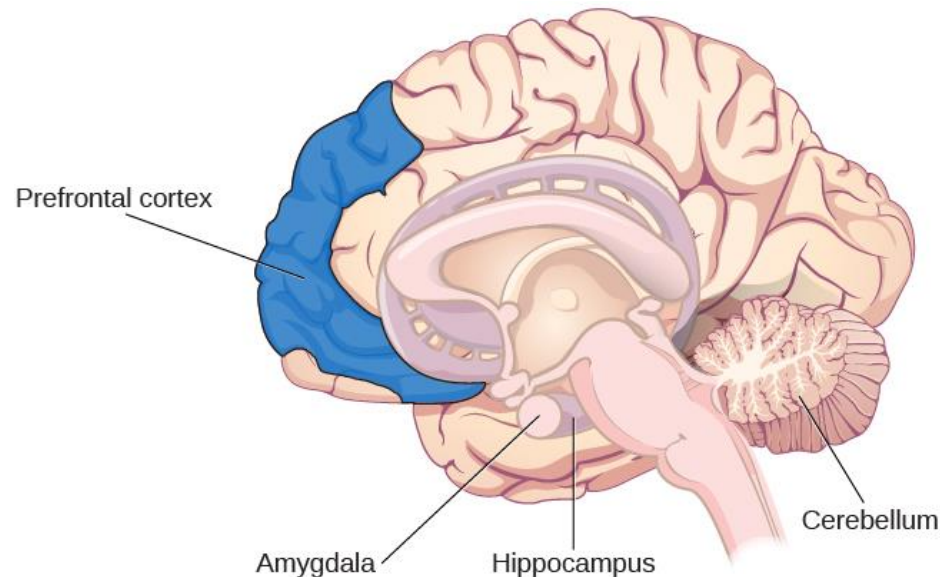


CARD MATCHING GAME: HELMET SAFETY

Lesson: A helmet can help protect you from a serious brain or head injury when riding a bicycle. Suffering from a brain injury can increase the chances of negative short and long term affects. Things such as thinking, learning, coordination, speech, and even memory can all be impacted and become frustrating tasks. For example, injuring the amygdala, hippocampus, cerebellum, and the prefrontal cortex may effect memory. This activity demonstrates how improper helmet fitting or not wearing a helmet during traumatic brain injury can impact memory.



<https://courses.lumenlearning.com/wsu-sandbox/chapter/parts-of-the-brain-involved-with-memory/>

Directions:

1. Cut out all the cards.
2. Mix up the cards.
3. Lay them in rows, with the SRTS TransOptions side facing up.
4. Turn over any two cards.
5. If the two cards match, keep them.
6. If they don't match, turn them back over.
7. Remember what was on each card and where it was.
8. Watch and remember during the other player's turn.
9. The game is over when all the cards have been matched.

The player with the most matches wins.

Safe Routes



To School
with

TransOptions

Safe Routes



To School
with

TransOptions

Safe Routes



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TransOptions

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Safe Routes

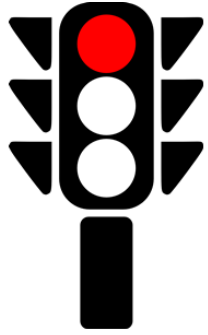


To School
with

TransOptions

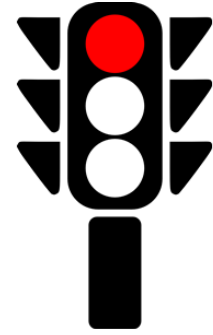
Red Light

Signal for moving vehicles to stop



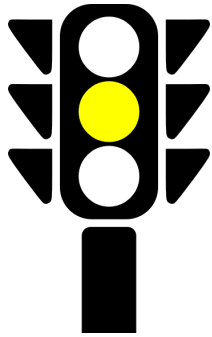
Red Light

Signal for moving vehicles to stop



Yellow Light

Slow down and prepare to stop



Yellow Light

Slow down and prepare to stop



Green Light

Vehicles can go



Green Light

Vehicles can go



Stop

Come to a complete stop



Stop

Come to a complete stop



Yield

Stop for another vehicle. Slow down and continue with caution if no vehicle.



Yield

Stop for another vehicle. Slow down and continue with caution if no vehicle.



Safe Routes



To School
with

TransOptions

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To School
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Pedestrian Crossing

NJ State Law, Stop for people crossing



Pedestrian Crossing

NJ State Law, Stop for people crossing



Do Not Enter

Prohibits from entering road



Do Not Enter

Prohibits from entering road



One Way

Traffic moving in one direction only



One Way

Traffic moving in one direction only



ABC Bike Check

Before riding check air, breaks, chain



ABC Bike Check

Before riding check air, breaks, chain



Wear a Helmet!

To protect our heads from injury



Wear a Helmet!

To protect our heads from injury



Safe Routes



To School
with

TransOptions

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Share the Road

Cyclist & pedestrians are most vulnerable



Share the Road

Cyclist & pedestrians are most vulnerable



Go Green

Walking and biking reduces air pollution



Go Green

Walking and biking reduces air pollution



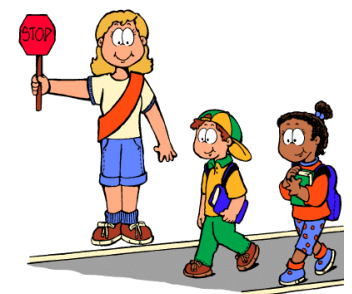
Crosswalk

Crosswalks are the safest places to cross streets



Crosswalk

Crosswalks are the safest places to cross streets



Carpool

Drive with friends to reduce air pollution



Carpool

Drive with friends to reduce air pollution



Crossing Guard

Community helpers who keep us safe when crossing the road



Crossing Guard

Community helpers who keep us safe when crossing the road



Safe Routes



To School
with

TransOptions

Safe Routes



To School
with

TransOptions

Safe Routes



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To School
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Active

Transportation:
Walking and biking
are great for
physical health!



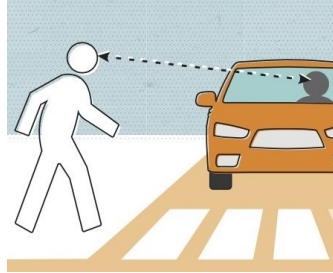
Active

Transportation:
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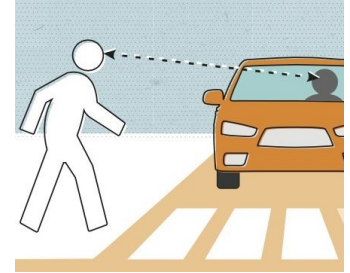
Before crossing:

Make eye Contact
and communicate
with driver



Before crossing:

Make eye Contact
and communicate
with driver



Walk Signal:

After looking both
ways, pedestrians
can cross the
street



Walk Signal:

After looking both
ways, pedestrians
can cross the
street



Don't Walk

Signal:

Pedestrians
can't cross



Don't Walk

Signal:

Pedestrians
can't cross



Wear bright and
reflective
clothing to be
more visible to
drivers



Wear bright and
reflective
clothing to be
more visible to
drivers

