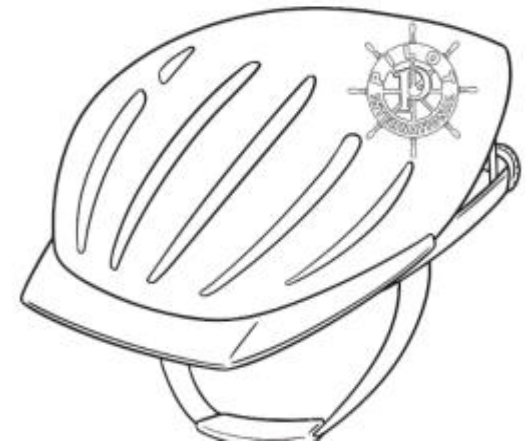
WORD SEARCH

Helmet Safety



- | | | |
|------------|----------|---------|
| Aware | Bicycle | Brain |
| Chin | Fit | Health |
| Helmet | Hero | Injury |
| Laws | Listen | Look |
| Safety | Scooters | Signals |
| Skateboard | Skates | Skull |
| Storm | Strap | Wind |

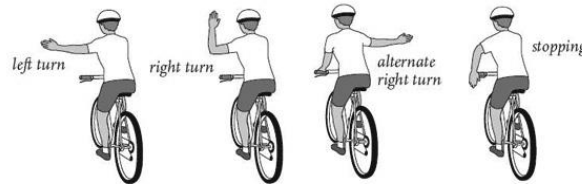
Be A Helmet Hero



Grades 3 and 4

Brought to you by:

Hand Signals



DECIPHER THE MESSAGE

Secret Code

A C
1 2 3 4 5 6 7 8 9

10 11 12 13 14 15 16 17 18

T Z
19 20 21 22 23 24 25 26

Be Safe!



Stop



Look



Listen

Obey traffic laws.

Wear light colored or reflective clothing.

Use safety equipment.

Be aware of your surroundings.

Can you do it?

HE _____ T
8 5 12 13 5 20 19 16 18 15 20 5 3 20

__O__ W__
25 15 21 18 2 18 1 9 14. 23 5 1 18

A W
1 8 5 12 13 5 20 23 8 5 14

I B
18 9 4 9 14 7 25 15 21 18 2 9 11 5,

_____, O
19 3 15 15 20 5 18, 15 18

S
19 11 1 20 5 2 15 1 18 4 15 18

_____, O
23 8 5 14 25 15 21 7 15

_____. Y
19 11 1 20 9 14 7. 25 15 21

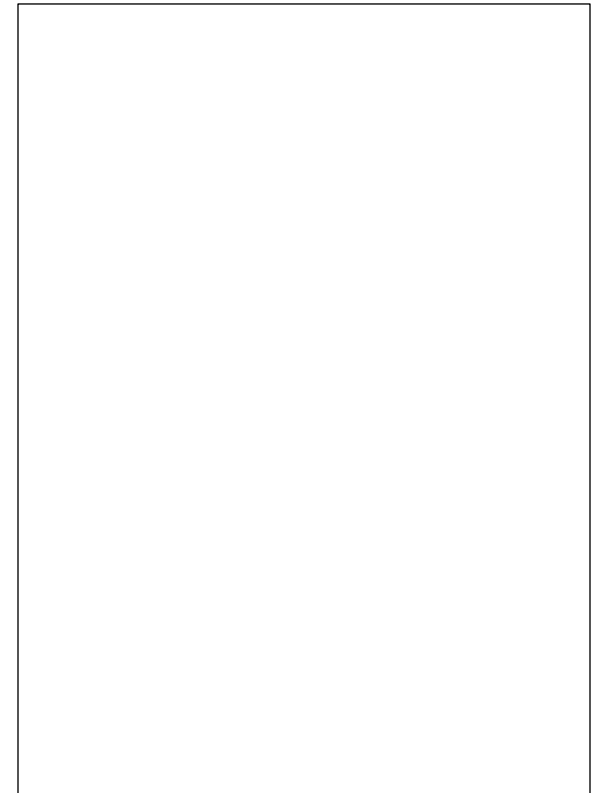
C
3 1 14 5 22 5 14 23 5 1 18

_____, A
15 14 5 4 21 18 9 14 7 1

_____, S
2 1 4 19 20 15 18 13.

Design Your Own Helmet

How do you think a helmet should look?
Think about what a helmet is supposed
to do and incorporate that into your
design.



_____, _____, _____
25 15 21 1 18 5 1

_____, _____!
8 5 12 13 5 20 8 5 18 15!