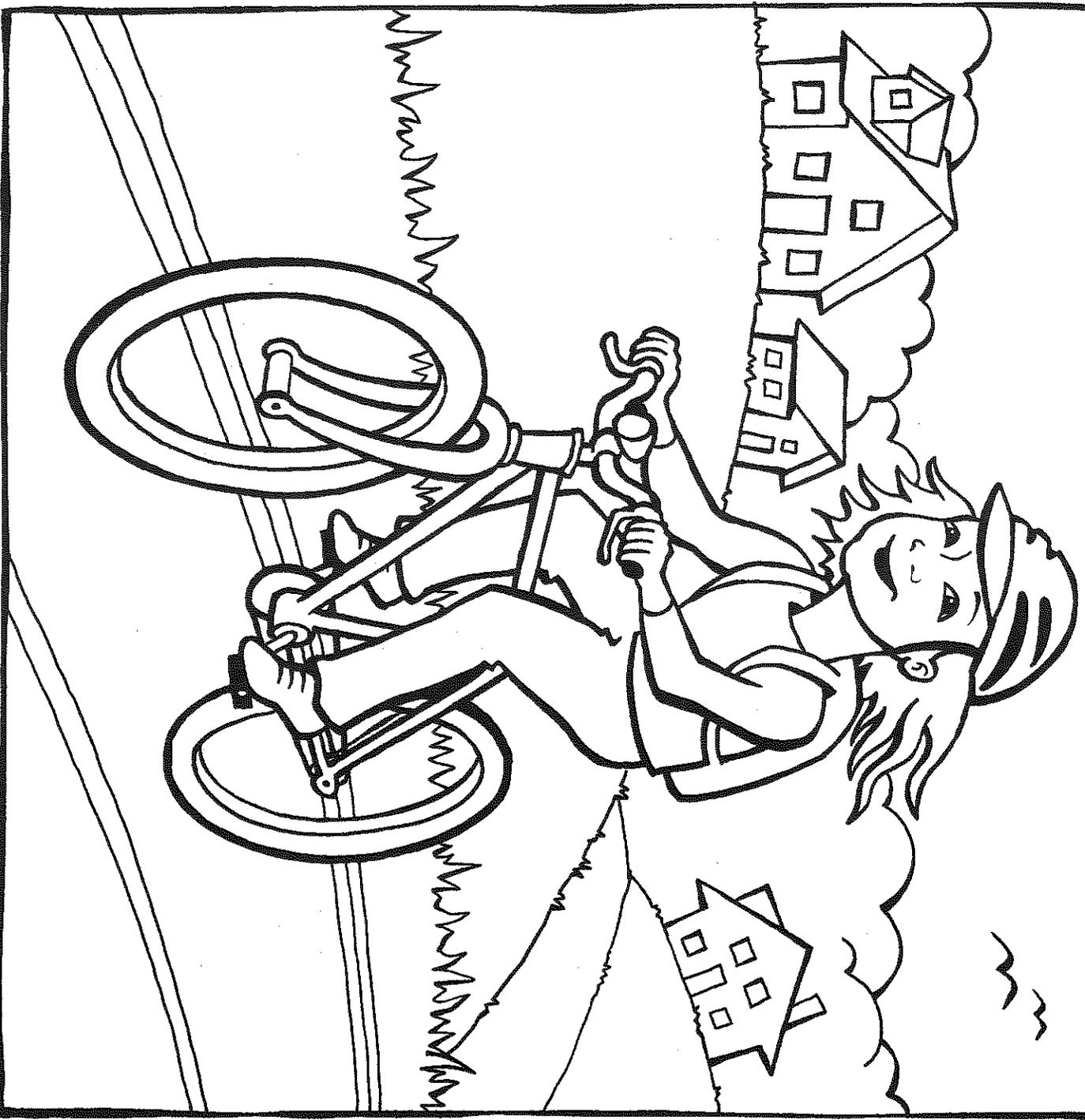


# Let's Bike There

Bicycle Safety Coloring and Activity Book



The wheels go round  
as you push the pedals down.  
You can ride your bike  
all over town!



# A B C Safety Check

Always remember  
before you bike there,  
to make sure that you check  
your chain, brakes and air.

