

Brake Kids Walk

WITH
**Shaun
the
Sheep[®]**



Lesson plans for primary schools

Organised by



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Introducing Brake's Kids Walk

This summer, thousands of children aged 4-11 from schools around the country are taking part in Brake's Kids Walk and putting their best feet forward to promote road safety and the benefits of walking.

Brake's Kids Walk is a great way to help children understand the dangers they face and raise awareness among parents and the wider community about the need to protect children on roads.

It's also an opportunity for children to speak up for their right to make safe and healthy journeys, and to call for the five things that they need to make their journeys safe: footpaths, cycle paths, safe places to cross roads, slow traffic and clean traffic.

These lesson plans complement the other resources in your action pack and will help you to teach clear, consistent and effective road safety messages. They will enable you to give children the vocabulary they need to talk about road safety and help them develop techniques to campaign for safe and healthy journeys.

The lesson plans support curriculum requirements for PSHE, Citizenship and English.

These lesson plans include activities to:

- Help children talk about road safety
- Help children ask grown ups to keep them safe near roads
- Find out what children think about their journeys
- Campaign for a road safety issue

Teaching road safety to children with additional learning needs

Road safety education and training should be appropriate and effective for pupils of all ages and abilities.

When adapting lessons, please be aware of pupils' individual requirements and adapt lessons to fit their needs. Use visual aids and sensory play to help pupils learn and understand the connection between road danger and their own safety. Focus on road safety basics, such as holding hands with a grown up when walking near roads, how to cross roads at safe crossing places and always wearing a seat belt/sitting in a child seat when travelling by car.

Brake produces lots of different resources to help children of all ages and abilities learn about road safety. Find out more at brake.org.uk/teach.

Contents:

Page

Lesson 1:

Key stage 1 - Introducing basic road safety concepts

4-6

Lesson 2:

Key stage 2 - Campaigning for safe and healthy journeys

7-8

Extension activities:

1. Spotting safe crossing places when out and about 9-10
2. Send a road safety postcard 11

Supporting materials:

Template poster	12
Hands-up survey	13
Spot safe places to cross roads tick list	14



Additional resources



Choose the most suitable depending on pupils' age and ability

In your action pack

- Colouring sheets
- 'Safe places to cross roads' postcard + letter to parents
- Spot safe crossing places when out and about tick list
- Kids' manifesto for safe and healthy journeys
- Activity sheet
- Posters



Watch road safety films

- **Speed matters with Maddie Moate** - Maddie helps children explain why they view roads differently and why it is so important for drivers to slow down
- **Will's Walk** - join 8-year-old Will on a walk to the park and find out what he thinks about the traffic
- **We love to cycle** - the benefits of cycling and how to stay as safe as possible when riding a bike
- **Our road safety heroes** - the people who help us make safer journeys and support people after a road crash
- **Safe systems is child's play** - how the design of cities and towns, roads, transport systems and vehicles can help us all make safe and healthy journeys

You can watch all these films on Brake's website for children and families at www.brake.org.uk/zebras

Talk about road safety in assembly

Your action pack also contains an assembly presentation that complements your Brake's Kids Walk activities. The assembly focuses on how children can become ambassadors for road safety by calling on grown ups to keep them safe near roads.

A note about sensitivity

Discussions about road safety should be approached with care. If you are aware that a pupil has been affected by a road crash, either directly or indirectly, please talk to them and their parent or carer before involving them in any Brake's Kids Walk activities. Please take individual needs into consideration when planning your activities.



Lesson 1

Introducing key road safety concepts

Level: Key stage 1



Lesson overview

An introduction to basic road safety concepts and a discussion about five key things that children need to enable them to walk and cycle safely in their community.

Aims:

- To raise awareness of road safety
- To encourage children to talk about road safety issues that affect them

Objectives:

- To learn that traffic is dangerous
- To talk about how to walk safely near roads
- To learn new road safety key words
- To talk about how to cross roads safely

You will need:

- The posters from your action pack showing that 'We Want... Footpaths, Cycle paths, Safe places to cross, Slow traffic and Clean traffic'
- Colouring sheets and activity sheet from your action pack (don't forget to photocopy additional ones)

Let's talk about road safety

In small groups, or as a whole class, talk about some of the following points. Use the posters in your action pack or the images on page 6 to support your discussions.

