



Science and road safety program

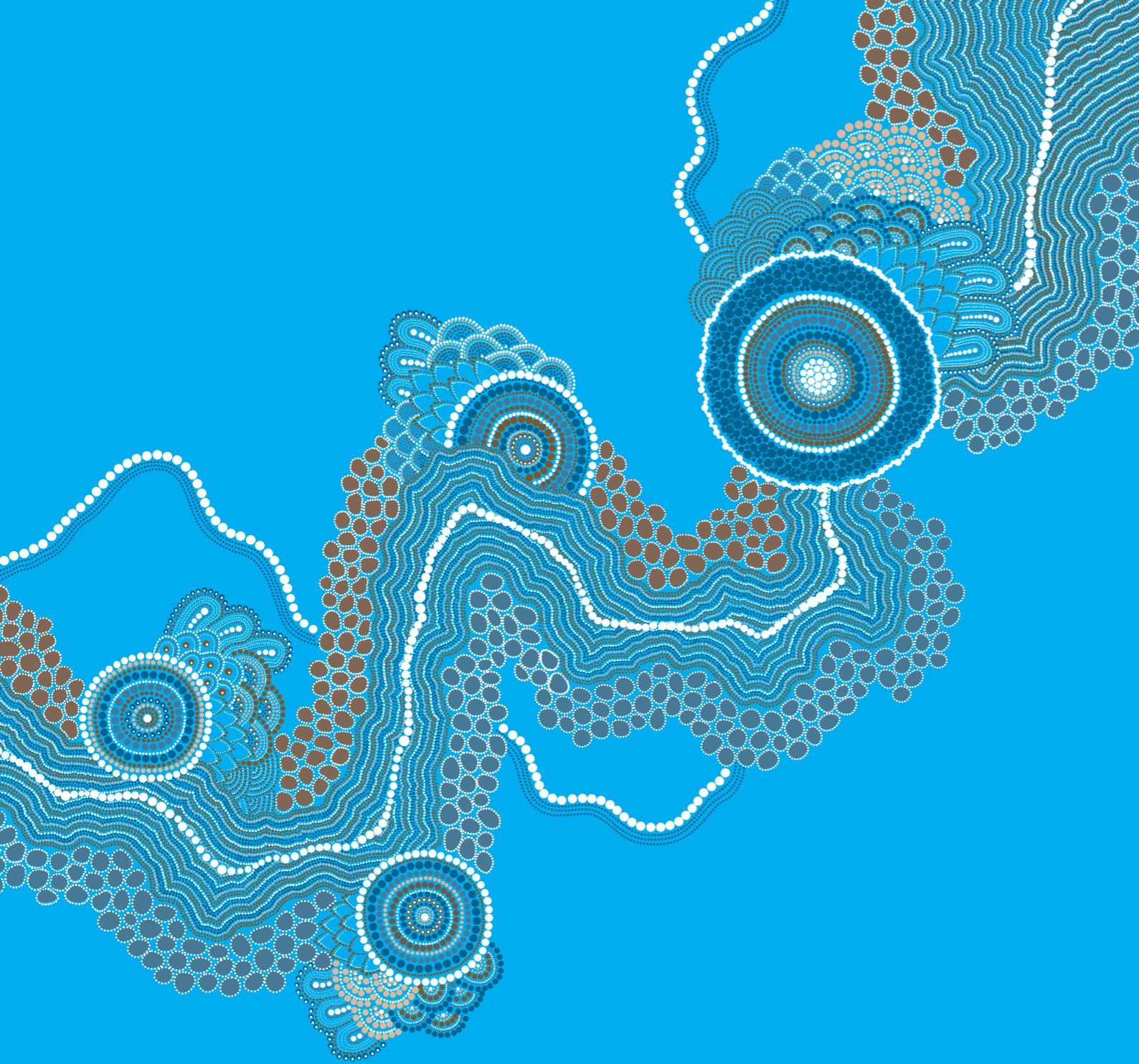
Student workbook
Stage 1

Name: _____

Class: _____

In partnership with Fizzics Education



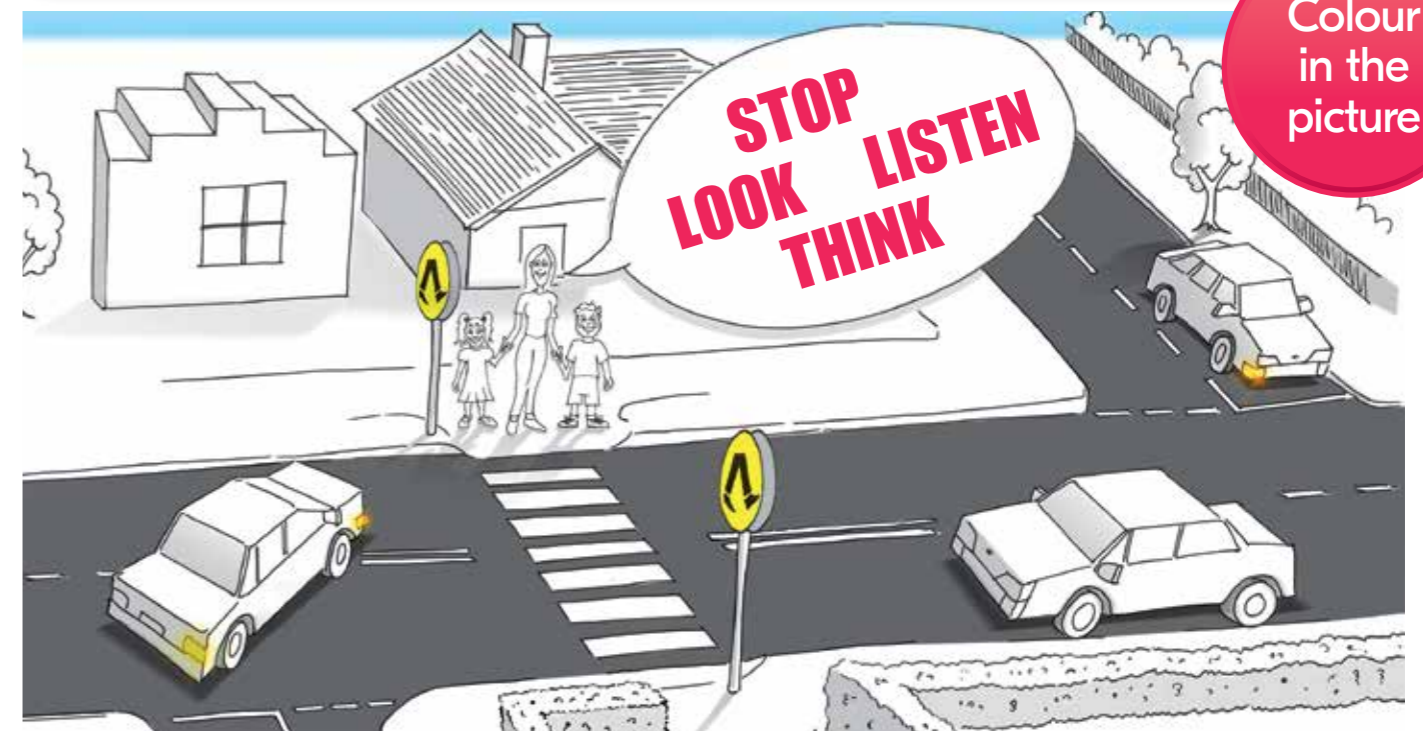


Crossing the road safely

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.

Colour in the picture



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.

Activity

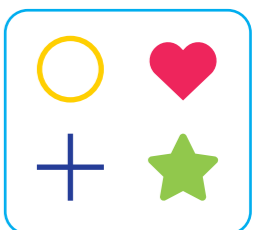
Let's match the safety strategy with the image:

Yellow circle around the safe place to cross.

