

**road safety  
learning resources  
grade 4**

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**activity sheets**



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## Acknowledgements

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## Pedestrian safety practices

Names \_\_\_\_\_ Date \_\_\_\_\_

What I know	
Unsafe pedestrian practices	Safe pedestrian practices
What I want to learn	What I have learned



### Activity sheet — Learning about light

Record your observations for each of the activities	
Section 1	Section 2
Section 3	Section 4
Section 5	Section 6

### Activity sheet

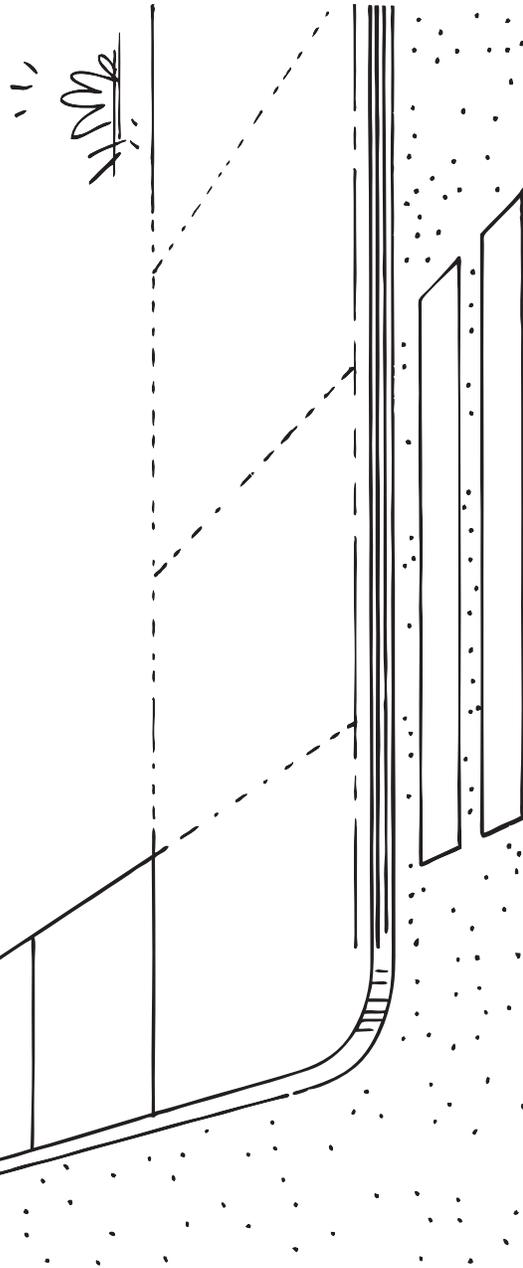
NAME \_\_\_\_\_

DATE \_\_\_\_\_



## How I use my road safety skills while waiting to cross the street.

**word key:**  
middle  
me



We cross at the corner or where there are crosswalks. I stand a giant step back from the curb when waiting to cross the street. We never cross mid-block because....

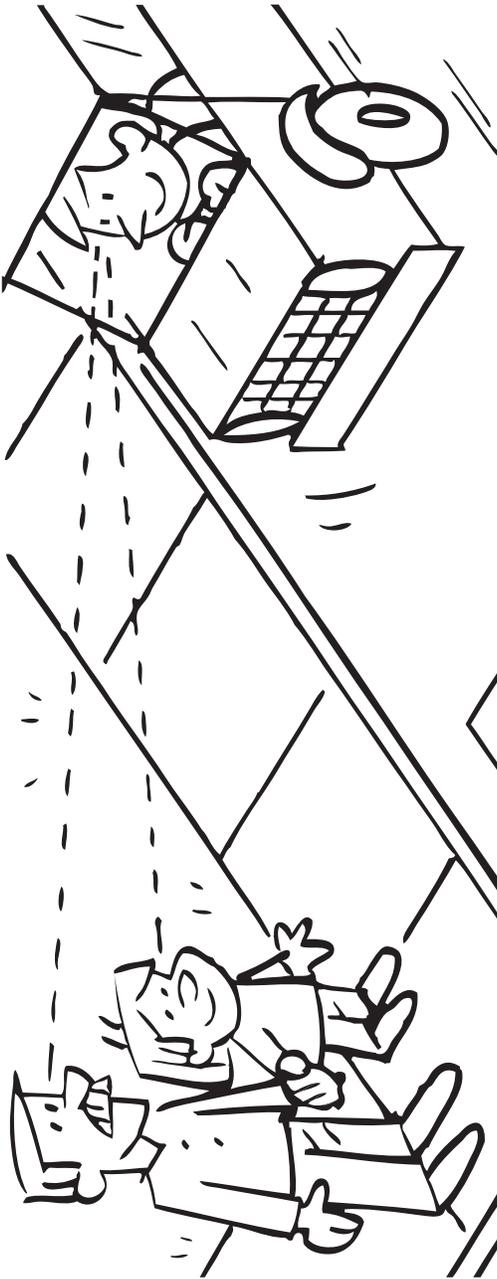
Drivers do not expect \_\_\_\_\_ to cross in the \_\_\_\_\_ of a block.

