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Pedestrian Safety 4-Week Curriculum for In-class or Google Classroom Adaptation

This guide is intended to provide school educators, Safe Routes to School Champions, and after school program coordinators with a 4-week curriculum to educate students in the classroom or virtually about pedestrian safety, the benefits of walking, biking, and rolling as a transportation choice, how to identify and advocate for more walkable communities, and trip planning. There are four themes, with a new theme proposed for each week:

- Week 1: Pedestrian Safety
- Week 2: Walking for Your Health
- Week 3: Walking for the Environment
- Week 4: Walkability Heroes

The four themes can be used as a month-long curriculum or individually to suit your needs. Content in this guide has been developed specifically so that you can create your own Google Classroom course using the content provided or adapt for in-person learning.

We hope you enjoy this guide. Please feel free to contact our Project Manager, Molly Wagner, mwagner@walksacramento.org at any time for questions or support regarding the content in this guide.



Lesson Plan

Pedestrian Safety Week 1

Summary

Objective: Students will learn about essential skills to practice being a safe and responsible pedestrian.

Topic: Pedestrian Safety

Google Classroom Assignment:

It's time to celebrate October is National Walking Month! This week, we are going to learn key skills to practice walking safely.

Instructions:

1. Watch Pedestrian Safer Journey videos, choose the video for your age group. Videos are available in English and Spanish.
2. Put your knowledge to the test. Take the quiz for your age group to see what you learned. Don't worry this isn't for a grade. The quiz is available in English and Spanish.
3. Take a screenshot of your completed quiz and submit here for credit and a chance to win a cool prize!


Bonus Activities:

K-3rd grade - If possible, go for a walk with an older sibling, or adult and show them what you learned. This a great way to get outside and get some exercise.

4th-8th grade - Share safety tips or why you love walking with a video! Be creative. You can upload your videos to Flipgrid here: <https://flipgrid.com/920c7554>

Links to Add to Google Classroom Assignment

- a. Pedestrian Safer Journey: Ages 5 -9

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- a. Video in English: http://www.pedbikeinfo.org/pedsaferjourney/el_en.html
 - b. Video in Spanish: http://www.pedbikeinfo.org/pedsaferjourney/el_sp.html
 - c. Quiz in English: http://www.pedbikeinfo.org/pedsaferjourney/el_quiz_en.html
 - d. Quiz in Spanish: http://www.pedbikeinfo.org/pedsaferjourney/el_quiz_sp.html
- b. Pedestrian Safer Journey: Ages 10 -14
- a. Video in English: http://www.pedbikeinfo.org/pedsaferjourney/mi_en.html
 - b. Video in Spanish: http://www.pedbikeinfo.org/pedsaferjourney/mi_sp.html
 - c. Quiz in English: http://www.pedbikeinfo.org/pedsaferjourney/mi_quiz_en.html
 - d. Quiz in Spanish: http://www.pedbikeinfo.org/pedsaferjourney/mi_quiz_en.html

Lesson Plan

Walking for Your Health Week 2

Summary

Objective: Students will learn how walking and physical activity is beneficial for healthy minds and bodies

Topic: Walking for your Health

Google Classroom Assignment:

Walking is healthy for our brains and body!


Did you know that walking or doing another physical activity before school can help you be more ready to learn at school?

Walking doesn't have to be boring! Here are two fun challenges this week:

1. View the PAG MYW pdf flyer.
2. Write down three ideas for how you can walk more each day and fill out the Google Doc. Check out the Stepping it Up video to learn why other students like to walk!
3. Get Inspired! Use the Neighborhood Walks Activity Packet, and additional resources attached to make your walk more fun. Take a photo of something you liked on your walk and add it to your Google Doc.
4. Submit your Ideas for a chance to win a cool prize!

Links to Add to Google Classroom Assignment

- My Three Ideas to Walk More Each Day Worksheet (each student gets a copy):
https://docs.google.com/document/d/1-EteNO_yTX4flwfXd0bbmtuWb1snnXfR_Eev-V4DM_D0/edit?usp=sharing
- Neighborhood Walks Activity Packet and Additional Resources from American Heart Association:



<https://drive.google.com/drive/folders/1Fi35ElunvN6WNpdVFBHUKcn8LbsCWSeP?usp=sharing>

- Video: “Stepping It Up: Kids Say Walking to School is Healthy, Fun, and Good for the Environment”: https://youtu.be/r59_rzKuAMA

Lesson Plan

Walking for the Environment

Week 3

Summary

Objective: Students will learn how walking and physical activity is beneficial for a healthy environment

Topic: Transportation and the Environment

Google Classroom Assignment:

Did you know our transportation choices affects our environment?

Transportation options like cars, planes, or other forms that rely on gas can produce harmful chemicals in to our environment which makes our air dirty. Other transportation options like walking and biking play a crucial role in improving our quality of life because it helps protect and improve the living environment and natural resources. Improving the environment in turn brings added health benefits that come, for example, from cleaner air, less traffic noise and fewer road accidents. Walking and biking are highly efficient in their use of urban space and energy and it gives streets vitality and personal security.

Instructions:

1. Watch the videos below to learn about smog and air pollution.
2. Go to <https://www.airnow.gov/education/students/> and learn about air quality for your age.
3. Explore more about air quality and play games with our local Spare the Air Mascot, Scooter! <http://www.aqmdscooter.com/>
4. Take the quiz below to share what you learned.