## A

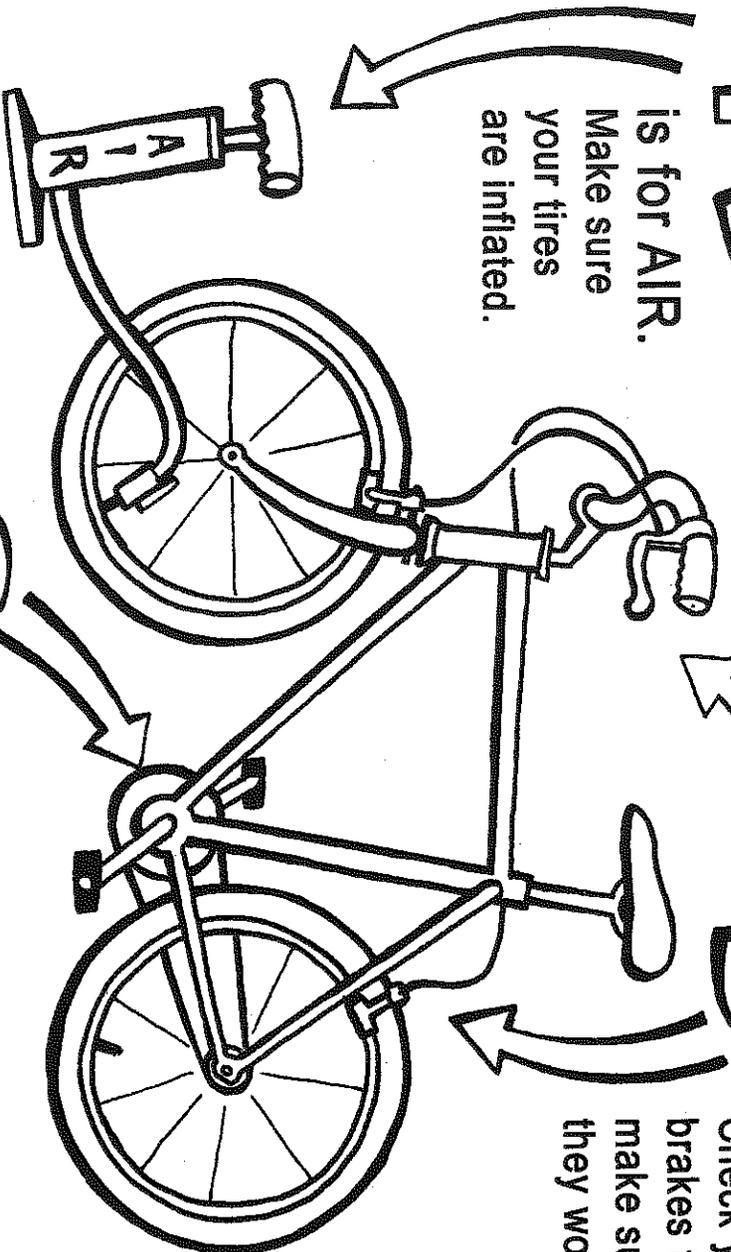
is for AIR.  
Make sure  
your tires  
are inflated.

## B

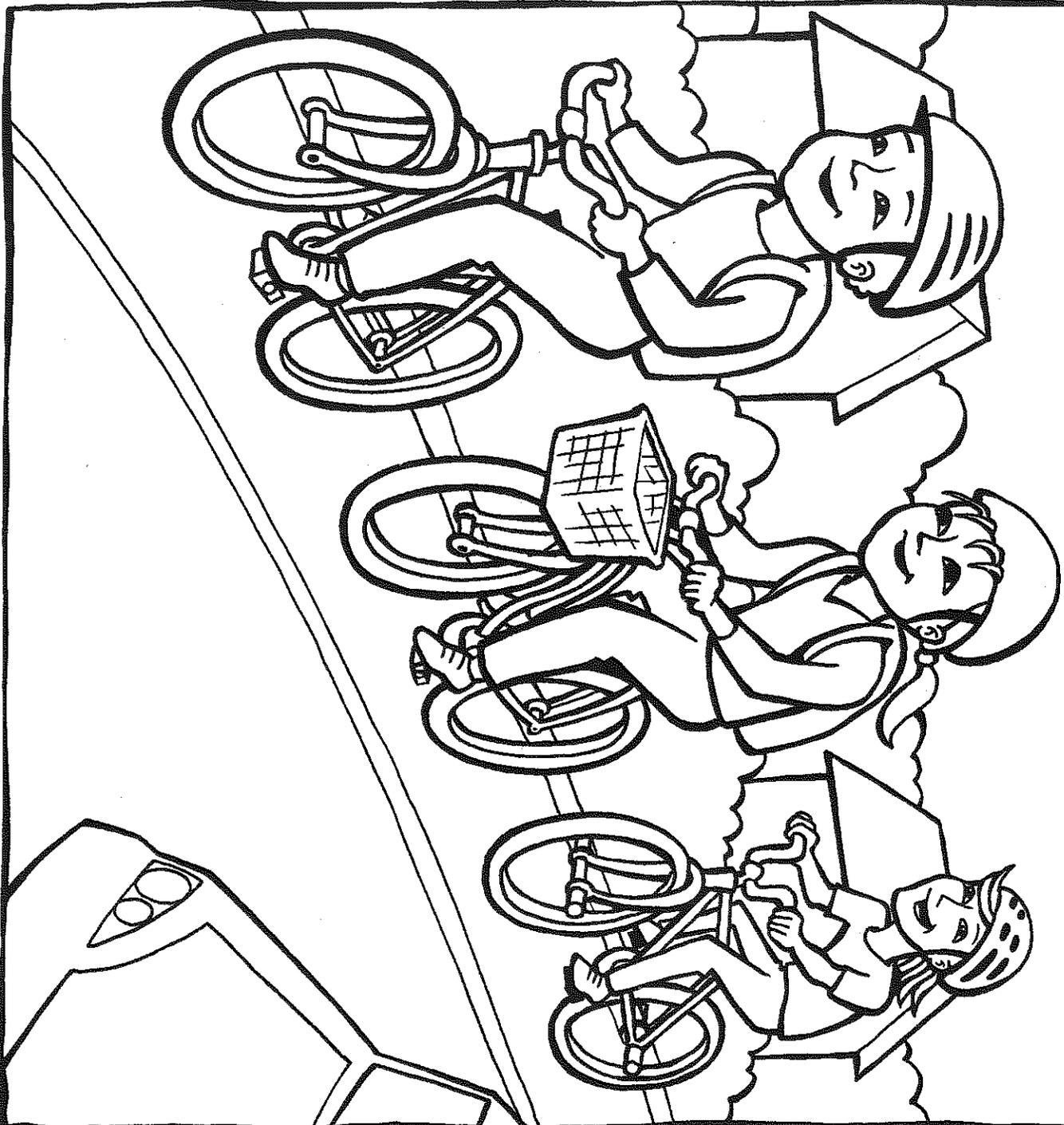
is for  
**BRAKES.**  
Check your  
brakes to  
make sure  
they work.