Road safety key words

Introduce the following road safety keywords: hold hands, road, car, stop, look, listen, kerb, pavement, danger, traffic, crossing.

We want... Footpaths

- We need to move our bodies to be healthy. Walking is a good way to move to stay healthy.
- Walking is a fun way to hang out with friends and family too.
- Talk about the danger of traffic and explain that a car is hard and heavy and can hurt them.
- Explain that sadly many people have been hit by traffic while they've been walking and have been hurt or have died. Say that this is why it's important to have separate paths for people to walk away from traffic and this is why we need footpaths (pavements).
- Talk about why it's important to hold hands with a grown up and to stay away from the kerb.

We want... Cycle paths

- Like walking, cycling is a good way to move our bodies to stay healthy.
- Cycling is a fun way to hang out with friends and family too.
- Talk about the danger of traffic, and explain that a car is hard and heavy and can hurt them.
- Explain that sadly many people on bicycles have been hit by traffic and have been hurt or have died and this is why it's important to have separate paths for people to cycle away from traffic.
- Talk about why it's important to always wear a cycle helmet (to protect your head if you have a bump).
- If more people walked and cycled, there would be fewer cars on the roads and less pollution.
- Children under the age of 10 should always cycle with a grown up and should not cycle on roads.

We want... Safe places to cross

- See how many different types of crossing places your children can think of. (See extension activity 1 for more information about crossing places.)
- Talk about why it's important to cross the road at safe places such as zebra crossings or where there is a school crossing patrol (lollipop person).
- Explain that when it comes to road safety, red means stop. Talk about traffic lights and pelican crossings and explain that the red crossing signal means that it is not safe to cross the road and they must stop and wait.
- Talk about why young children should always hold hands with a grown up to cross the road and why we should never cross the road between parked cars.

We want... Slow traffic

- When traffic is fast, it's difficult to see it coming... and difficult to get out of its way.
- The faster a car is travelling, the longer it takes to stop.
- If a vehicle crashes into people walking or cycling, it hits them very hard, or runs them over and squashes them.
- Sometimes their legs or arms are hurt and don't work anymore. Sometimes people die. This can sometimes happen if their brain or heart has been badly hurt. If a car hits another car, it can hurt the people inside the cars.
- Fast traffic is noisy and can make it difficult for people to hear each other.

Continued→

Lesson 1 (continued)



We want... Clean traffic

- All vehicles have engines and most engines use a special type of oil to make them go.
- After making the engine go, the oil turns into a smelly smoke that you can sometimes see coming out of a pipe at the back of the vehicle. This is called the exhaust pipe.
- The smoke that comes out of the back of vehicles has gases and sooty bits in it.
- Traffic smoke is bad for our health. Smoke that comes out of vehicles is bad for us to breathe and can make us ill. It smells horrid too.
- Most cars on our roads still use petrol or diesel but some new vehicles are powered in different ways, for example using electricity. Electric vehicles are quiet and clean.

Questions

Ask your children to answer some of the following questions:

1. How does fast traffic make you feel?
2. Have you seen traffic travelling too fast near where you live/near our school?
3. How would slower traffic near our school make you feel?
4. How do you normally travel to school?
5. Where do you cross the road?
6. What do you think we need in our community/near our school to encourage more people to walk and cycle?

Activities

Use the colouring sheets and activity sheets in class to reinforce their learning and continue talking about road safety.



Continued →

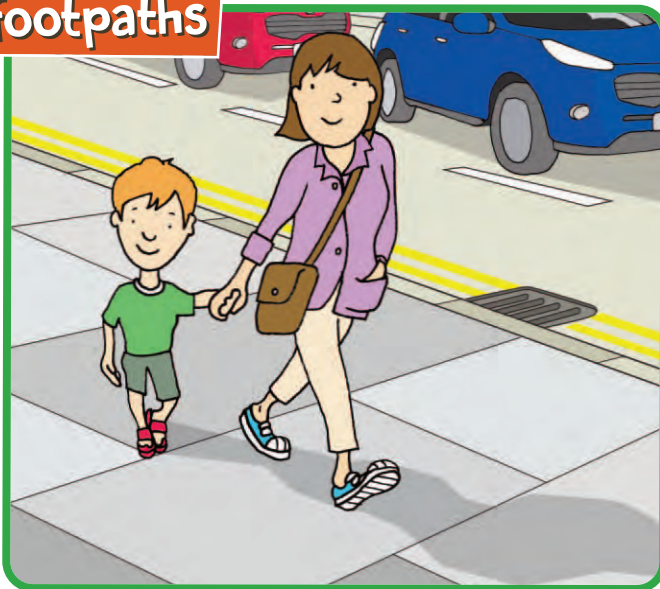
Use the images on this page and the posters in your action park to support your discussions about road safety.