### Activity sheet

How I use my road safety skills while crossing the street.

NAME \_\_\_\_\_

DATE \_\_\_\_\_



**word key:**

contact

driver

eye

STOP, LOOK, LISTEN, AND LOOK AGAIN! I approach each street carefully. I look left, look right, and look left again and make eye contact with drivers. We continue watching out for cars turning the corner because...

I can be sure that the \_\_\_\_\_ sees me if I make \_\_\_\_\_ before I cross.

**Activity sheet — See and be seen chart**

see	be seen
before crossing a street	
A	B
while crossing a street	
C	D
when at a pedestrian-controlled crossing	
E	(same as D)
when crossing a multi-lane street	
F	G
when crossing an intersection with a traffic circle	
H	(same as D)
when walking along roads without sidewalks	
J	K
at railway tracks and crossings	
L	(not relevant — a moving train will not be able to stop for a pedestrian)

### Activity sheet — Pedestrian safety skills

before crossing a street	
<input type="checkbox"/> seek to cross at a traffic light or a crosswalk	<input type="checkbox"/> obey all traffic signals
<input type="checkbox"/> never cross mid-block even if a friend calls to you to cross over	<input type="checkbox"/> always STOP, LOOK, LISTEN and LOOK AGAIN
<input type="checkbox"/> wait a step back from the curb	<input type="checkbox"/> look left, look right, look left again to double-check
<input type="checkbox"/> make eye contact with drivers and cyclists — and wait until they have stopped — before crossing	<input type="checkbox"/> wear bright / reflective clothes if walking in the evening or in the rain

while crossing	
<input type="checkbox"/> watch out for cars turning a corner, or entering and exiting a laneway	<input type="checkbox"/> while crossing, continue to look left, right and then left again to double-check for turning traffic
<input type="checkbox"/> make eye-contact with drivers before crossing to ensure they see you and they have stopped	<input type="checkbox"/> walk — don't run — in a straight line
<input type="checkbox"/> remove headphones or put your phone conversation on hold	

when at a pedestrian-controlled crossing	
<input type="checkbox"/> don't assume that a walk signal or green light means that the cars will automatically stop	<input type="checkbox"/> don't walk until all traffic has stopped

### Activity sheet — Pedestrian safety skills, continued

when crossing a multi-lane street	
<input type="checkbox"/> make eye-contact with drivers in EACH lane	<input type="checkbox"/> while crossing, check that drivers in EACH lane see you and have stopped before you step into that next lane
<input type="checkbox"/> don't assume all drivers are paying attention — just because one driver has stopped it is not a guarantee that all other drivers will stop too	

when crossing an intersection with a traffic circle	
<input type="checkbox"/> never take short cuts across a traffic circle	<input type="checkbox"/> do not walk diagonally across the centre

when walking along roads without sidewalks	
<input type="checkbox"/> walk on the left side of the road to see (and be seen by) traffic	<input type="checkbox"/> walk in a single file — don't fool around or shove
<input type="checkbox"/> stay safely away from trucks because truck drivers have limited visibility and trucks require extra space for turning	<input type="checkbox"/> walk a safe distance from the road away from the traffic
<input type="checkbox"/> be aware of ditches and other hazards	

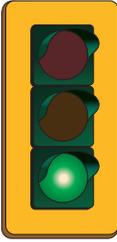
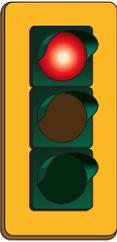
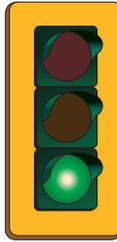
when crossing railway tracks and crossings	
<input type="checkbox"/> be cautious	