Red heart where the children are holding hands with an adult.

Blue cross on the two cars that need to stop before they can cross.

Green star on the car that they need to be aware of as they cross.



Sentence completion activity

The family are crossing at a _____ crossing.

Always wait for cars to _____ before you cross.

Keep looking _____ ways as you cross.

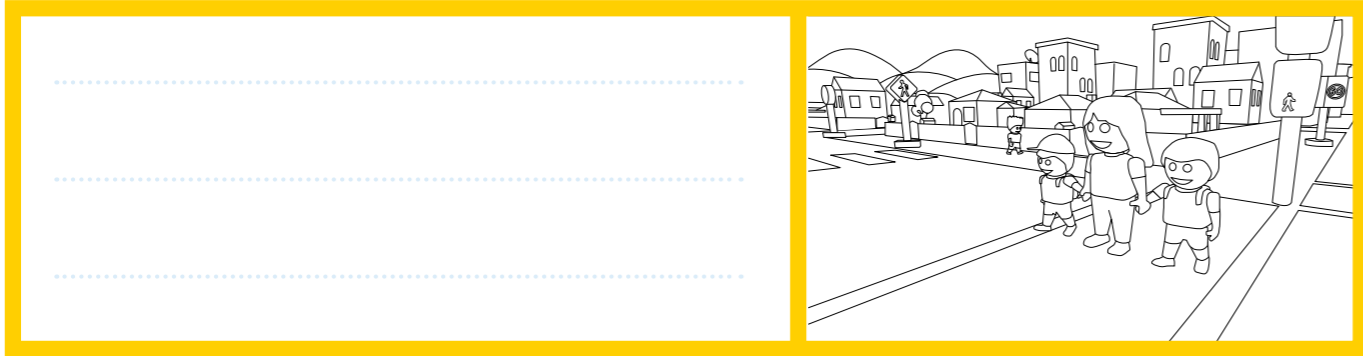
both stop zebra

Staying safe when out and about

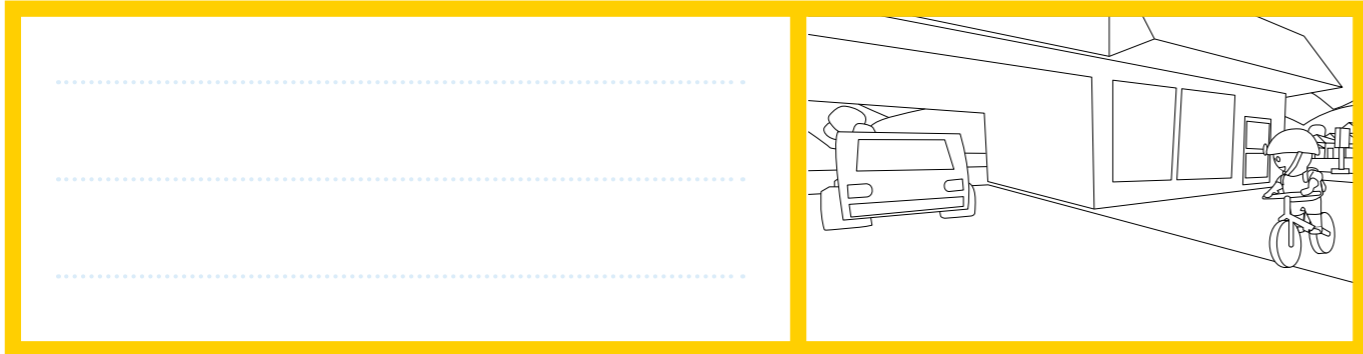
Activity

Colour in each picture and add a safety tip for each.

