



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**