Links to Add to Google Classroom Assignment

- The Science of Smog: <https://youtu.be/CdbBwlqg4rs>
- Scooter's World: <http://www.aqmdscooter.com/>

- Spare the Air with Sophia: <https://youtu.be/EAbYgTDgldM>
- Quiz:
https://docs.google.com/forms/d/1AigN9OnuvSrxRq_OA96IMyb8DyE86v_QnQTyniymHeg/edit?usp=sharing

More Lessons Plans and Resources for Teachers

Below are additional lesson plans that are easily adaptable for class. To download all lesson plans listed below, view the Google Drive here:

<https://drive.google.com/drive/folders/1-oLNw6MtPr9lafViiCpaUxZq5yLXs9aK?usp=sharing>

What's in Our Air two day activity for students in grades 4 - 5.

Students will learn about air quality and the way it affects our health.

Link to Curriculum:

https://drive.google.com/file/d/1FqIG9LeBRmjk6fj8g_2ieFrRehOMW3RJ/view?usp=sharing

This curriculum is developed by our friends at Alameda Safe Routes to school. Material on page 3 is specific to Alameda County. However, teachers across California can create their own questionnaire with state-level data from the California Air Resources Board:

<https://ww2.arb.ca.gov/ghg-inventory-graphs>

AQI Toolkit

Compiled by the U.S. Environmental Protection Agency (EPA), this Toolkit provides teachers with easy-to-use and engaging lesson plans, additional activities, and other resources to teach students about the connections between air quality, health, weather, and other related science topics, as well as actions students can take to protect their health and reduce air pollution.

The lesson plans in this Toolkit meet Next Generation Science Standards and can be easily incorporated into school curriculums.

This toolkit includes lesson plans for grades K - 8


Link to Curriculum:

https://drive.google.com/file/d/19trb1u2rQe-wkh5lpV7hGwODiK_fhITp/view?usp=sharing

Check out <https://www.airnow.gov/education/students/> for interactive games and more teaching materials

Go Green! Curriculum for Middle School

This curriculum can be done on your own or with your class.



Students will learn the benefits of active and shared transportation through Go Green lessons. Students will share their ideas through poetry, stories and essays about transportation, the environment, and how they can change their travel mode.

Special thanks to our friends in Alameda County for creating this resource!

Link to Curriculum:

<https://drive.google.com/file/d/1d5TSXkkXqghuC6XSMYnttX8nJPxpC-Gk/view?usp=sharing>

Lesson Plan

Walkability Heroes Week 4

Summary

Objective: Students will explore their own environment and discuss what makes it easy or challenging to walk, bike, or roll. After the discussion, they will have the options to write a letter to local community members and elected officials, and create a route to school or another nearby location.

Google Classroom Assignment 1: Mapping Your Route to School or Another Nearby Place

Now that you have become walking pros all month long, it's time to think about what makes the places and routes you walk enjoyable and what might make it challenging. We call this a walk audit!

Walk audits are tools to help us identify obstacles to walking and biking and talk about ideas for improvements for walking and biking.

Use the Walkability Heroes Guide to start your journey. The guide will tell you exactly what you need to do and provide ideas for how to share your findings.

Instructions:

1. Follow the instructions in the Walkability Heroes toolkit below and use the worksheets and templates in the toolkit to conduct your own walk audit.
2. Once you have gone on your walk audit, revisit the toolkit to help summarize what you observed on your walk audit.
3. Choose one of the following activities from the toolkit. See toolkit for instructions on each activity::
 - a. Create a walk audit report summarizing your findings and suggestions for improvements
 - b. Write a letter to an elected official using the template in the toolkit
 - c. Add your findings to the UC Berkley Street Stories Tool (take a screenshot of your report or download through the tool and submit to Google Classroom)

Once you are done, submit the assignment through Google Classroom.

The videos below also help explain how to do a walk audit and bike audit and show students who turned their audit into a video!

Links to Add to Google Classroom Assignment

- c. Walkability Heroes Walk Audit Guide (each student gets their own copy, so they can edit): https://docs.google.com/document/d/1UfhtNVVV4qu-2M3A8_2W3dkmxT0iee59R2l2MCw4Xk4/edit?usp=sharing
- d. How to be a Walking Detective Video: https://youtu.be/l2UtFTq_A_U
- e. Deterding Elementary Student Walk Audit Video Example: https://youtu.be/L_cF7x3kd4
- f. A Stroll through Little Saigon Walk Audit Video Example: <https://youtu.be/5NzxlOusiEY>

Google Classroom Assignment 2: Mapping Your Route to School or Another Nearby Place

Now that you are on your way to becoming a safe and responsible pedestrian, it is the time to start planning and practicing your route to school.

If you live too far from school to walk or bike, you can:

1. Choose another place you like to go often that is close enough to walk or bike.
2. Choose a "park and walk" spot so you can still walk to school. This can be a nearby park or other public place that you and your family can park (a few blocks away from school) and still enjoy a walk to school together.

Planning and practicing your route now will make you prepared to make the trip in the future!

Instructions:

1. View the Map Your Route Activity Google Instructions.
2. Follow the Instructions to create your map.
3. Take a screenshot of your final map and submit here for credit.



Links to Add to Google Classroom Assignment

- g. Map Your Route Activity Instructions:

https://docs.google.com/presentation/d/1IViBUobSEJGDxASme03GG12sel-iFCCYqzCYfpPxY4g/edit#slide=id.g9dbde82666_0_0

- h. Map Your Route Example on Google My Maps:

<https://www.google.com/maps/d/edit?mid=1ktV06YTufAVqDWojTfh1QiQWrYL6tSdC&usp=sharing>