### Activity sheet — Pedestrian crossings checklist

	Intersection #1	Intersection #2
intersection of which streets		
stop sign		
traffic light		
crosswalk		
pavement markings		
flashing light		
crosswalk sign		
crosswalk ahead sign		
school sign		
parked cars near, or very close to the intersection		
clear view of approaching traffic		
curb extension (to shorten the crossing distance)		
recollection of any pedestrian injuries here		
feeling of safety: not feeling safe — 1 feeling very safe — 5		
general observations		

Activity sheet

				
Railroad Crossing	Yield	Stop	No Bikes	Do Not Enter
				
Traffic Light	Walk	Don't Walk	Wrong Way	Speed Sign
				
Stop	Wait	Go	Hospital	Bike Route



### Activity sheet

	FREE SPACE	

## Activity sheet: Activity — safe route to school checklist

How walkable is the route to school?

1. Did you have room to walk?

- Yes
- Some problems
  - Sidewalks were broken or cracked
  - Sidewalks were blocked with poles, signs, trees, garbage cans, etc.
  - No sidewalks, paths or shoulders
  - Too much traffic
  - Something else \_\_\_\_\_
  - Location of problems \_\_\_\_\_

2. Was it easy to cross streets?

- Yes
- Some problems
  - Traffic signals too long or did not give enough time to cross
  - No traffic signals
  - No crossing guards
  - Parked cars blocked view of traffic
  - Trees, plants, poles or garbage cans blocked view of traffic
  - Too much traffic
  - Something else \_\_\_\_\_
  - Location of problems \_\_\_\_\_

3. Did drivers behave well?

- Yes
- Some problems
  - Backed out of driveway without looking
  - Did not yield to pedestrians crossing the street
  - Drove too fast
  - Made a right turn without checking for pedestrians
  - Was distracted (using cellphone, eating, etc.)
  - Drove through traffic light
  - Something else \_\_\_\_\_
  - Location of problems \_\_\_\_\_



### Activity sheet: Activity — safe route to school checklist, continued

4. Was your walk pleasant?
- Yes
  - Some problems
    - Barking, scary dogs
    - Scary people
    - Not well-lit
    - Litter or other garbage
    - Poor air quality due to traffic exhaust
    - Something else \_\_\_\_\_
    - Location of problems \_\_\_\_\_

### Activity sheet — Pedestrian safety skills

before crossing a street	
<input type="checkbox"/> seek to cross at a traffic light or a crosswalk	<input type="checkbox"/> obey all traffic signals
<input type="checkbox"/> never cross mid-block even if a friend calls to you to cross over	<input type="checkbox"/> always STOP, LOOK, LISTEN and LOOK AGAIN
<input type="checkbox"/> wait a step back from the curb	<input type="checkbox"/> look left, look right, look left again to double-check
<input type="checkbox"/> make eye contact with drivers and cyclists — and wait until they have stopped — before crossing	<input type="checkbox"/> wear bright / reflective clothes if walking in the evening or in the rain

while crossing	
<input type="checkbox"/> watch out for cars turning a corner, or entering and exiting a laneway	<input type="checkbox"/> while crossing, continue to look left, right and then left again to double-check for turning traffic
<input type="checkbox"/> make eye-contact with drivers before crossing to ensure they see you and they have stopped	<input type="checkbox"/> walk — don't turn — in a straight line
<input type="checkbox"/> remove headphones or put your phone conversation on hold	

when at a pedestrian-controlled crossing	
<input type="checkbox"/> don't assume that a walk signal or green light means that the cars will automatically stop	<input type="checkbox"/> don't walk until all traffic has stopped

### Activity sheet — Pedestrian safety skills, continued

when crossing a multi-lane street	
<input type="checkbox"/> make eye-contact with drivers in EACH lane	<input type="checkbox"/> while crossing, check that drivers in EACH lane see you and have stopped before you step into that next lane
<input type="checkbox"/> don't assume all drivers are paying attention — just because one driver has stopped it is not a guarantee that all other drivers will stop too	

when crossing an intersection with a traffic circle	
<input type="checkbox"/> never take short cuts across a traffic circle	<input type="checkbox"/> do not walk diagonally across the centre

when walking along roads without sidewalks	
<input type="checkbox"/> walk on the left side of the road to see (and be seen by) traffic	<input type="checkbox"/> walk in a single file — don't fool around or shove
<input type="checkbox"/> stay safely away from trucks because truck drivers have limited visibility and trucks require extra space for turning	<input type="checkbox"/> walk a safe distance from the road away from the traffic
<input type="checkbox"/> be aware of ditches and other hazards	

when crossing railway tracks and crossings	
<input type="checkbox"/> be cautious	



### Activity sheet — Because statement worksheet

At a crosswalk why STOP, LOOK, LISTEN and LOOK AGAIN?	because....
Why should young children walk with, and hold the hand of an adult?	because....
Why shouldn't you fool around or shove when walking on a sidewalk?	because....
	because....
	because....
	because....
	because....