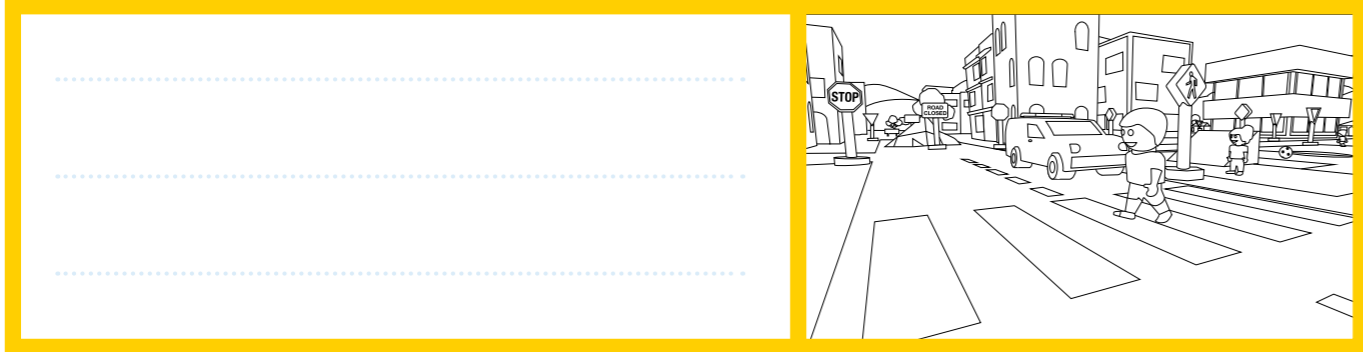
1. Crossing at a traffic light (pedestrian crossing)



2. Driveway safety



3. Zebra crossing



Teacher callout

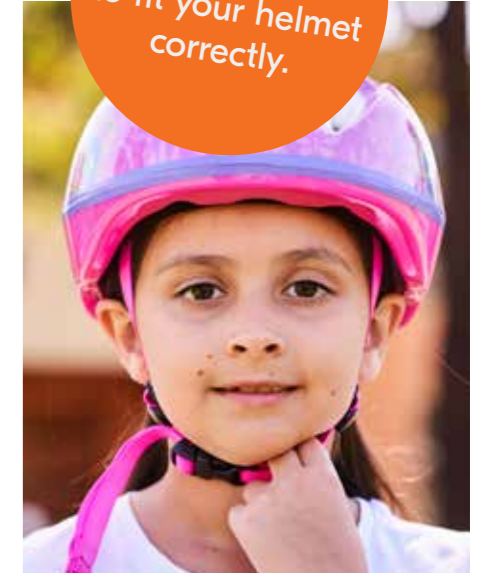
Have a discussion with your students about the added risk of silent vehicles (such as electric cars) when crossing the road.

Helmets

Fitting your helmet

In a crash, most of the impact energy is absorbed by your helmet, rather than your head and brain. That's why it's critical that your helmet is fitted correctly so it can do its job.

Follow these 3 steps to fit your helmet correctly.