## C

is for CHAIN.  
Make sure your  
chain is on tight.

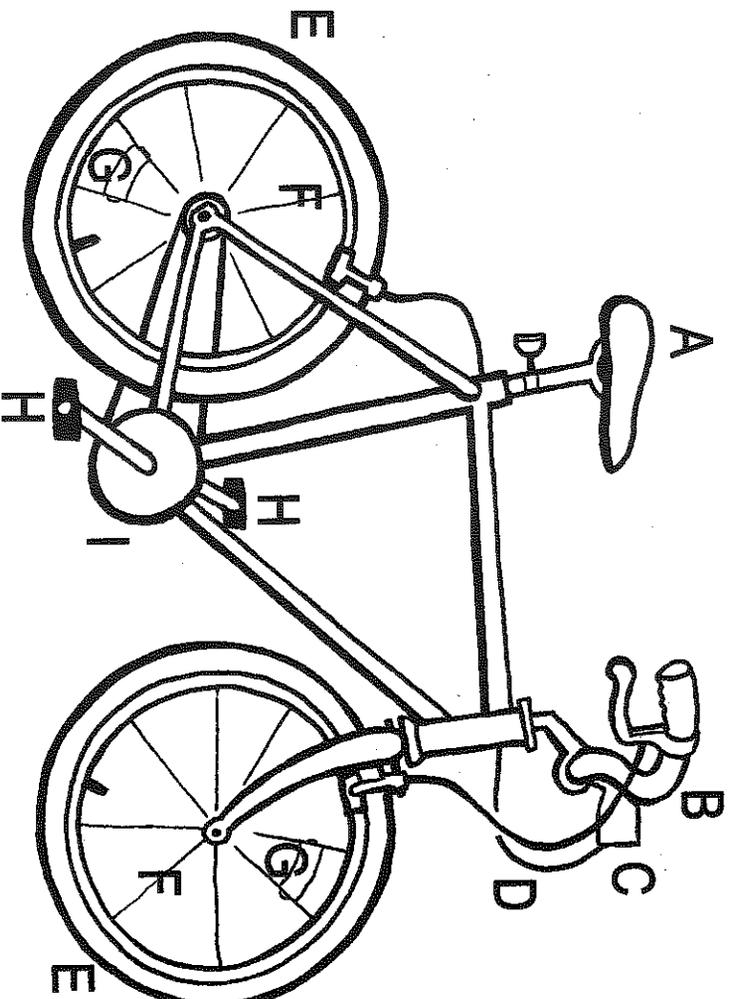


When riding with friends  
for a block or a mile,  
keep to the right  
and ride single file.



# ACTIVITY

Can you name the parts of this bike?



Draw a line to match the letters with the right parts of the bike above.

- |   |              |
|---|--------------|
| A | Handlebars   |
| B | Tires        |
| C | Reflectors   |
| D | Pedals       |
| E | Seat         |
| F | Spokes       |
| G | Chain        |
| H | Headlight    |
| I | Brake Cables |