### Activity sheet — Pedestrian safety skills

before crossing a street	
<input type="checkbox"/> seek to cross at a traffic light or a crosswalk	<input type="checkbox"/> obey all traffic signals
<input type="checkbox"/> never cross mid-block even if a friend calls to you to cross over	<input type="checkbox"/> always STOP, LOOK, LISTEN and LOOK AGAIN
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when at a pedestrian-controlled crossing	
<input type="checkbox"/> don't assume that a walk signal or green light means that the cars will automatically stop	<input type="checkbox"/> don't walk until all traffic has stopped

### Activity sheet — Pedestrian safety skills, continued

when crossing a multi-lane street	
<input type="checkbox"/> make eye-contact with drivers in EACH lane	<input type="checkbox"/> while crossing, check that drivers in EACH lane see you and have stopped before you step into that next lane
<input type="checkbox"/> don't assume all drivers are paying attention — just because one driver has stopped it is not a guarantee that all other drivers will stop too	

when crossing an intersection with a traffic circle	
<input type="checkbox"/> never take short cuts across a traffic circle	<input type="checkbox"/> do not walk diagonally across the centre

when walking along roads without sidewalks	
<input type="checkbox"/> walk on the left side of the road to see (and be seen by) traffic	<input type="checkbox"/> walk in a single file — don't fool around or shove
<input type="checkbox"/> stay safely away from trucks because truck drivers have limited visibility and trucks require extra space for turning	<input type="checkbox"/> walk a safe distance from the road away from the traffic
<input type="checkbox"/> be aware of ditches and other hazards	

when crossing railway tracks and crossings	
<input type="checkbox"/> be cautious	



## Pedestrian safety practices

Names \_\_\_\_\_ Date \_\_\_\_\_

What I know	
Unsafe pedestrian practices	Safe pedestrian practices
What I want to learn	What I have learned

## Predictions and results worksheet

Names \_\_\_\_\_ Date \_\_\_\_\_

Question (purpose of the experiment, what we wonder)

What happens when the vehicle with golf balls:

- Stops suddenly without a seatbelt
- Changes direction without a seatbelt
- Crashes without a seatbelt
- Changes direction with a seatbelt
- Crashes without a seatbelt
- Crashes with a seatbelt

Hypothesis (what we predict will happen, what the results will be)

- Stops suddenly without a seatbelt
- Changes direction without a seatbelt
- Crashes without a seatbelt
- Changes direction with a seatbelt
- Crashes with a seatbelt
- Crashes with a seatbelt

Materials (what do you need to conduct the experiment)

Procedure (the steps need to be taken to conduct the experiment)

Results (what happened)

- Stops suddenly without a seatbelt
- Changes direction without a seatbelt
- Crashes without a seatbelt
- Changes direction with a seatbelt
- Crashes without a seatbelt
- Crashes with a seatbelt

Conclusions (what we learned from the experiment)

- Stops suddenly without a seatbelt
- Changes direction without a seatbelt
- Crashes without a seatbelt
- Changes direction with a seatbelt
- Crashes without a seatbelt
- Crashes with a seatbelt



### Activity sheet

Distractions/Impairment	Predictions	Results
Texting		
Talking on the phone		
Using an app		
Checking the GPS		
Reading a map		
Applying makeup		
Searching for music on the radio or music player		
Eating		
Passengers		
Turning around to talk to someone		
Extreme weather conditions		
Alcohol or drugs		
Stress, anger, or sickness		
Cracked windshield		
Vehicle problems (low on gas or low tire, for example)		

## Activity sheet

# The truth about distracted driving

### The facts

- The distracted driving law applies whenever you're in control of your car—even when you're stopped at a light or in bumper-to-bumper traffic.
- You're five times more likely to crash if you're on your phone.
- Studies show that drivers who are talking on a cellphone lose about 50 per cent of what's going on around them, visually.