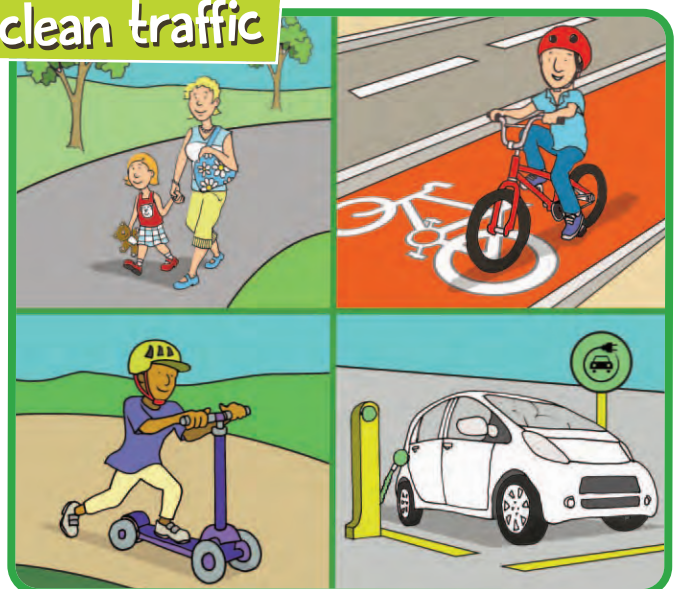
slow traffic



footpaths



clean traffic



cycle paths



safe places to cross





Campaigning for safe and healthy journeys

Level: Key stage 2

Lesson overview

The class will explore how children can speak up for their right to make safe and healthy journeys and make a difference to road safety in their communities.

Aims:

To learn about how to take part in a road safety campaign.

Objectives:

- To understand how campaigning can lead to change
- To gather and record opinions about road safety using a hands-up survey
- To help children understand how they can campaign for road safety
- To prepare to present a manifesto that calls for change to a local decision-maker.

You will need:

- A copy of the Kids' manifesto for safe and healthy journeys provided in your action pack. You can download and print more copies if you need to. Decide how much information to share from the manifesto, depending on pupils' age and abilities
- Copies of the hands-up survey from page 13, with enough copies for each group of pupils
- Copies of the poster template on page 12, with enough copies for every pupil.

Lesson outline

Road safety campaigning

1. Introduce the idea of campaigning, explaining that a campaign is a set of activities to achieve a change. Ask pupils whether they know about any local or national campaigns – examples they may have heard of in the news include Greta Thunberg's School Strike 4 Climate, Black Lives Matter and the Me Too movement.
2. Ask pupils why they think campaigning for road safety is important. Say that it isn't a very nice thing to hear but sadly more than a million people die on the world's road every year and injuries from road crashes are the biggest killer of children and young people worldwide.

3. Tell them that no one should be hurt on roads and every one has the right to make safe and healthy journeys, wherever they go. Talk about why active travel such as walking and cycling helps people to be healthy and is good for the planet. Remind pupils that for children to make safe and healthy journeys, they need five things: footpaths, cycle paths, safe places to cross, slow traffic and clean traffic.
4. Talk about whether roads near your school / in your community allow children to travel in a safe and healthy way.
5. Ask pupils for ideas about how roads could be made safer near your school. Write their answers on the whiteboard.
6. Carry out a hands-up survey to gather pupils' opinions about their journeys, using the survey on page 13. The survey can be done with the whole class or by small groups. If you carry out the survey in groups, come together to record the class results. Remind children that there are no right or wrong answers, this is just to find out what they think and how they feel. Remind them that their opinion is important and you are interested in knowing what they think.

Asking grown ups to help make children's journeys safe

Ask pupils for ideas for different ways they can ask grown ups to keep them safe near roads. Ask the class to think about the most important issues near your school and use these as the basis for their action. Possible examples could include:

- Writing a letter to their parent/carer asking them to always drive safely, to keep to speed limits and never use their phone when driving (see also the postcard activity on page 11)
- Designing a road safety poster to be displayed at the school entrance
- Sharing pictures and a message on social media
- Writing to their local authority or their MP explaining the results of the hands-up survey and asking for 20mph speed limits or cycle paths.