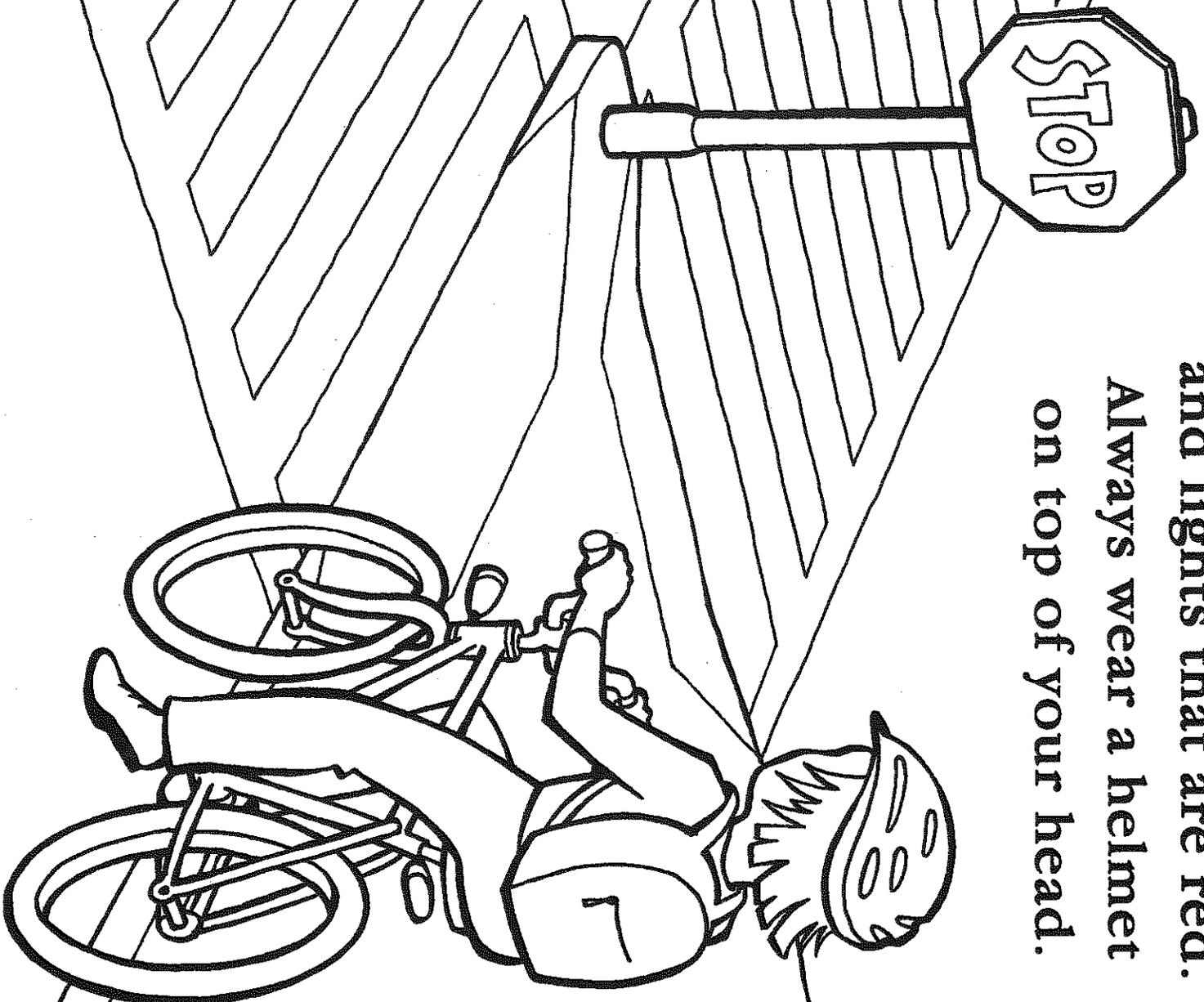
# ACTIVITY

What does Charlie never forget  
before he goes biking?

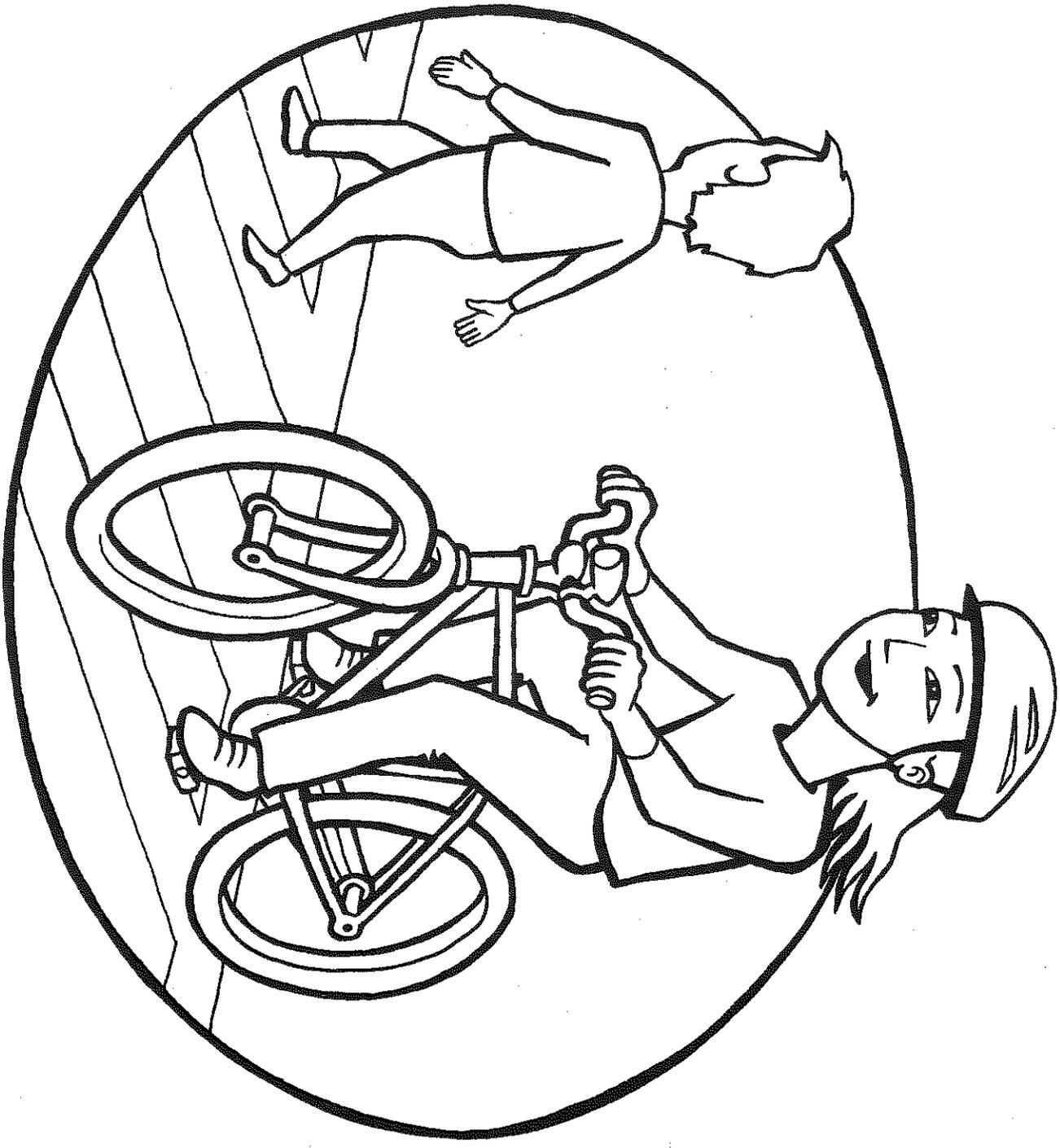
Connect the dots to find the answer.