### The rules

- Any violation of the law costs drivers a \$368 fine and four driver penalty points.
- Hands-free means a wireless or wired headset or speakerphone.
- If you're using a headset or headphones, remember that drivers can only wear them in one ear. Motorcyclists however, can use two earphones while riding.
- Drivers in the Graduated Licensing Program (GLP) are not allowed to use personal electronic devices at any time, including hands-free phones.

**\$368**



### Tips for drivers

- It can wait. No call or text is so important it's worth risking your life.
- If you can't leave your phone alone while driving, turn it off and put it in the trunk of your car to avoid the temptation.
- Assign a designated texter. Ask your passengers to make or receive calls and texts for you.



while driving

### Pledge

I \_\_\_\_\_ pledge to leave my phone alone while driving.

(first name only)

TS405N (08/2016)

### Activity sheet — Analyze and critique

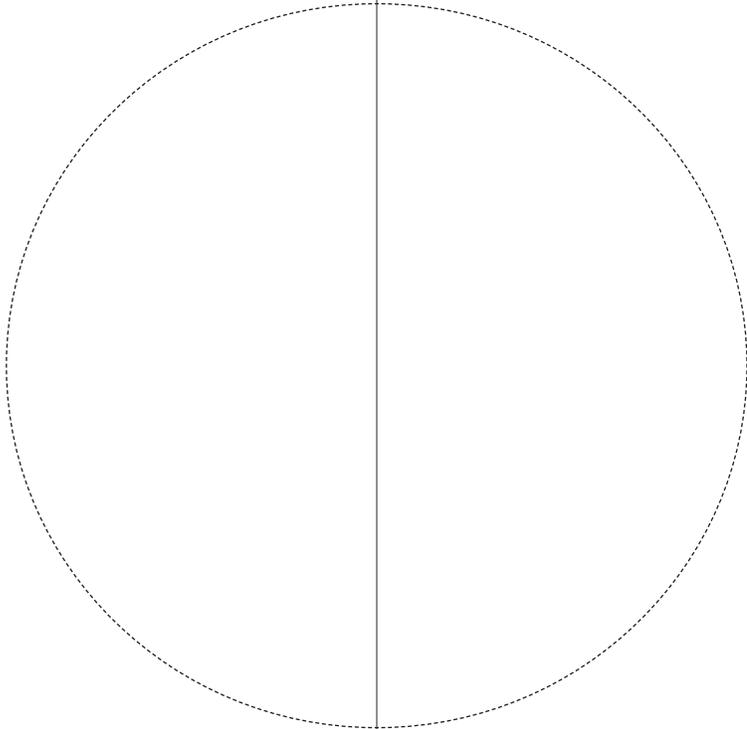
What could you do if your passenger safety checklist did not work? For example, what could you do if the driver ignored you when you reminded them to put their cellphone away?

Ready, set, go.... safety checklist	
Are the doors locked?	
Are all the passengers buckled in? Check and double-check.	
Is the driver free from distractions?	
Is the driver free from impairments?	
Did the driver put the cellphone away?	
Is the route planned in advance?	



