



## Walking Safety Worksheet for Youth

To be used after viewing EZ Ride's Online Walking Safety Presentation

1. Before crossing the street I should look \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ again.
2. I should wear \_\_\_\_\_ colors when I'm walking so that cars can see me, especially at night.
3. The red light means that cars should \_\_\_\_\_, the yellow light means cars should \_\_\_\_\_, and the green light means cars can \_\_\_\_\_. If someone walking sees a yellow signal, that person should \_\_\_\_\_
4. If there is no sidewalk, I should walk on the \_\_\_\_\_ side of the street facing traffic.
5. EZ Ride's 4 rules of walking are: Stop, \_\_\_\_\_, Listen & \_\_\_\_\_



6. This sign means that I should \_\_\_\_\_.



7. This sign means that I can \_\_\_\_\_.

8. Youth need \_\_\_ minutes of exercise everyday.
9. During COVID-19, it's important to stay at least \_\_\_\_\_feet away from other walkers and wear a \_\_\_\_\_ if I am near others.
10. I should always try to be S\_\_\_\_\_, and be S\_\_\_\_\_, by wearing bright clothing.
11. It's safe to use a phone & headphones while walking (circle one) TRUE or FALSE
12. I should eat these foods to stay healthy (circle all best options)  
Chips Vegetables Soda Fruit Water Ice Cream Milk Candy Bars
13. Kids breathe in \_\_\_\_\_% more pollution than adults.



## **Walking Safety Worksheet - For Parents**

**Youth should share the PPT and this worksheet with parents  
after watching the Online Walking Safety Presentation**

1. Parents can take children on walks to teach them walking safety skills. **True or False**
2. Parents don't need to test the skills of their child before letting them walk alone - kids can learn how to walk in the streets on their own. **True or False**
3. It's safe for two families to not wear masks and take walks close to each other during COVID-19 if they are good friends. **True or False**
4. A good parent will teach a child how to look both ways for cars at driveways and at street corners (driving or turning) before they cross. **True or False**
5. If parents ensure their child is wearing brightly colored reflective clothing while outdoors walking, it makes the child more visible to drivers. **True or False**
6. If parents don't follow the rules of the road while walking (stopping at signals/stop signs, talking on the phone) it sets a good example for their children. **True or False**
7. If parents buy their children dark-colored book bags and dark-colored jackets, it can make them highly visible to the traffic. **True or False**
8. If drivers or parents are distracted (talking on a hand-held phone or eating while driving) it can be a danger to those who are walking to school. **True or False**
9. If parents teach their child not to cross in between cars, talk to strangers, or run into the street after balls, it can save a child's life. **True or False**
10. If parents walk with their children to school, or allow their child to walk to school independently when older, instead of driving, it can help reduce air pollution.  
**True or False**
11. If parents don't wait outside schools in their cars with the engine on (idling), it can help reduce air pollution outside and inside the school building. **True or False**