



Science and road safety program

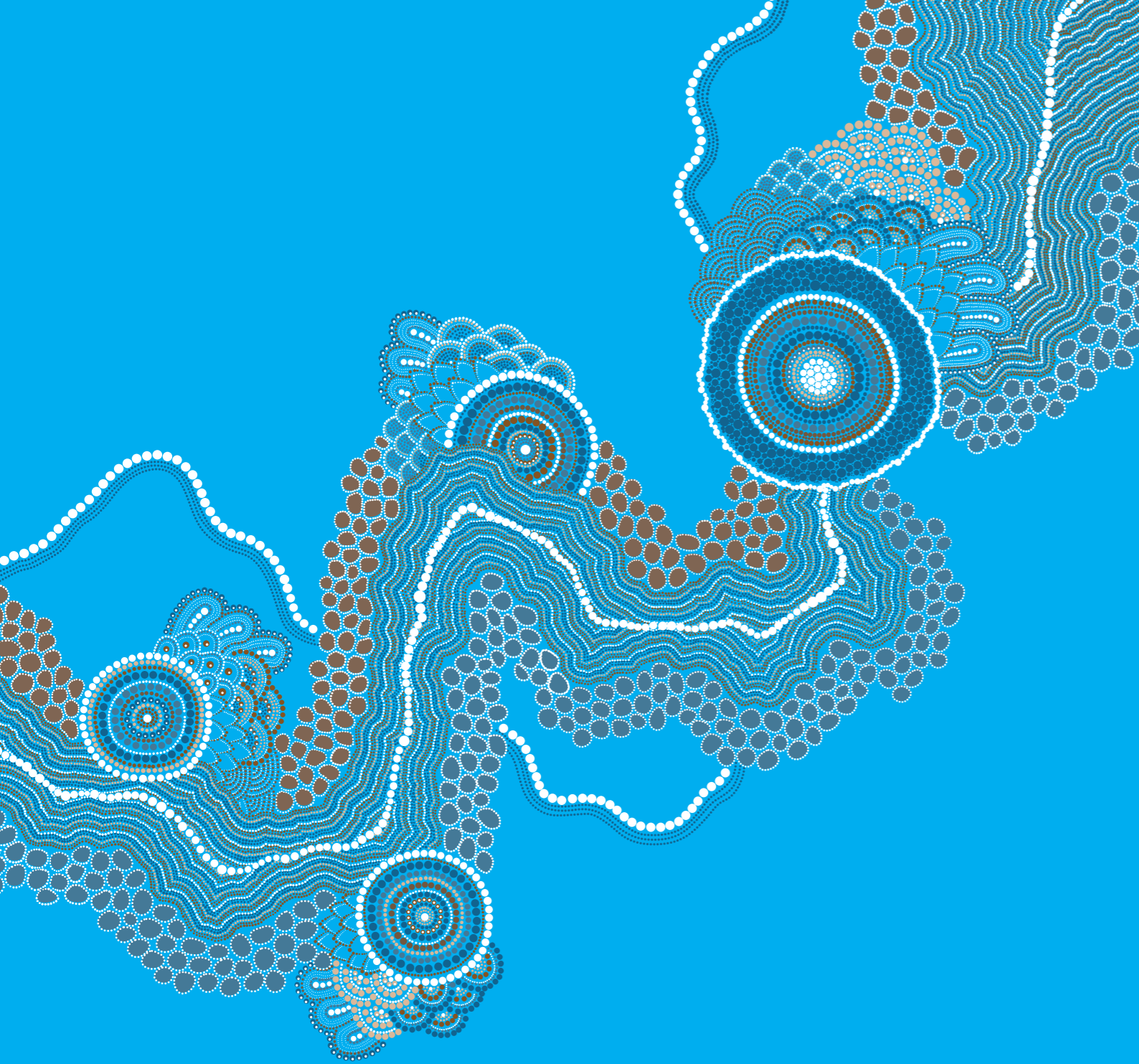
Student workbook
Early stage 1

Name: _____

Class: _____

In partnership with Fizzics Education





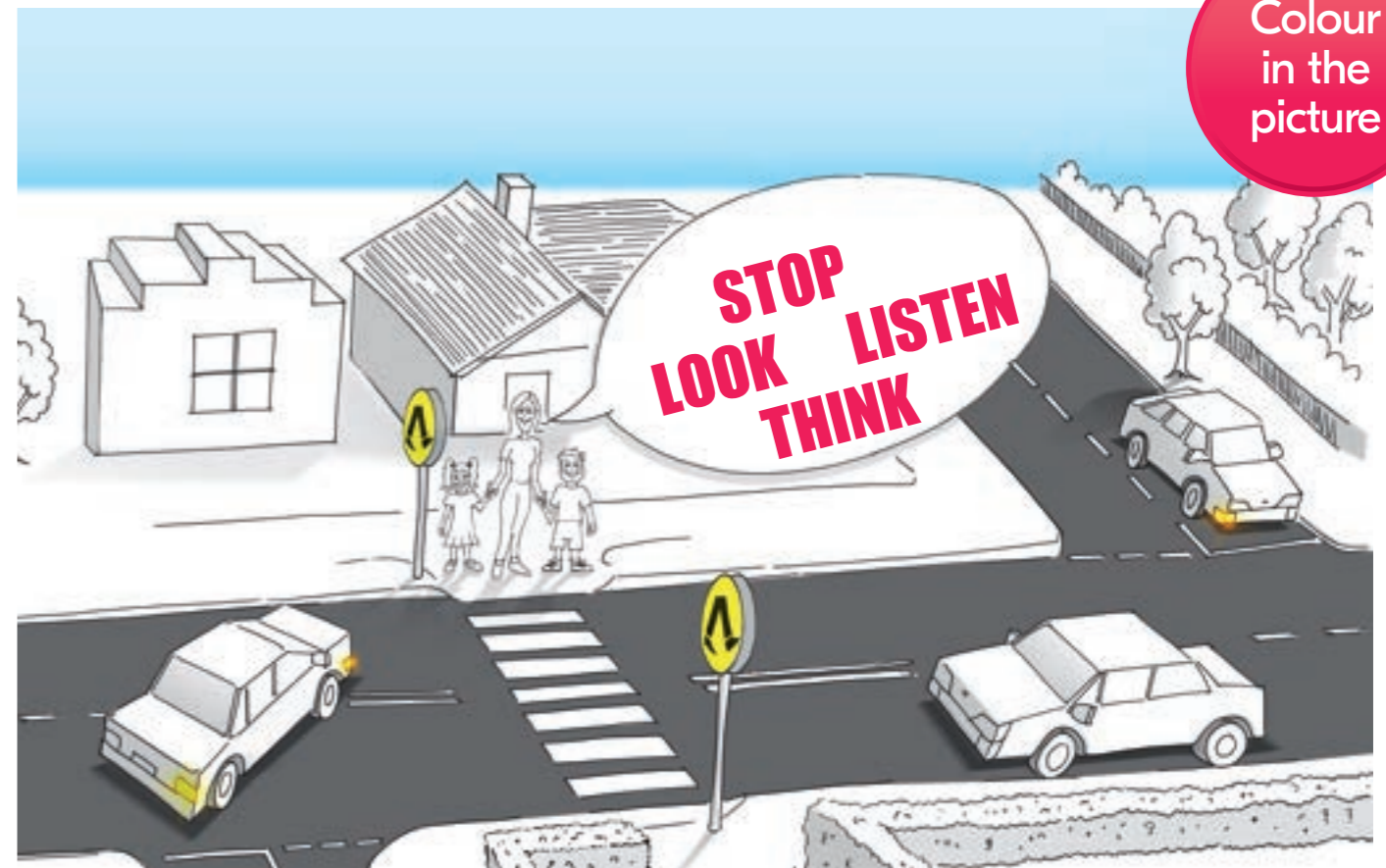
Welcome to Country

The NRMA acknowledges the Traditional Custodians of the land and waterways on which our business operates. We pay our respects to Aboriginal and Torres Strait Islander Elders past, present and future.