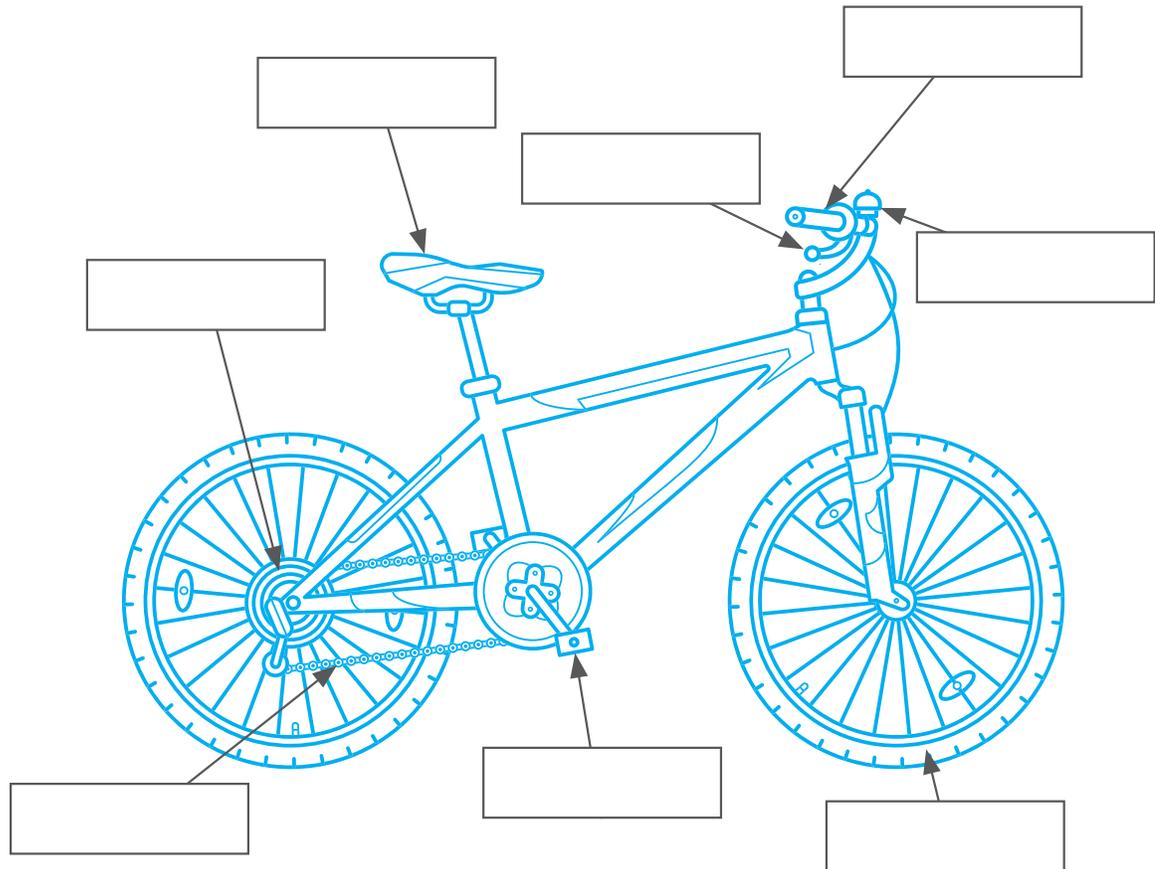
### Bicycle safety practices (activity sheet)

Names \_\_\_\_\_ Date \_\_\_\_\_

What I know	
Unsafe bicycle practices	Safe bicycle practices
	

### Activity sheet — Bike Parts

Cut and paste the parts of the bike onto the picture.



