



Road Safety Week

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Be Bright Activity Ideas

Now for the fun bit. Here are some great ways you can help your pupils to be bright. Some are free, and some cost a bit...

1. Bright Designs

Here pupils create and display their own bright design with fluorescent and reflective elements.

You will need: A4 black paper, white paper, scissors, glue, neon paper in a mix of colours, highlighter pens and reflective materials (you can cut up some old hi vis jackets for this to keep costs down).

After learning about 'fluorescent for day, reflective for night' pupils can create their own bright design to show they understand about being safe and seen.

Pupils start by researching some ideas for fluorescent, reflective products,

They can think about who they want to design a product for and what their user's particular needs are – for example children, cyclists, runners or older people.

This will hopefully inspire them to come up with their own ideas.

Using the resources listed they prepare a design, cut out and glue the neon paper and reflective materials to the white paper.

Then cut round the design and display against the black paper – which makes it really stand out.

Finally put all the designs on a large display board with some 'fluorescent for day, reflective for night' titles and let everyone see their bright ideas.

2. Brighten Your Bag Competition

Pupils are asked to brighten up a bag of their own with fluorescent, reflective materials.

3. Bright Day

Hold a Bright Day when everyone pays a pound to come in dressed up in really bright colours or carrying something really bright, preferably fluorescent. You can use it to take raise money for Brake road safety charity or for your own road safety initiatives. Fill your day with bright-themed and road safety activities:

Use a teddy mascot in a high vis waistcoat for an assembly to show the difference between fluorescent (for day) and reflective (for night). Ask them to also bring in anything they have which is reflective. Do a 'coat and bag check' – see whose coats and bags have reflective trims.

You can test them using a dark cupboard and a torch.

Put the torch next to your head so it is near your eyes when you shine it forward onto the reflective materials – the light will bounce back off the reflector in the same direction it came from).

Look at the fluorescent items which have been brought in.

Take them outside with some dark coloured items as well.

Look at them from different distances and against different colour backgrounds.

Compare them and record which colours stand out best. Does the background make a difference?

Learning How to Be More Visible

1. Right Time, Right Place!

Reflectors for Night (but not daytime): It's really surprising how many adults don't realise that reflectors don't work in the day (but they are amazingly bright in headlights after dark). So a reflector on a school bag for a primary school child will not be helping them in daytime or towards dusk. In almost all of the UK, even in mid winter, it is not dark when primary school pupils are walking home (unless they have a late after-school club). So pupils need to know that a reflector goes on a coat or bag which they take out after dark.

Fluorescent for Daytime (but not after dark): Being bright in daytime and especially towards dusk on the school run is important too; this is where fluorescent colours help... those bright neon colours stand out during daylight, especially in poor daylight such as near dusk. The best way to be bright and seen day (and night) is to wear a hi vis waistcoat as it has a large fluorescent area (and reflective stripes for night). However not everyone may choose this option so blinging a bag or coat with fluorescent items will add brightness for the walk to school and encouraging parents to buy a brightly coloured coat for their children will be better instead of a dark one.

Our main message in our bright workshops is: Fluorescent for Day, Reflective for Night.

2. Being Bright Helps But is No Guarantee They'll be Seen

It's important children understand that being bright can help them to be seen, but bright clothes or hi vis waistcoats are not a suit of armour and we all need to take care near traffic. Drivers don't always pay attention; although they should. Being bright can make it easier to be seen by drivers, but if the driver is looking down at their phone (which is against the law) they will not notice cyclists or walkers nearby however bright they are!

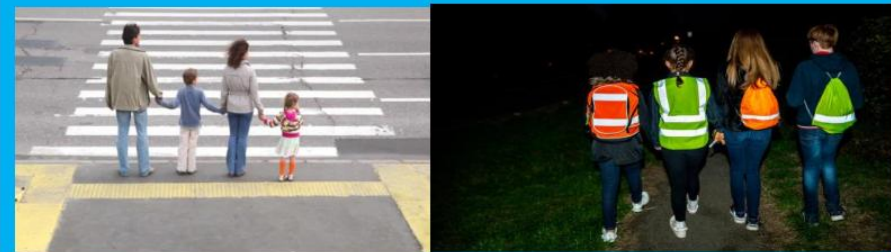
So, make sure your pupils understand this and also get good all-round road safety training suitable for their age and habits.