Crossing the road safely

Safety strategies for crossing

- Stop. Look. Listen. Think.
- Find a safe place to cross, such as a zebra crossing or pedestrian crossing.
- Hold hands with an adult.
- Look out before you step out – make sure the car has stopped.



Teacher callout

Bring this activity to life by recreating a crossing scene in the playground and getting your students to role-play these safety strategies.

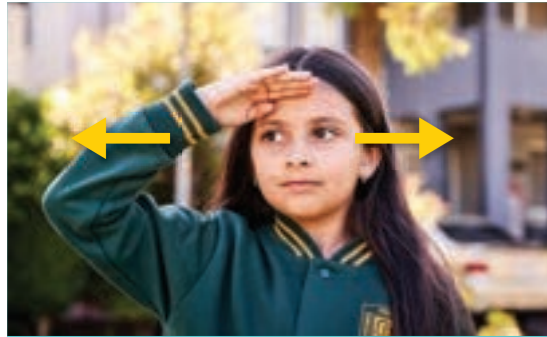
STOP. LOOK. LISTEN. THINK.

Practise how to STOP, LOOK, LISTEN and THINK.

Trace the words



stop stop



look look



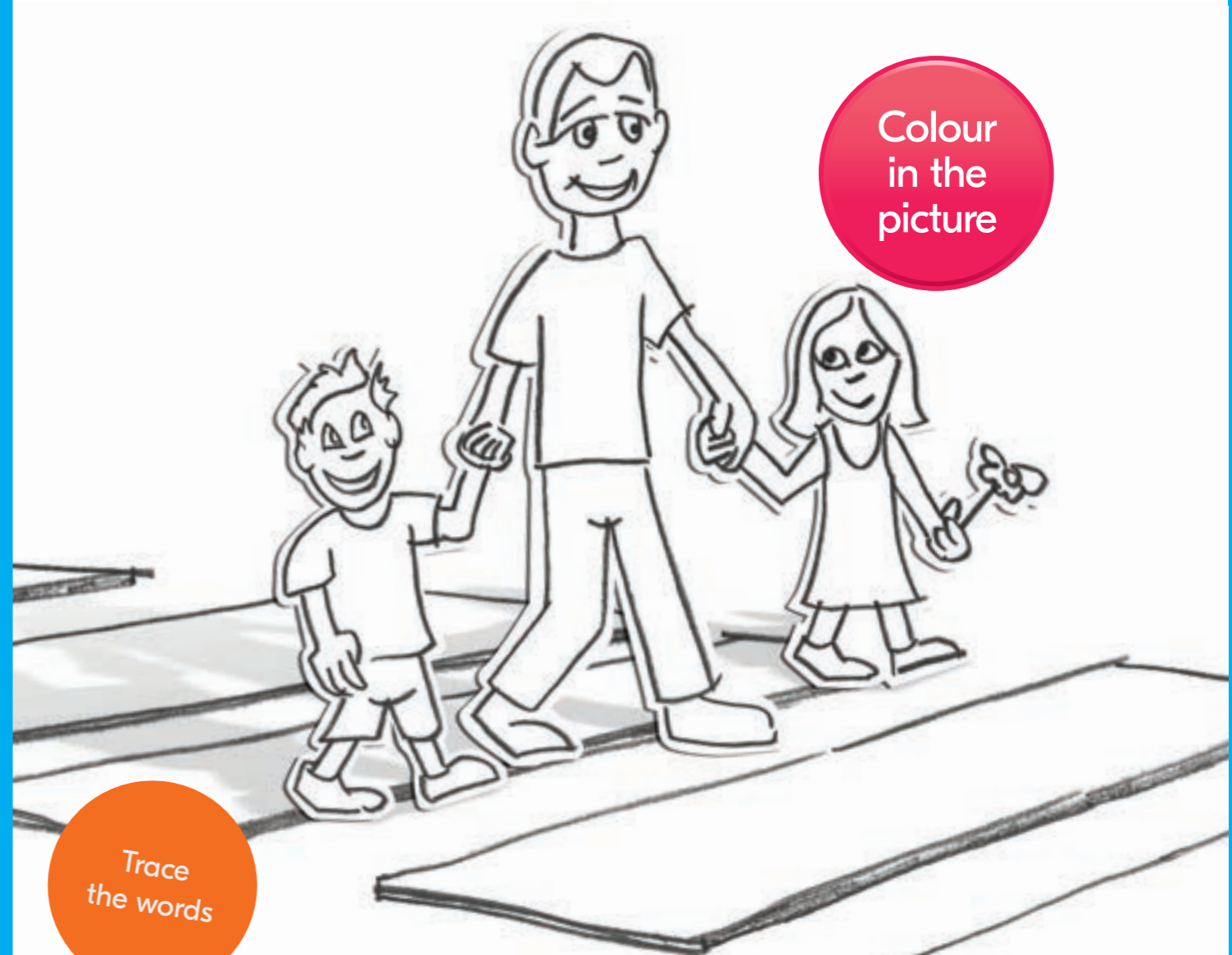
listen listen



think think

Holding hands

Colour in the picture



Trace the words

I hold hands with an adult so I can be seen

Teacher callout