bell	brake lever	seat	tire
pedal	chain	gears	handlebar



## Activity sheet — Balloon brain

**Question** (purpose of the experiment, what we wonder)

**Hypothesis** (what we predict will happen, what the results will be)

**Materials** (what do you need to conduct the experiment)

**Procedure** (the steps taken to conduct the experiment)

**Results** (what happened)

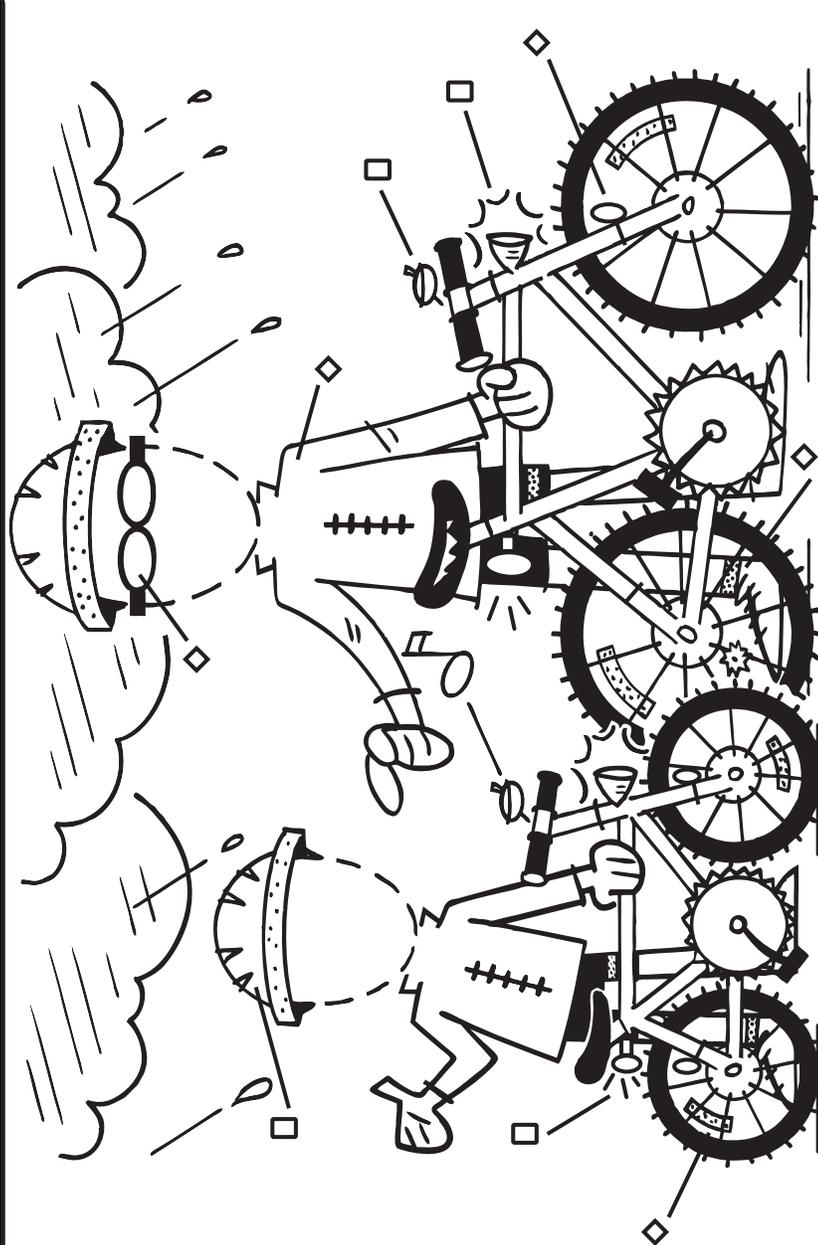
**Conclusion** (what we learned from the experiment)

Activity sheet

NAME \_\_\_\_\_

DATE \_\_\_\_\_

proper bike equipment



**word key:** ankle band reflector    safety glasses    red rear reflector    reflective clothing    helmet  
 white front light    rear red light    front reflector    side reflector    bell

### Activity sheet

NAME \_\_\_\_\_

DATE \_\_\_\_\_

getting ready to ride



right

stopping/slowing

left

**Activity sheet — Because statement**

<b>I wear my helmet</b>	<b>Because....</b>
<b>I plan my route</b>	<b>Because....</b>
<b>I signal left and signal right</b>	<b>Because....</b>
<b>I walk my bike when crossing the road</b>	<b>Because....</b>
<b>I don't assume that driver or pedestrians can see me, even if I can see them</b>	<b>Because....</b>
<b>I use white in the front and red in the back and read rear reflectors</b>	<b>Because....</b>
<b>I use a bell or horn to warn other cyclists and pedestrians that I am coming</b>	<b>Because....</b>
<b>I wear clothes in bright colours or with reflective materials for rainy weather, dark days or evenings</b>	<b>Because....</b>



**Activity sheet — Because statement, continued**

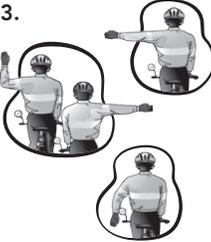
	Because....

### Activity sheet

#### Picture a rule

Here are some important rules of the road for cyclists. Below them are some pictures. Write the rule of the road beside the picture that it goes with. Then write a sentence explaining why that rule is so important. Share your explanations with others in a small group.

**Watch for pedestrians. Beware of road hazards. Beware of parked cars. Signal before you turn or stop. Keep to the right of the road. Obey traffic signals. Be visible at night. Have front and back lights and back reflectors.**

<p>1.</p> 	<p>_____</p> <p>_____</p> <p>_____</p>	<p>5.</p> 	<p>_____</p> <p>_____</p> <p>_____</p>
<p>2.</p> 	<p>_____</p> <p>_____</p> <p>_____</p>	<p>6.</p> 	<p>_____</p> <p>_____</p> <p>_____</p>
<p>3.</p> 	<p>_____</p> <p>_____</p> <p>_____</p>	<p>7.</p> 	<p>_____</p> <p>_____</p> <p>_____</p>
<p>4.</p> 	<p>_____</p> <p>_____</p> <p>_____</p>	<p>8.</p>	<p>Draw your own rule</p> <p>_____</p> <p>_____</p> <p>_____</p>