Stop at all stop signs  
and lights that are red.  
Always wear a helmet  
on top of your head.

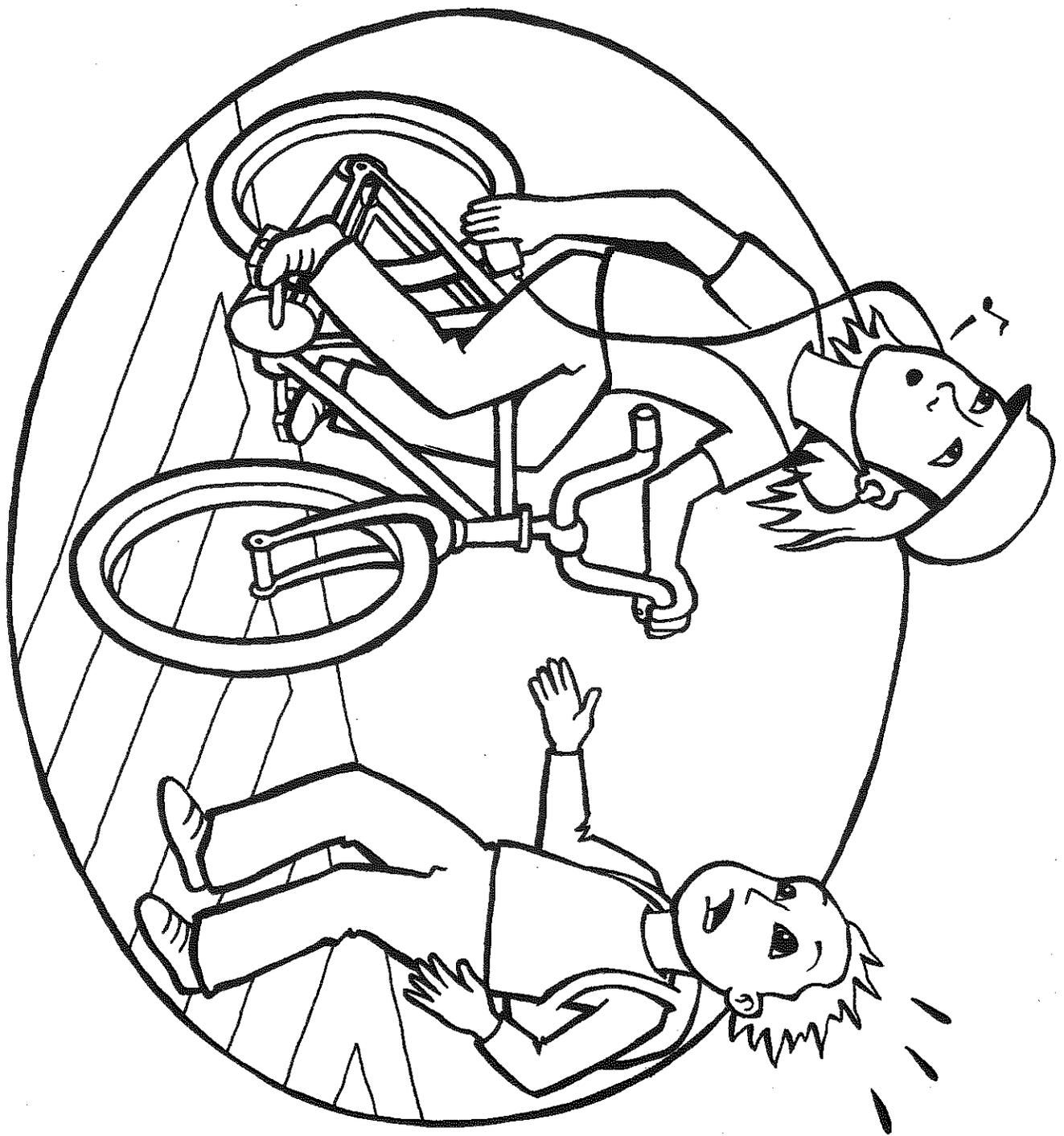


**Keep eyes and ears open  
so that you'll be aware . . .**



**RIGHT**

... of cars and other people  
whose roads that you share.



WRONG

Always pass on the left,  
and call out as you go,  
so that when you pass  
other bikers will know.



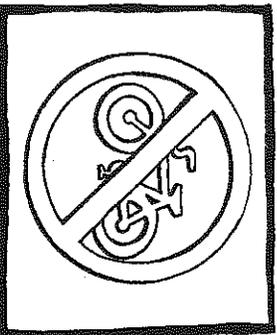
# ACTIVITY

**Do you know biking signals and signs?**

Draw a line to match each sign and signal to the correct meaning.