Continued →



Kids' manifesto for safe and healthy journeys

1. Explain that a manifesto is a written document that can be used to explain changes that you think need to be made.
2. Talk about how children have important things to say and their voices should be heard. Explain that anyone can campaign for safer roads, it's not just for grown ups.
3. Say that Brake, the road safety charity, has written a manifesto to help them ask the people who make decisions about roads near your school to make changes so that childrens' journeys are safe and healthy.
4. Explain to pupils that as part of your Brake's Kids Walk activity, you are going to invite an important local person to your school so that they can present your school's manifesto to them.
5. Explain that this is one way of campaigning for road safety and that lots of children at other schools will be doing the same thing. Brake will also be writing to local newspapers, radio stations and televisions about what is happening.
6. Show the children the manifesto and read it together in class. You can read it all or just focus on the first couple of paragraphs, depending on children's age and ability.
7. Explain that you are going to write in the boxes what you need near your school and the names of other people that support you.
8. Explain what will happen when you present your manifesto.



How to present your manifesto:

- Write the name of your school in the space provided
- Write what would help you make safe and healthy journeys in your area
- Ask people who support you to add their names and say why they support the manifesto
- Find out the name of the person at your local authority who is responsible for road safety and invite them to join your walk. Invite your local MP to come as well.

Explain that after the walk your pupils would like to meet them to present their manifesto.

- Ask children to present the manifesto. They can also hold up the large posters provided in your action pack to reinforce the message that all children have the right to make safe and healthy journeys and that they need footpaths, cycle paths, safe places to cross, slow traffic and clean traffic to enable this.
- Invite local media to take photos and write about children campaigning for their right to make safe and healthy journeys.
- Share your story on social media and on your website. Please tag **@brakecharity**.

At Brake, we have lots of experience of helping people campaign for road safety. If you would like more help and advice about presenting your manifesto, please email kidswalk@brake.org.uk. You can also read our guide to community campaigning on the Brake website at www.brake.org.uk.

Extension activities

1. Using the template poster on page 12, ask children to create a poster that shows safe roads where they walk, cycle, or play.
2. Ask children to write a letter to your local MP or local authority representative asking for the changes they need to enable them to make safe and healthy journeys. This could include the results of your hands-up survey. Display letters on your noticeboards and present copies of the letters to your visitor.

Extension activity 1



Spot safe places to cross when you're out and about

Lesson overview

The class will learn about different types of road crossings and how to use them

Aims:

- To raise awareness of a road safety issue

Objectives:

- To learn about different types of road crossings: why they are named and how to use them
- To understand that safe places to cross are vital for children to be able to walk safely in their community

Preparation

- You will need one copy of the Out and about activity sheet on page 14 (also included in your action pack) for each pupil.

Background

Explain to the class that walking to school is great. It's a fun way to hang out with friends, and it keeps our bodies healthy to move around too.

Say that we want our journeys to school to be SAFE. When we walk in our community, we need safe places to cross the road.

There are lots of different places to cross the road. Here are some of the crossings the children in your class are most likely to see when they are out and about.

- **Zebra crossings** have black and white stripes like a zebra and are marked with flashing amber lights on top of stripy poles. These are called 'Belisha beacons' and are named after Leslie Hore-Belisha who introduced them in 1934 when he was the government's transport minister.



- **Pelican crossings** aren't named after birds with huge beaks at all. Pelican is short for 'pedestrian light indication'.



Pelican crossings

- **Puffin crossing** is actually short for 'pedestrian user-friendly intelligent crossing'. But that's a bit of a mouthful, so it's just Puffin for short.



Puffin crossings

- **Pegasus crossings** are for horse riders and have two sets of buttons at different heights. One is at normal height for pedestrians and cyclists, the other is set higher up (2m above ground) so the horse rider doesn't have to get off their horse to press the button. Pegasus was the name of the winged horse in Greek mythology.



Pegasus crossings

- **Toucan crossings** (two can cross) are for pedestrians and cyclists. They are normally found near parks and cycle lanes.



Toucan crossings

- **Tiger crossings** for people riding bicycles. They are named after tigers because some of them have yellow stripes on the black road.