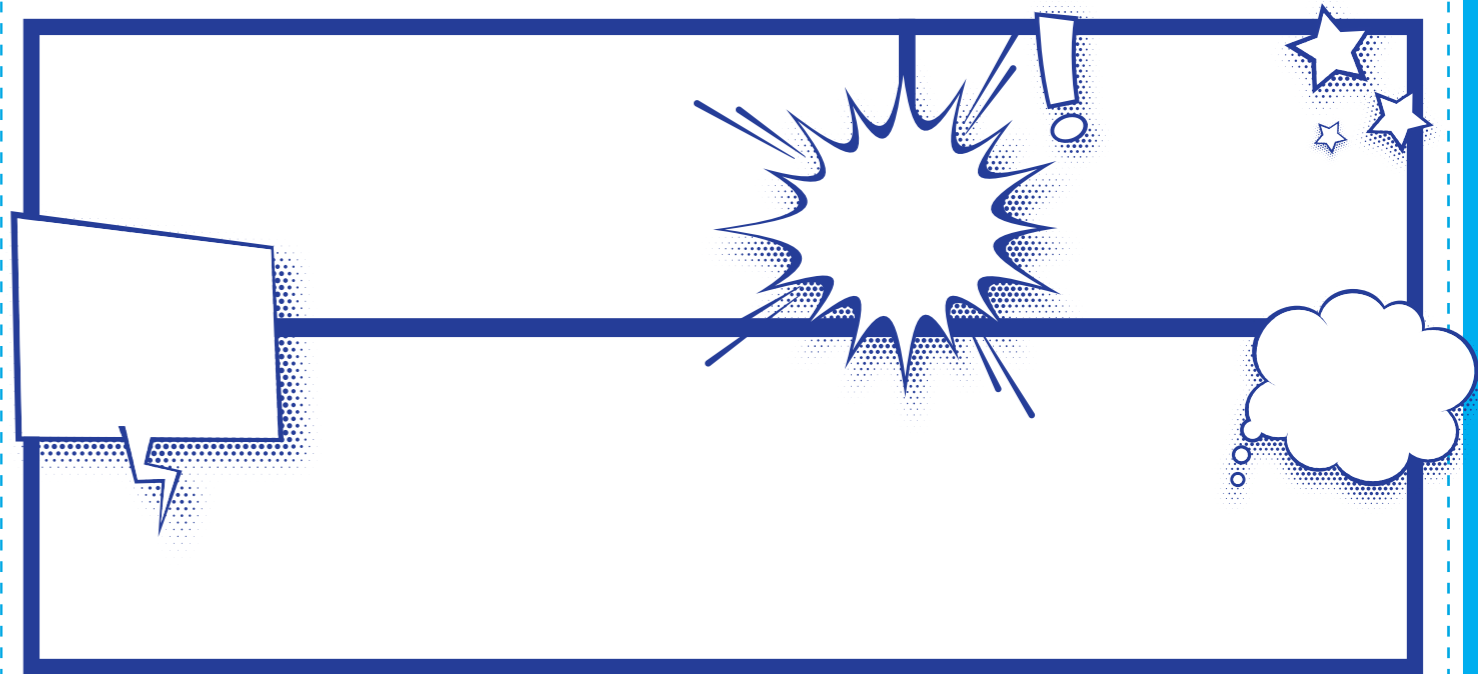


Helmet function

The foam inside your helmet absorbs all the energy when you crash. Once the foam compresses (hardens), it will never decompress. That means the helmet will not be safe to use again.

Activity

Watch the video of our scientists using a watermelon to demonstrate how a helmet protects your head in a crash. Using the comic strip below, tell us what happened.



Helmet safety

Helmet variations

As demonstrated in the show, it's essential that you wear the correct helmet for your activity. Each helmet is designed for different functions to give the wearer the ultimate protection.

The most important part of wearing a helmet is choosing the right type and fitting it correctly.



Bicycle helmets

are designed for higher speeds and are required by law to be worn by all cyclists.

Scooter helmets

are designed for slower speeds and are not required by law but are strongly advised.