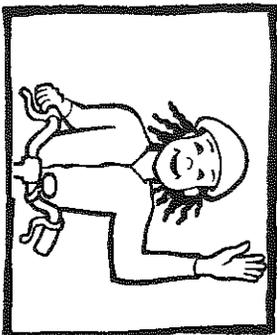
**Bikes not allowed**



**Left hand turn**

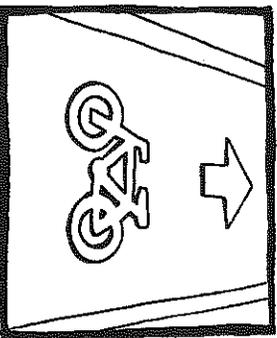


**Stop**

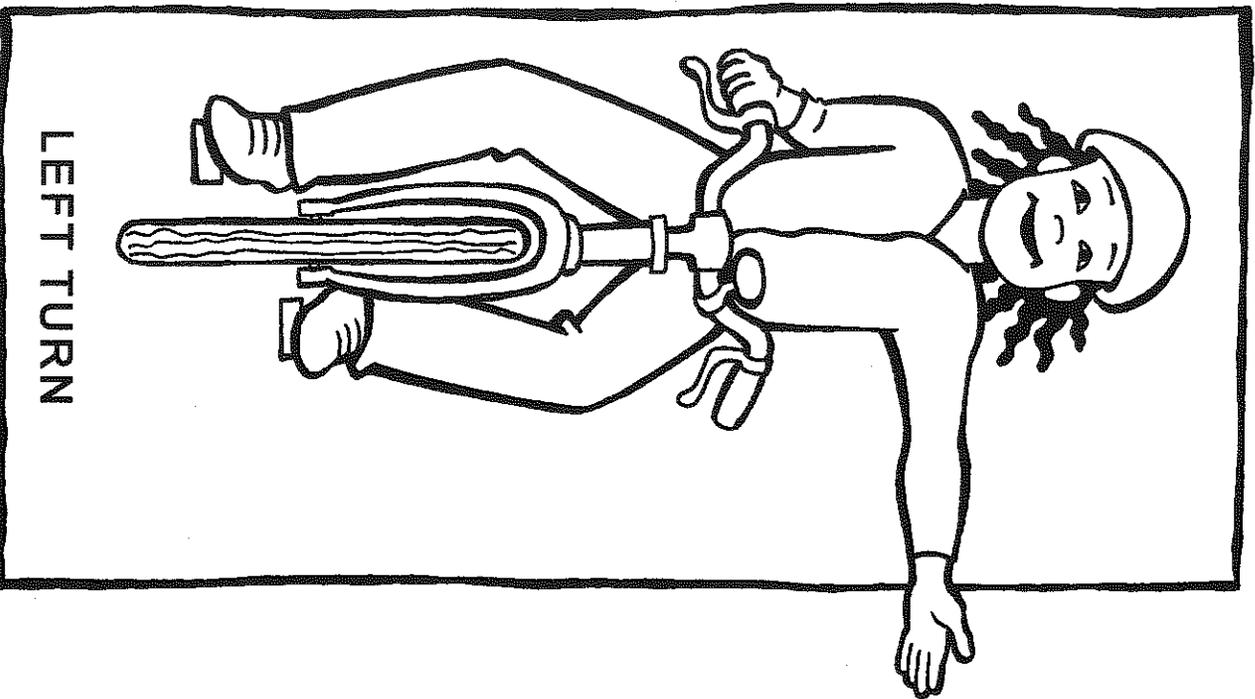


**Bike Lane**

**Right hand turn**



Hand signals are something every biker should learn. They let other people know which way you will turn.



LEFT TURN



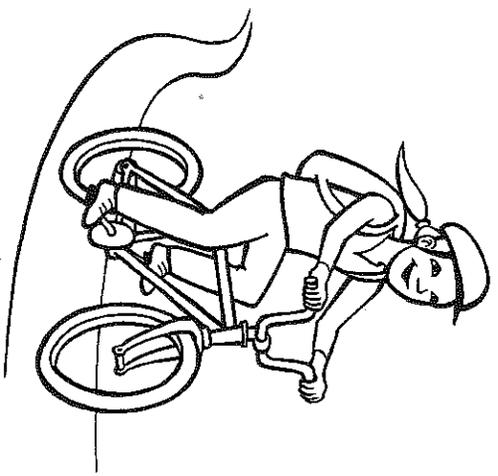
RIGHT TURN



STOP

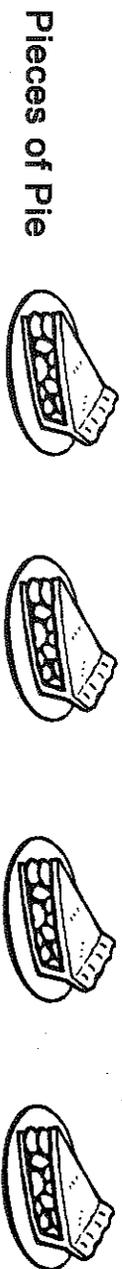
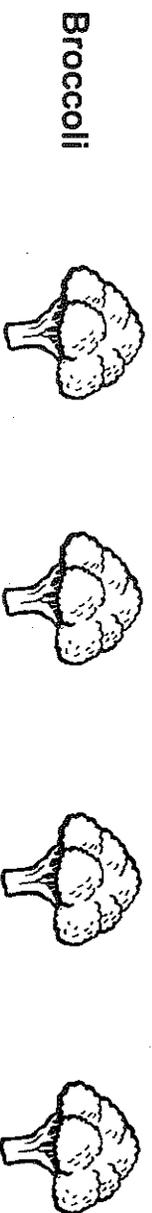
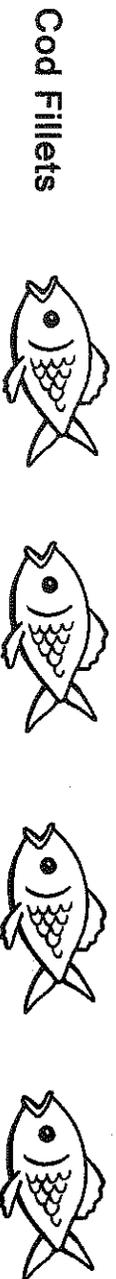
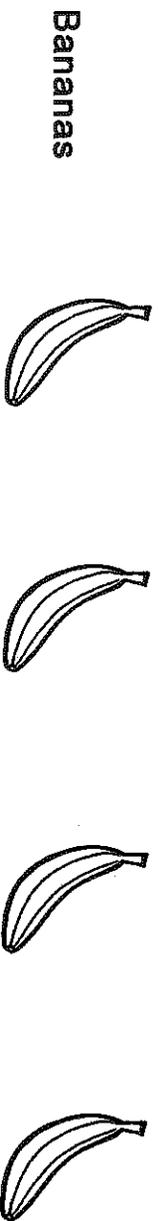
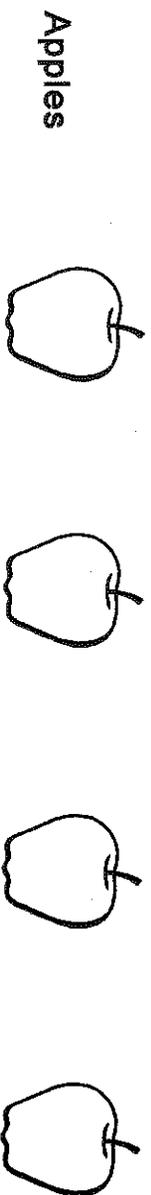
Always signal with your left arm.