Other types of crossing include traffic islands/refuges, school crossing patrols (lollipop people), footbridges or underpasses.

Extension activity 1 (continued)



Discussion

Talk about the different types of crossing your children use when they are walking or cycling in their community. Ask for ideas for how the different types of crossings got their names.

Talk about how to cross the road safely at each of these crossings.

At a zebra crossing you must stop, look and listen, and wait for cars travelling in both directions to stop before crossing the road. If there is an island in the middle, treat each half of the road as a separate crossing.

Puffin, pelican and toucan crossings have traffic lights and a button to press. A red crossing signal tells you it is not safe to cross, a green crossing signal means it is safe to cross but you should keep checking for traffic too. Some crossings also make a 'beeping' sound to tell blind and partially sighted people when it is safe to cross. There is also a small, rotating button underneath the push button. This spins when the green crossing signal shows.

For more advice on how to talk to children about crossing roads safely, go to www.think.gov.uk/education.

Questions

Stimulate further discussion by asking some of the following questions:

1. Which type of crossing have you used?
2. How did you get to school today?
3. Is there a safe place to cross the road outside our school?
4. Which type of crossings do you think we need more of near where you live/near our school/in our community?

Activity

Use the **Out and about** activity sheet on page 14 to help children learn more about and spot different types of crossing when they're walking.



Extension activity 2



A road safety postcard to send home

Lesson overview:

Children will send a road safety postcard home to their parents and carers asking them to keep them safe near roads

Aims:

- To encourage children to become advocates for road safety and call on grown ups to help them keep safe near roads

Objectives:

- To use postcards and letters home to parents to enable children to talk about important road safety issues with their grown ups

You will need:

- The colour-in postcards in your action pack
- Letters to parents in your action pack

Make as many copies of the postcards and letters as you need. The postcards can be folded in half at the dotted line and glued together, or you can cut the sheets in half at the dotted line and stick each half to a piece of coloured card or paper.

Explain to the children that they are going to take a postcard home to their grown up(s) to ask them to keep them safe near roads.

Show the children the postcard and talk to them about the pictures on the postcard. Depending on ability, ask the children to read the messages aloud, or read the messages to them.

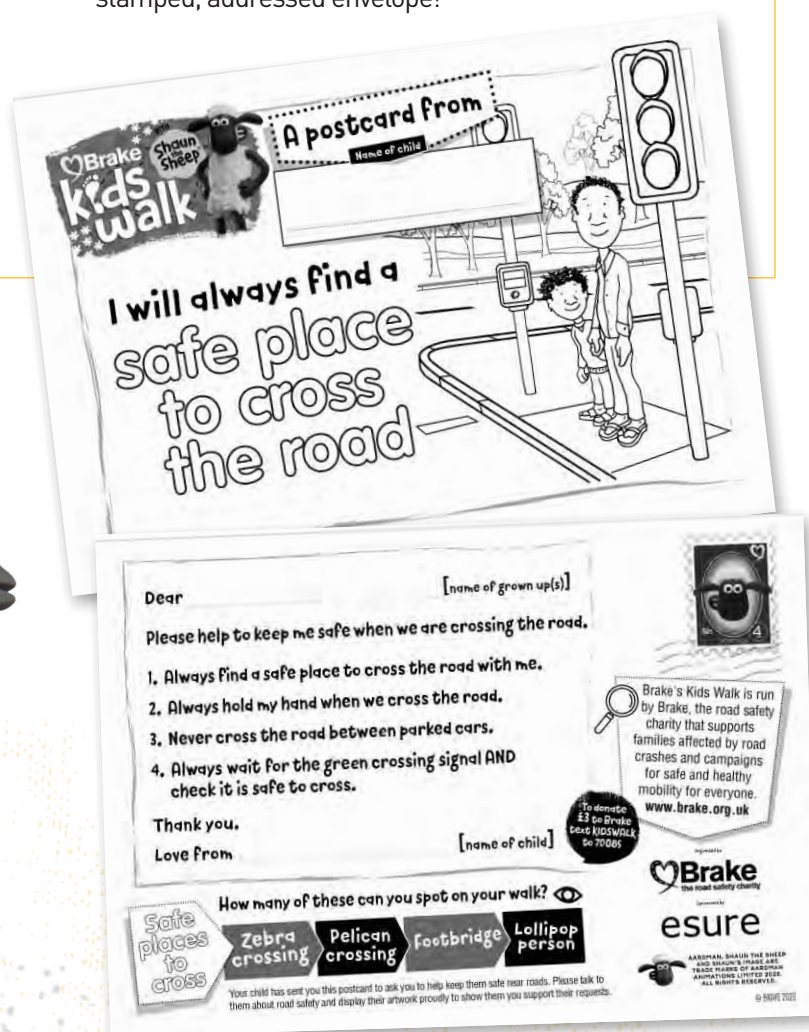
Ask children to colour in the postcard and write their name on the front and back.