Activity

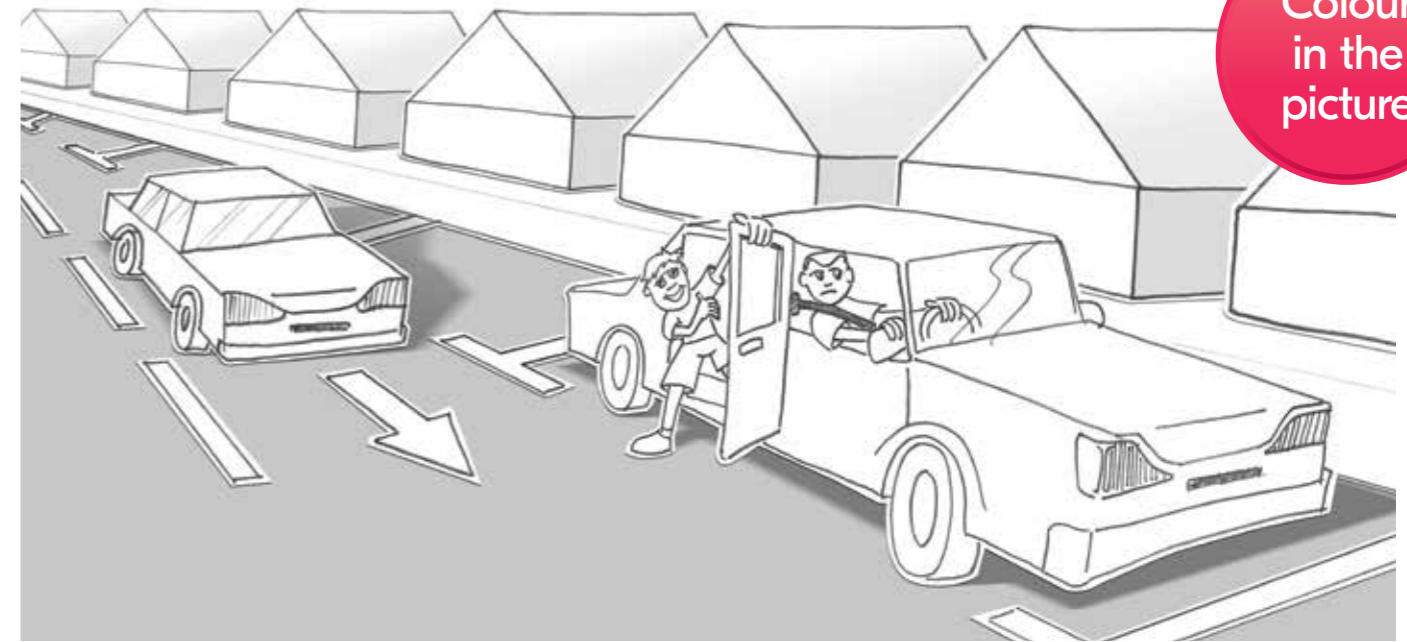
1. Gather some magazines or store catalogues.
2. Find one picture of a bicycle helmet and one picture of a skate helmet.
3. Cut them out carefully using scissors.
4. Use glue to stick them in the correct place below.

| Bicycle helmet – for bikes. | Skate helmet – for skateboards, scooters and rollerblades. |
|-----------------------------|------------------------------------------------------------|
| | |

Safety door

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

Colour in the picture



Look at this picture. Why is this child not safe? What would your safety advice be to this child?

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.

You should choose to remain in your booster seat after you turn seven if it feels more comfortable.

Correct fit for your seatbelt

In order for your seatbelt to keep you safe, you need to be wearing it correctly.

It needs to rest across your collar bone and hip bones.



Activity

In pairs, pick your favourite nursery rhyme. Using that tune, create your own song (with actions) that shows others how to fit their seatbelt correctly. Perform your song for the class.

Things to remember:

Don't forget to mention the collar bone and hip bones!

Teacher callout

Perhaps provide some instruments to add another level of fun to this activity.

Seatbelt function

Newton's first law of motion (forces) states that when an object is in motion, it will continue with the same speed and in the same direction unless something stops it.

Activity

Let's recreate the experiment from the show, whereby we test the effectiveness of your seatbelt using stunt cars and dummies.

Method

What you'll need:

- o A toy car
- o A doll/teddy/figurine
- o Masking tape/ribbon
- o A wall

Results

Step one: Place your doll in/on top of the car.

Step two: Push the car towards the wall until it crashes into it.

Step three: Record what happened.

Step four: Tie/tape the doll into/on top of the car.

Step five: Push the car towards the wall until it crashes into it.

Step six: Record what happened.

Conclusion

Teacher callout

Relate this experiment back to the context of a seatbelt in a car preventing passengers from moving forward in a crash.

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 children understand what distraction means/feels like.

Passenger safety

Safety strategies

You will remember from the show we talked about the following ways to stay 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.

Activity

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.