This document was developed by the Center for Applied Linguistics in collaboration with ASPIRA Association, Inc., with funding from the National Highway Traffic Safety Administration (NHTSA). The opinions expressed herein do not necessarily represent the positions or policies of the U.S. Department of Transportation, and no official endorsement by the government should be inferred.
Introduction for Students

This workbook, *Walk and Bike Safely: Beginning Level for Adult English Language Learners*, is for you and your family. Roads in the United States can be dangerous. If you walk or bike near roads, you must be careful. You must pay attention to traffic. You must watch your children. This workbook will help you learn about walking and biking safely in your community.

New Words

There are many important words in this workbook. Read these words before you begin. Which ones do you know? Which ones are new? When you learn the meaning of a word, write it here next to the word. You can write the meaning in English or in your native language.

Lesson 1:

<table>
<thead>
<tr>
<th>New Word</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>car</td>
<td></td>
</tr>
<tr>
<td>cell phone</td>
<td></td>
</tr>
<tr>
<td>to cross</td>
<td></td>
</tr>
<tr>
<td>crosswalk</td>
<td></td>
</tr>
<tr>
<td>curb</td>
<td></td>
</tr>
<tr>
<td>dangerous</td>
<td></td>
</tr>
<tr>
<td>driver</td>
<td></td>
</tr>
<tr>
<td>intersection</td>
<td></td>
</tr>
<tr>
<td>road</td>
<td></td>
</tr>
<tr>
<td>safe</td>
<td></td>
</tr>
<tr>
<td>sidewalk</td>
<td></td>
</tr>
<tr>
<td>to text</td>
<td></td>
</tr>
<tr>
<td>traffic</td>
<td></td>
</tr>
<tr>
<td>to walk</td>
<td></td>
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</tbody>
</table>
Lesson 2:

<table>
<thead>
<tr>
<th>New Word</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>child</td>
<td></td>
</tr>
<tr>
<td>driveway</td>
<td></td>
</tr>
<tr>
<td>hold hands</td>
<td></td>
</tr>
<tr>
<td>pedestrian</td>
<td></td>
</tr>
<tr>
<td>play</td>
<td></td>
</tr>
<tr>
<td>sign</td>
<td></td>
</tr>
<tr>
<td>signal</td>
<td></td>
</tr>
<tr>
<td>stop</td>
<td></td>
</tr>
<tr>
<td>wait</td>
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<td>watch</td>
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Lesson 3:

<table>
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</tr>
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<td>cloudy</td>
<td></td>
</tr>
<tr>
<td>dark</td>
<td></td>
</tr>
<tr>
<td>evening</td>
<td></td>
</tr>
<tr>
<td>flashlight</td>
<td></td>
</tr>
<tr>
<td>morning</td>
<td></td>
</tr>
<tr>
<td>night</td>
<td></td>
</tr>
<tr>
<td>rainy</td>
<td></td>
</tr>
<tr>
<td>reflective tape</td>
<td></td>
</tr>
<tr>
<td>see</td>
<td></td>
</tr>
<tr>
<td>visible</td>
<td></td>
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Lesson 4:

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<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>back</td>
<td></td>
</tr>
<tr>
<td>bicycle/bike</td>
<td></td>
</tr>
<tr>
<td>buckle</td>
<td></td>
</tr>
<tr>
<td>fit</td>
<td></td>
</tr>
<tr>
<td>front</td>
<td></td>
</tr>
<tr>
<td>hand</td>
<td></td>
</tr>
<tr>
<td>handlebars</td>
<td></td>
</tr>
<tr>
<td>headlight</td>
<td></td>
</tr>
<tr>
<td>helmet</td>
<td></td>
</tr>
<tr>
<td>loose</td>
<td></td>
</tr>
<tr>
<td>reflector</td>
<td></td>
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Lesson 5:

<table>
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<th>New Word</th>
<th>Notes</th>
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</thead>
<tbody>
<tr>
<td>bicyclist</td>
<td></td>
</tr>
<tr>
<td>crash</td>
<td></td>
</tr>
<tr>
<td>light</td>
<td></td>
</tr>
<tr>
<td>obey</td>
<td></td>
</tr>
<tr>
<td>ride</td>
<td></td>
</tr>
<tr>
<td>sign</td>
<td></td>
</tr>
<tr>
<td>signal</td>
<td></td>
</tr>
<tr>
<td>traffic</td>
<td></td>
</tr>
<tr>
<td>yield</td>
<td></td>
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</table>
Lesson 6:

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<th>New Word</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>car door</td>
<td></td>
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<td>dangers</td>
<td></td>
</tr>
<tr>
<td>gravel</td>
<td></td>
</tr>
<tr>
<td>pothole</td>
<td></td>
</tr>
<tr>
<td>rules</td>
<td></td>
</tr>
<tr>
<td>slow</td>
<td></td>
</tr>
</tbody>
</table>
Lesson 1

Walk Safely – Be Careful
Activity 1a

Instructions: Look at the picture. Answer the questions.

1. What do you see?

2. What are they doing?
Activity 1b

Instructions: Draw a line to match the picture with the word.

1. curb
2. intersection
3. car
4. sidewalk
5. crosswalk
6. road
Activity 1c

Instructions: Look at the pictures. Listen as your teacher reads the story.

Story:

1. Carmen is crossing the road.

2. The driver doesn’t see her.

3. Oh no! A car!

4. The car hits Carmen.

5. Carmen goes to the hospital.

6. She is hurt.
**Activity 1d**

**Instructions:** Listen to the conversation. Then, based on the drawings, have new conversations with a partner.

1. A: Hey, be careful! You’re in the road. Don’t talk on the cell phone!
   
   B: Why?
   
   A: Because it’s dangerous.

2. A: Hey, be careful! You’re in the road.
   
   Don’t ________________________________!
   
   B: Why?
   
   A: Because it’s dangerous.
3.
A: Hey, be careful! You’re in the road.
   Don’t ___________________________________________!
B: Why?
A: Because it’s dangerous.

4.
A: Hey, be careful! You’re in the road.
   Don’t ___________________________________________!
B: Why?
A: Because it’s dangerous.
5.

A: Hey, be careful! You’re in the road.

Don’t ___________________________________________!

B: Why?

A: Because it’s dangerous.
Activity 1e

This activity reviews what we have learned in Lesson 1: Walk Safely – Be Careful.

Instructions: Fill in the blanks with words from the box. Complete the safety rules.

<table>
<thead>
<tr>
<th>cell phone</th>
<th>look</th>
</tr>
</thead>
<tbody>
<tr>
<td>sidewalk</td>
<td>crosswalk</td>
</tr>
<tr>
<td>traffic</td>
<td></td>
</tr>
</tbody>
</table>

1. Be careful around ________________________________.

2. Walk on the ________________________________.

3. Cross the road in the ________________________________.

4. When you cross the road, ________________________________ left, right, and left for traffic.

5. When you cross the road, do not talk on the ________________________________.
Lesson 2

Walk Safely –
Watch Children Near Roads
Activity 2a

Instructions: Look at the pictures. Answer the questions.

1. What do you see?

2. What is dangerous in the picture?

3. What do the signs and signals mean?
**Activity 2b**

**Instructions:** Draw a line to match the picture with the word.

1. [STOP sign] — walk
2. [Child] — child
3. [Stop sign] — stop sign
4. [Driveway] — driveway
5. [Crosswalk] — crosswalk
6. [Don't walk] — don't walk
Activity 2c

Instructions: Look at the pictures. Discuss the story. Then, listen to the conversation.

1. Nati: Samuel, come here! Don’t play in the ___________________!

2. Samuel: I’m coming, Mom.

3. Nati: Hold my ___________________ and stop at the ___________________.

4. Let’s wait for the ___________________ signal.
Activity 2d

Instructions: Listen to your teacher explain the rules for Bingo. Play the game!