Ask them to think about who they want to send the postcard to, and to write their name on the back too.

Ask them to give the postcard to their grown up. Explain that they can tell their grown up there is an important message to read and ask them to display the postcard proudly to show that they understand the importance of keeping children safe near roads.

Explain that you will also be sending a letter home to tell parents and carers about the postcard.

Note: you may need to remind children that they cannot put this postcard in a letter box, unless they put it in a stamped, addressed envelope!





Safe roads where I walk, cycle or play

Blank area for drawing or writing.



Footpaths
Cycle paths
Safe places to cross
Slow traffic
Clean traffic

www.brake.org.uk/kidswalk



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Name:

Class:

Hands up survey for 5-11 year olds

The journeys we make

Read this bit out loud

A survey is a way of finding out what people think about a subject.

This survey is designed to find out what we think and how we feel about the journeys we make on our local streets. We are going to answer a few questions about our journeys to school, to the park or shops, or to see friends. We will write in the boxes how many people answer YES or NO for each question.

Question 1: Do you feel it is safe to walk or cycle on our local streets?

How many said YES

How many said NO

Question 2: When walking or cycling on our local streets, do you ever worry you might be hit by traffic?

How many said YES

How many said NO

Question 3: Have you ever been hit or nearly hit by a vehicle while walking or cycling?

How many said YES

How many said NO

Question 4: Do you think traffic sometimes goes too fast on our local streets?

How many said YES

How many said NO

Question 5: Do you think the route between your home and school should be made safer for children to walk or cycle?

How many said YES

How many said NO

Question 6: Would you like to walk and cycle more, for example to school, to the park or shops, or to see friends?

How many said YES

How many said NO

Question 7: Do you think more safe footpaths are needed for you to use to walk to school, to the park or shops, or to see friends?

How many said YES

How many said NO

Question 8: Do you think more safe cycle paths are needed for you to use to cycle to school, to the park or shops, or to see friends?

How many said YES

How many said NO

Question 9: Do you think more safe crossing places are needed for you to use to walk and cycle to school, to the park or shops, or to see friends?

How many said YES

How many said NO

Question 10: Do you think you would walk and cycle more if our local streets were safer?

How many said YES

How many said NO

Thank you for answering these questions. Your opinions are important.



Out and about

Can you find safe places to cross roads

Walking is great! It's good for our bodies and a fun way to hang out with friends. But we want our walks to be safe and that means we need safe places to cross roads. There are lots of different places to cross a road safely. How many of these can you find?

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Tick the box for each one you spot. Try and find 6 different types.

A **zebra crossing** has black and white stripes like a zebra and is marked with flashing amber lights on top of stripy poles. These are called 'Belisha beacons'.



Pelican crossings aren't named after birds with huge beaks at all. Pelican is short for 'pedestrian light indication'.



Puffin crossing is actually short for 'pedestrian user-friendly intelligent crossing'. But that's a bit of a mouthful, so it's just Puffin for short.



Toucan crossings (two can cross) are for pedestrians and cyclists. They are normally found near parks and cycle lanes.



Crossing roads safely

At a zebra crossing you must stop, look and listen, and wait for cars travelling in both directions to stop before crossing the road. If there is an island in the middle, treat each half of the road as a separate crossing.

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Pegasus crossings are for horse riders and have two sets of buttons at different heights. One is at normal height for pedestrians and cyclists, the other is set higher up (2m above ground) so the horse rider doesn't have to get off their horse to press the button.





Traffic island/refuge

School crossing patrol (lollipop people)





Footbridge



Underpass

The Green Cross Code
 Stop somewhere safe where you can see
 Listen for traffic
 Look right, look left, look right again
 Keep looking and listening, and only cross when you are sure it is safe