### Activity sheet — Pedestrian safety skills

before crossing a street	
<input type="checkbox"/> seek to cross at a traffic light or a crosswalk	<input type="checkbox"/> obey all traffic signals
<input type="checkbox"/> never cross mid-block even if a friend calls to you to cross over	<input type="checkbox"/> always STOP, LOOK, LISTEN and LOOK AGAIN
<input type="checkbox"/> wait a step back from the curb	<input type="checkbox"/> look left, look right, look left again to double-check
<input type="checkbox"/> make eye contact with drivers and cyclists — and wait until they have stopped — before crossing	<input type="checkbox"/> wear bright / reflective clothes if walking in the evening or in the rain

while crossing	
<input type="checkbox"/> watch out for cars turning a corner, or entering and exiting a laneway	<input type="checkbox"/> while crossing, continue to look left, right and then left again to double-check for turning traffic
<input type="checkbox"/> make eye-contact with drivers before crossing to ensure they see you and they have stopped	<input type="checkbox"/> walk — don't run — in a straight line
<input type="checkbox"/> remove headphones or put your phone conversation on hold	

when at a pedestrian-controlled crossing	
<input type="checkbox"/> don't assume that a walk signal or green light means that the cars will automatically stop	<input type="checkbox"/> don't walk until all traffic has stopped

### Activity sheet — Pedestrian safety skills, continued

when crossing a multi-lane street	
<input type="checkbox"/> make eye-contact with drivers in EACH lane	<input type="checkbox"/> while crossing, check that drivers in EACH lane see you and have stopped before you step into that next lane
<input type="checkbox"/> don't assume all drivers are paying attention — just because one driver has stopped it is not a guarantee that all other drivers will stop too	

when crossing an intersection with a traffic circle	
<input type="checkbox"/> never take short cuts across a traffic circle	<input type="checkbox"/> do not walk diagonally across the centre

when walking along roads without sidewalks	
<input type="checkbox"/> walk on the left side of the road to see (and be seen by) traffic	<input type="checkbox"/> walk in a single file — don't fool around or shove
<input type="checkbox"/> stay safely away from trucks because truck drivers have limited visibility and trucks require extra space for turning	<input type="checkbox"/> walk a safe distance from the road away from the traffic
<input type="checkbox"/> be aware of ditches and other hazards	

when crossing railway tracks and crossings	
<input type="checkbox"/> be cautious	

## Activity sheet — Safe route to school checklist

How cyclable is the route to school?

**1. Did you have room to bike?**

- Yes
- Some problems
  - No dedicated bike lanes
  - Bike lanes were shared with traffic
  - The route was blocked with poles, signs, trees, garbage cans, etc.
  - No paths or shoulders
  - Too much traffic
  - Something else \_\_\_\_\_
  - Location of problems \_\_\_\_\_

**2. Was it easy to cross streets?**

- Yes
- Some problems
  - Traffic signals too long or did not give enough time to cross
  - No traffic signals
  - No crossing guards
  - Parked cars blocked view of traffic
  - Trees, plants, poles or garbage cans blocked view of traffic
  - Too much traffic
  - Something else \_\_\_\_\_
  - Location of problems \_\_\_\_\_

**3. Did drivers behave well?**

- Yes
- Some problems
  - Backed out of driveway without looking
  - Did not yield to pedestrians crossing the street
  - Drove too fast
  - Made a right turn without checking for pedestrians
  - Drove through traffic light
  - Something else \_\_\_\_\_
  - Location of problems \_\_\_\_\_ Did drivers behave well?



### Activity sheet — Safe route to school checklist, continued

4. Was your bicycle ride pleasant?

- Yes
- Some problems
  - Barking, scary dogs
  - Scary people
  - Scary traffic
  - Not well-lit
  - Litter or other garbage
  - Poor air quality due to traffic exhaust
  - Something else \_\_\_\_\_
  - Location of problems \_\_\_\_\_

### Activity sheet

On a bicycle	tally	Reason (category 1, 2 or 3)
Hit another object when riding		
Fallen from a bike when riding		
Been injured after falling from a bike		
Been injured when riding on a road		
Been injured when riding off the road		
Been injured by a car when riding		
On a skateboard or scooter		
Hit another object when riding		
Fallen from a skateboard or scooter		
Been injured after falling from a skateboard or scooter		
Been injured when riding on a road		
Been injured when riding off the road		
Been injured by a car when riding on the road		