BINGO!
Activity 2e

This activity reviews what we have learned in Lesson 2: Walk Safely - Obey Signs and Signals.

Instructions: Fill in the blanks with words from the box. Complete the safety rules.

<table>
<thead>
<tr>
<th>driveways</th>
<th>hands</th>
</tr>
</thead>
<tbody>
<tr>
<td>watch</td>
<td>signals</td>
</tr>
</tbody>
</table>

1. Obey the pedestrian signs and _________________________________.

2. When you cross the street, hold __________________________ with your child.

3. Do not let your child play in ____________________________ and roads.

4. Always ____________________________ children around roads.
Lesson 3

Walk Safely - Be Visible
Activity 3a

Instructions: Look at the picture. Answer the questions.

1. What do you see?

2. How is the weather?

3. What is dangerous in the picture?
Activity 3b

Instructions: Draw a line to match the picture with the word.

1. [Rain] — cloudy

2. [Clouds] — night

3. [Sun 6 AM] — rainy

4. [Clouds and Sun 6 PM] — morning

5. [Moon and Stars] — evening
**Activity 3c**

**Instructions:** Interview three other students. Check (✓) YES or NO.

<table>
<thead>
<tr>
<th>Partner’s Name</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you have bright clothing?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do you have a flashlight?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do you have reflective tape?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Partner’s Name</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Partner’s Name</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
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<td></td>
</tr>
<tr>
<td>Do you have a flashlight?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do you have reflective tape?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Activity 3d

Instructions: Read the information on the reflective tape package.

1. Underline the words you know.

2. Write the words you know here:

___________________________________

___________________________________

___________________________________

___________________________________

___________________________________

_________________________________

3. Circle the places you should put the tape to make yourself more visible:
Activity 3e

This activity reviews what we have learned in Lesson 3: Walk Safely - Be Visible.

Instructions: Fill in the blanks with words from the box. Complete the safety rules.

<table>
<thead>
<tr>
<th>bright</th>
<th>rainy</th>
<th>flashlight</th>
<th>reflective tape</th>
<th>drivers</th>
</tr>
</thead>
</table>

1. Sometimes, ___________________________________ don’t see pedestrians.

2. It is difficult to see pedestrians in ______________________ weather.

3. Wear _______________________________ clothing.

4. Use a _______________________________ at night.

5. Put _______________________________ on clothes, shoes, and backpacks.
Lesson 4

Bike Safely - Use Safe Gear
Activity 4a

Instructions: Look at the picture. Answer the questions.

1. What do you see?

2. What is he doing?
Activity 4b

Instructions: Draw a line to match the picture with the word.

1. [Bicycle] → helmet
2. [Handlebars] → headlight
3. [Bicycle bell] → bicycle
4. [Headlight] → handlebars
5. [Helmet] → reflector
Activity 4c

Instructions: Read the directions below. Then, tell or show your partner how to make sure a helmet and bike fit.

1. How do you put on your helmet?

   - Cover the forehead.
   - Make a V under the ears.
   - Fasten the buckle.

2. Does his bike fit?

   His feet touch the ground. The bike fits!
Activity 4d

Instructions: Look at the picture. Listen to the conversation. Fill in the blanks.

Officer Oveda: Make sure the helmet ____________________________.

Nati: How?

Officer Oveda: Put only two fingers between his eyebrows and the ____________________________. Then, buckle the helmet.

Nati: Okay. Like this?

Officer Oveda: Yes. Make sure it isn’t too ____________________________.
Activity 4e

This activity reviews what we have learned in Lesson 4: Bike Safety – Use Safe Gear.

Instructions: Fill in the blanks with words from the box. Complete the safety rules.

