Helmets keep your brain safe!
Helmets should fit correctly.
Your helmet should fit level on your head and cover your forehead.
Straps must lie flat and not be loose.
The chin strap should fit snugly. You should have one finger width between chin and chin strap.
Helmet should not be damaged or have paint or numerous/multiple stickers on it.

You can wear your helmet while doing many things!

Unscramble the Letters

CEI AKTSE

_______________________________

RLELOR DLAED

_______________________________

TKESA AODRB

_______________________________

OTOCRES

Bicycle Safety Word Search

| B | Y | D | P | H | E | L | M | E | T | J | L | E | H |
| Q | I | W | B | E | A | O | G | C | R | Y | E | A | A |
| P | H | C | U | Q | C | X | R | M | A | P | D | O | N |
| A | Y | J | Y | L | E | O | O | F | F | Y | E | S | D |
| O | D | M | U | C | P | W | A | V | F | C | R | B | L |
| S | Q | X | Z | N | L | D | F | I | W | A | H | E |
| A | E | G | O | I | K | E | B | H | C | C | S | K | B |
| F | R | M | J | T | B | N | G | M | S | J | F | S | A |
| E | A | I | E | G | R | E | E | N | C | E | D | H | R |
| T | G | F | V | A | Y | M | S | J | L | Z | A | I | S |
| Y | I | E | L | D | B | P | G | T | P | O | Q | T | W |
| Z | O | J | Z | V | N | L | A | V | O | U | L | R | A |
| K | E | P | U | R | W | D | O | P | T | P | X | K | E |
| T | R | A | F | F | I | C | E | S | L | A | D | E | P |

BICYCLE
GO
GREEN
HANDLEBAR

HELMET
PEDALS
RED
ROAD

SAFETY
STOP

TRAFFIC
YELLOW

YIELD

Bicycle Safety Tips

✓ Wear a Helmet
✓ Wear Light Colored Clothes
✓ Know Hand Signals
✓ Obey Traffic Laws
✓ Watch for Road Hazards
✓ Avoid Riding at Night

Always look Both Ways Before Crossing the Street!

Be a Helmet Hero

Grades 1-2

Brought to you by:

The Helmet People
WWW.THEHELMETPEOPLE.COM
You are a Helmet Hero!

Bike Safety Quiz

1. What should you always wear on your head when riding your bike?
2. What type of clothes should you wear when riding your bike?
3. If you ride at night, what equipment does your bike need?
4. Do bikes follow traffic laws?
5. What do you check before riding your bike?

What do the signs say?

A. No Bicycles  E. Yield
B. Stop  F. One Way
C. Keep Right  G. Bicycle Route
D. No Left Turn  H. Do Not Enter

What can you say with Bicycle?

Draw your picture in the box.

Help the Child Find the Bicycle

Learn Your Hand Signals!

SAFETY FIRST!