# ACTIVITY



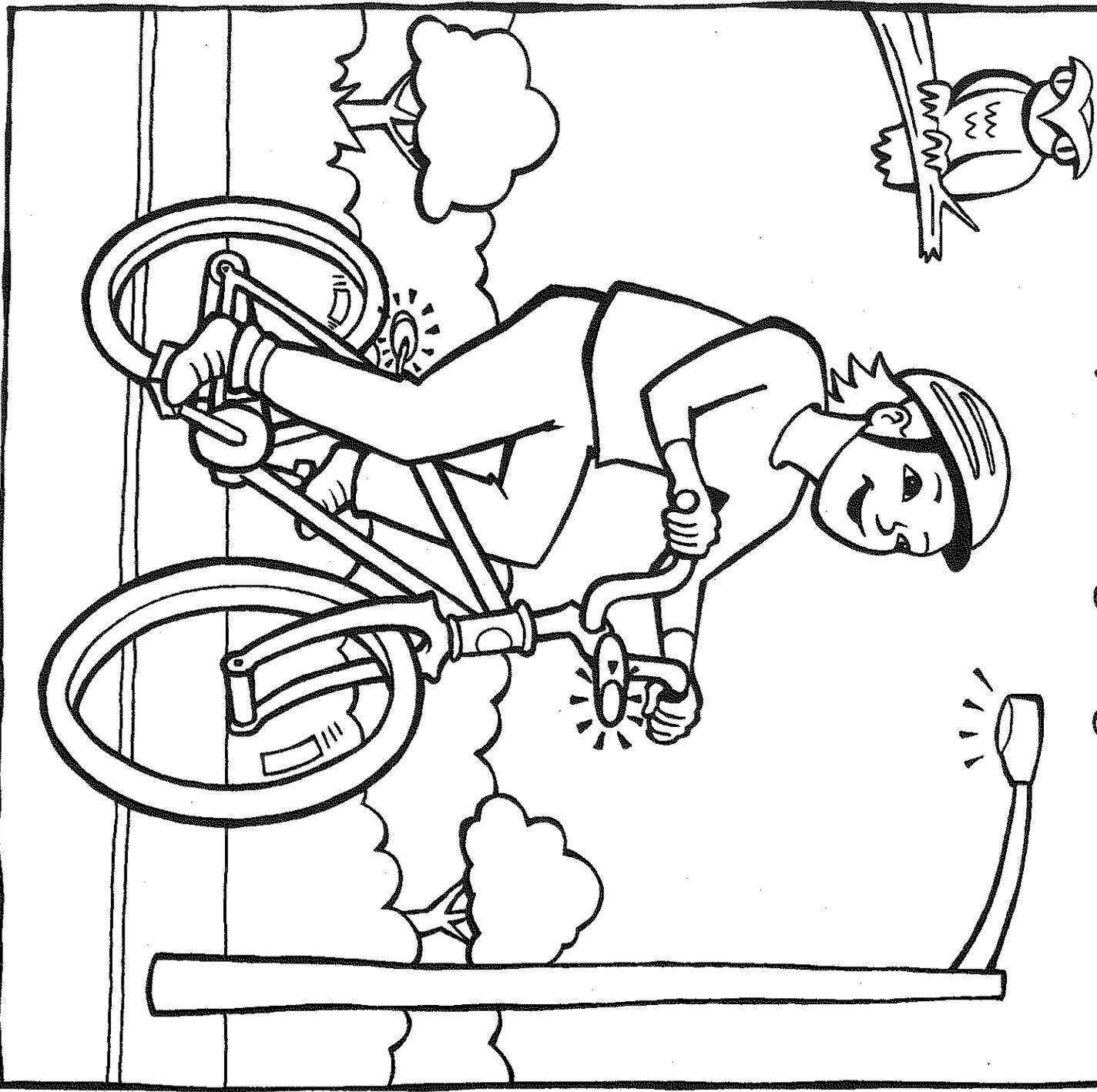
Color in the amount of each food  
you think Suzy needs to eat  
to ride her bike for 1 hour.