<table>
<thead>
<tr>
<th>reflector</th>
<th>fit</th>
</tr>
</thead>
<tbody>
<tr>
<td>handlebars</td>
<td>helmet</td>
</tr>
</tbody>
</table>

1. When you ride a bicycle, wear a ________________.

2. Make sure your helmet and your bicycle ________________.

3. Use a ________________ on the front of the bicycle at night.

4. Look for a red ________________ on the back of the bicycle.

5. Keep two hands on the ________________.
Lesson 5

Bike Safety - Follow Traffic Rules
Activity 5a

Instructions: Look at the pictures of traffic signs and signals. Answer the question.

1. What signs and signals do you see in your neighborhood?

1. Stop
2. Traffic goes one way only in the direction of arrow
3. Pedestrians cross here
4. No bicycles
5. Traffic signal
Activity 5b

Instructions: Draw a line to match the picture with the word.

1. Pedestrians cross here
   \[\text{STOP}\]

2. Stop sign
   \[\text{Traffic signal}\]

3. Traffic signal
   \[\text{No bicycles}\]

4. No bicycles
   \[\text{Traffic goes one way only}\]

5. Traffic goes one way only
   \[\text{One Way}\]
Activity 5c

Instructions: Look at the pictures. Listen to your teacher read the story.

1. David is riding his bicycle.
2. David is riding on the left side of the road.
3. The driver sees David, but it is too late.
4. Crash!
5. Officer Oveda talks to David.
Activity 5d

Instructions: Listen to your teacher read the conversation. Look at the new pictures. Have new conversations with a partner.

1. Who is the police officer?
   Who is the boy?
   What are they talking about?

2. **Officer Oveda:** David, bicyclists must obey traffic laws, just like drivers.
   **David:** Oh. I didn't know that.
   **Officer Oveda:** Ride on the right side of the road. And be careful!
   **David:** I will. I'm sorry.
3.

**Officer Oveda:** David, bicyclists must obey traffic laws, just like drivers.

**David:** Oh. I didn’t know that.

**Officer Oveda:** And be careful!

**David:** I will. I’m sorry.

---

4.

**Officer Oveda:** David, bicyclists must obey safety rules.

**David:** Oh. I didn’t know that.

**Officer Oveda:** And be careful!
5.

**Officer Oveda:**  David, bicyclists must obey safety rules.

**David:**  Oh. I didn’t know that.

**Officer Oveda:**  ____________________________________

And be careful!
**Activity 5e**

This activity reviews what we have learned in **Lesson 5: Bike Safely - Follow Traffic Rules.**

**Instructions:** Fill in the blanks with words from the box. Complete the rules for bicycling safely.

<table>
<thead>
<tr>
<th>helmet</th>
<th>stop</th>
</tr>
</thead>
<tbody>
<tr>
<td>right</td>
<td>traffic</td>
</tr>
</tbody>
</table>

1. Ride your bicycle on the ______________________________ side of the road.

2. ______________________________ traffic signs and signals.

3. ______________________________ for pedestrians in the crosswalk.

4. When you bike, watch for ________________________________.

5. Every time you ride a bicycle, wear a ________________________________. 
Lesson 6

Walk and Bike Safely - Pay Attention
Activity 6a

This lesson reviews what we have learned in Lesson 6: Walk and Bike Safely – Pay Attention.

Instructions: Look at the picture. Answer the questions.

1. What do you see?

2. What are the dangers? Circle them.
Activity 6b

Instructions: Draw a line to match the picture with the word.

1. pothole
2. child
3. car
4. open car door
5. gravel
Activity 6c

Instructions: Listen as your teacher explains the rules for Bingo. Play the game!

BINGO!
Activity 6d

Instructions: Write the safety rule for each picture.

1. Cross ___________________________________________________.

2. Wear _____________________________________________________.

Walk and Bike Safety

Student Workbook
3. Walk ________________________________.

4. Obey ________________________________.

5. Look ________________________________.
6. Watch ____________________________________________________.

7. Don’t ____________________________________________________.
   Don’t ____________________________________________________.