Get students to copy the sentence and discuss as a class why this is important.

Helmet fit

A helmet can only protect your head if it is fitted correctly.

Follow these 3 steps to fit your helmet correctly.

Step 1:

Only two fingers must fit between your eyebrows and the helmet.



Lets practice fitting your helmet

Step 2:

Make sure the strap forms a V just below each ear, with the toggle positioned under your earlobe.



Step 3:

Only two fingers must fit between the strap and your chin.



Your helmet should never look like this!



Helmet safety

Variations in helmets

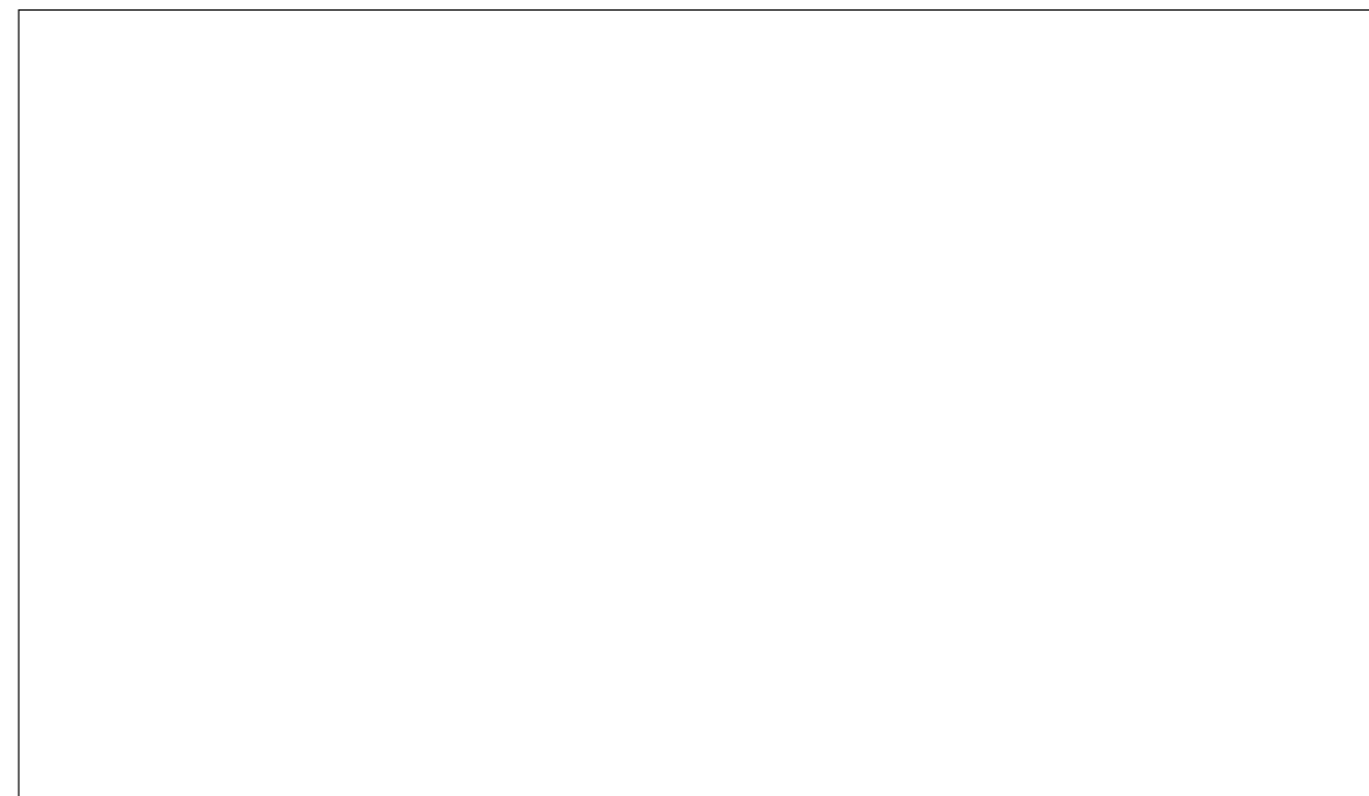
Bicycle helmets and skate helmets are designed differently. If you skate as well as cycle, you need different helmets to protect your head.