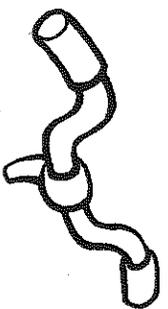
Hint: Suzy burns 240 calories when she bikes one hour.



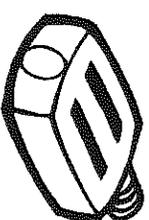
Answer: 3 apples, 1 bowl of cereal, 2 bananas, 1 cod fillet, 4 broccoli, 3 eggs, 1 piece of pie

If you're biking early  
or late at night,  
make sure you're seen  
by wearing a light.





# ACTIVITY



## Bicycle Word Find

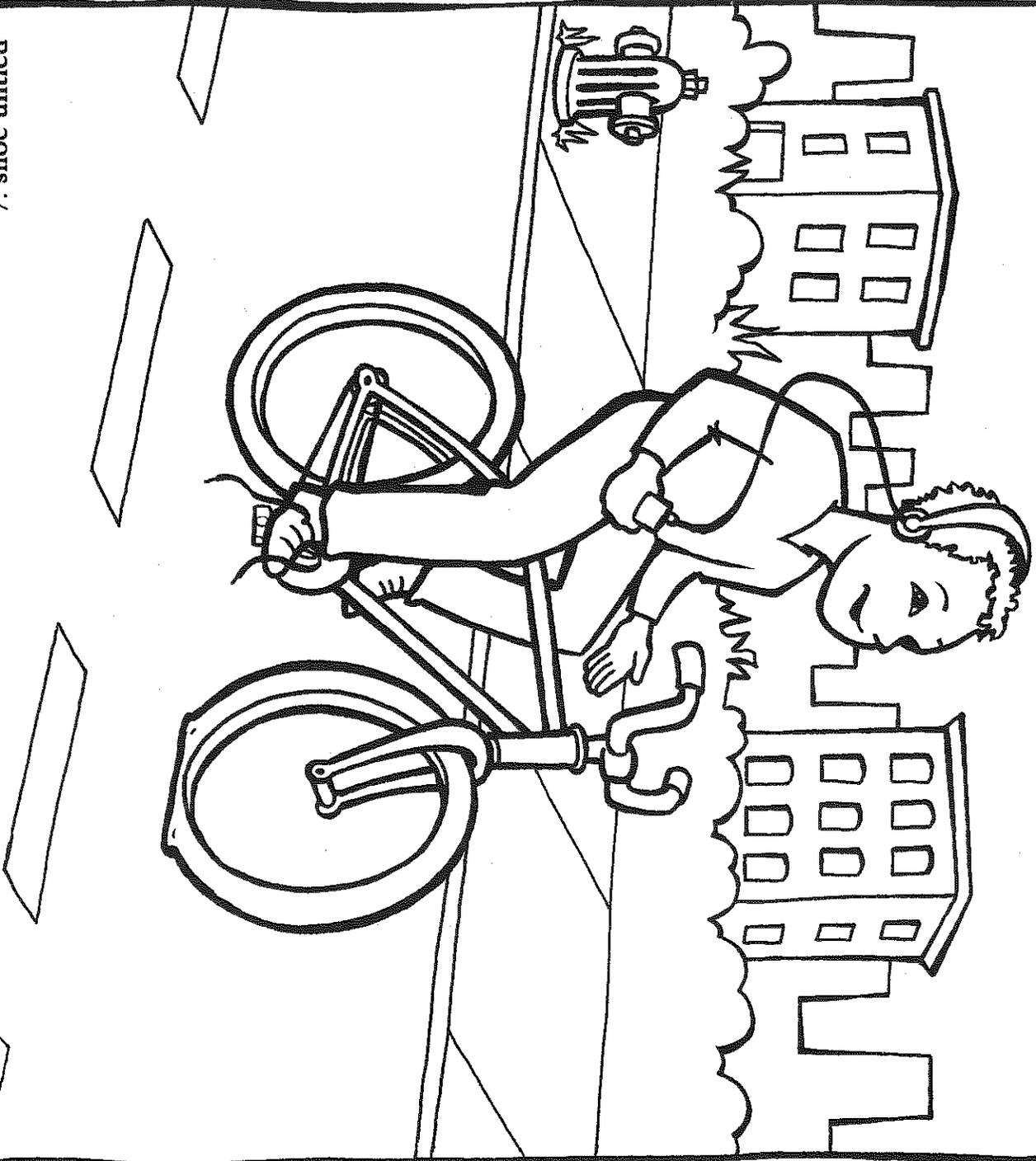
R E F L E C T O R R S  
S R C M K J R S I O A  
L W H E E L S I H A F  
I L A N E B D G D D E  
G O I Y P L R N C E T  
H A N D L E B A R S Y  
T E M P Q P D L K S K  
S B L F A D U A F E R  
H W I M G T E M L A S  
S P O K E S H B P T W  
T A I R E T I R E S D

Can you find these bicycle words above?  
(going across, down or diagonally)

reflector	wheels	ride	pump
lights	helmet	pedal	path
handlebars	tires	spokes	lane
chain	signal	seat	bike
brakes	safety	air	road

# ACTIVITY

Can you find seven things  
that make this bicyclist unsafe?



Answer: 1. no helmet 2. flat tire 3. no reflectors 4. wearing headphones  
5. riding on left side of the road 6. riding with no hands  
7. shoe untied

**Riding with friends,  
outside in fresh air,  
it's always more fun  
when we ride our bikes there.**