Replace your helmet if the strap is frayed.



Activity

1. Think of a place in your home where you could store your helmet to keep it safe.
2. Draw a picture of you placing your helmet in this safe place.



Teacher callout

Watch the 'Watermelon experiment' video that demonstrates the function of a helmet to provide context for your students.

Safety door

The safety door is the rear door next to the footpath, nature strip or kerb.



Trace the words

The safety door is the rear door next to the footpath, nature strip or kerb.

Teacher callout

Talk to your students about this issue using the school pick-up/drop off routine for context. Encourage them to educate their parents on why they are choosing to use the safety door.

Seatbelt safety

In NSW, the law states that children must use a booster seat until they turn seven. Booster seats are designed to 'boost' you up so that the seatbelt can fit you correctly. Your seatbelt needs to rest across your collar bone and hip bones to keep you safe.

Correct fit for your seatbelt



Trace the words

Collarbone

Collarbone

Hip bones

Hip bones

Activity

As a class, create your own rhyme or chant with actions that reminds you how to fit your seatbelt correctly.

Don't forget to mention your booster seat 'boosts you up' and that the seatbelt must rest on your collar and hip bones!

Teacher callout

Perhaps add some percussion instruments or theme music to bring another layer of fun to this activity.

Driver distraction

Driving a vehicle takes a lot of concentration.

Remember when the presenter kept distracting the child playing the game in the show?

It was really hard for them to focus on the game, right?

It is super important that you don't distract your driver so you can all arrive safely.



Don't

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Do

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Teacher callout

Perhaps recreate this section of the show in the classroom using a tablet to help the kids understand what distraction means/feels like.

Passenger safety

Safety strategies

You will remember from the show we talked about the following ways to remain safe as a passenger and avoid distracting your driver:

- Ask another adult/older sibling any questions you have.
- Pack your own entertainment like books, devices or toys.
- Make sure you have water and snacks for the journey.

Draw three things you could bring on a long trip.

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Information for parents

If you are reading this, it means that your child has participated in the NRMA Science and Road Safety Program, where we merged science with theatrics to create a fun and memorable educational experience – one that empowers children to know how to keep themselves and others safe.

Ask your child to tell you what they learnt today and teach you some of the safety strategies we shared. Use this workbook to help prompt the conversation or scan this QR code to visit our parents' hub for more information on what we covered on the stage.

Road safety is the responsibility of all. We need you and your school community to help instil safe behaviours to keep our children safe.



To learn more about road safety,
visit mynrma.com.au/roadsafetyday

Teacher callout

View the curriculum links in the teacher pack.