3. Walking Gives Them Road Sense

Finally, children and parents shouldn't be too scared to walk or let their children walk as long as the route is reasonably safe. By getting used to traffic and regularly walking when they are with their parents, children learn how to cope with it – they practice making decisions and need to gain this road sense.

By getting messages to parents about the many long term benefits of their children travelling in active ways, you may make them more willing to let their children walk or cycle... and reducing traffic makes it safer for everyone.



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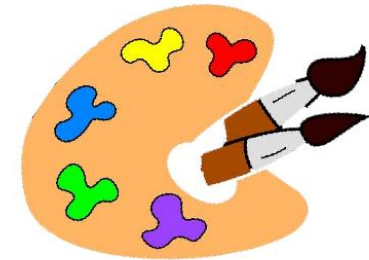


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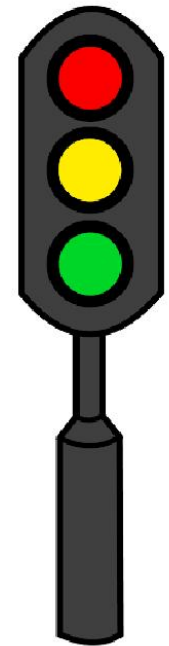
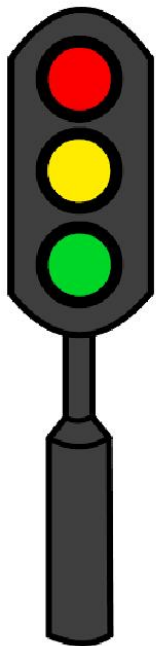
What you will need:

- A paper plate
- Extra paper/card
- Colouring pens or paints if you have them
- Scissors and glue



Make your own paper plate traffic light

To start with you will need to paint your paper plate black this will create the top and bottom of your traffic light, once the paper plate has dried you can cut it in half. Next you need to make the middle of your traffic light to do this grab some black paper if you have it or you can paint/colour your own, use this paper to make a long rectangle that would fit between the 2 paper plates. Now you can create the lights of the traffic light, this can be done by painting red orange and green spots on the paper or you can use red, green, and orange paper and make the circles yourself. Finally, it's time to put it all together stick your rectangle between the 2 paper plates and add your coloured circles if needed.



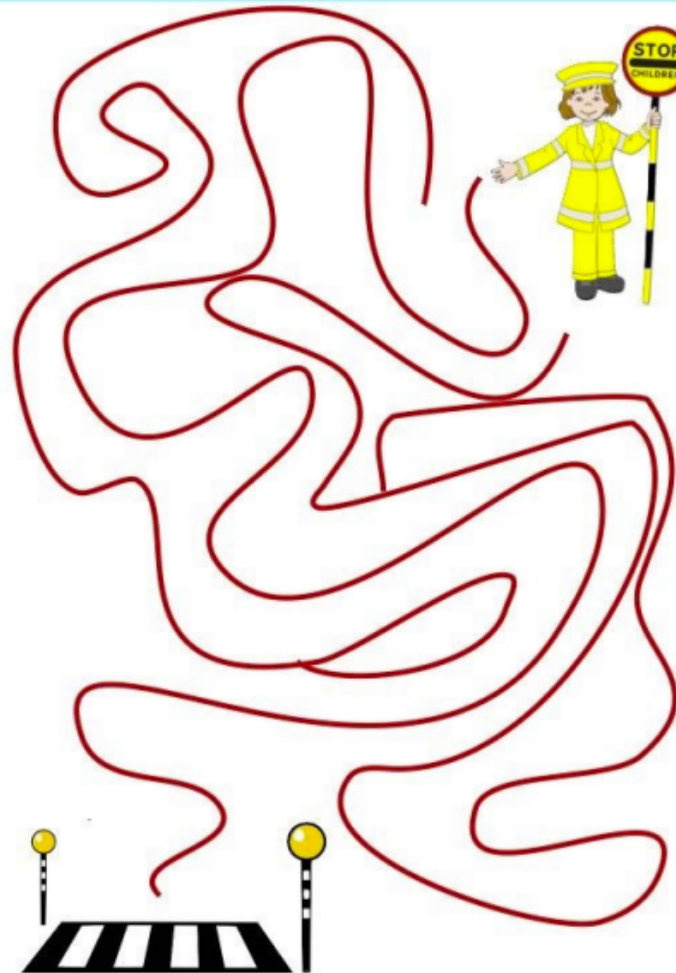
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road safety

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 R W G N I V I R D K N I R D J S G A H X Z G Q Z
 X I F I L I E W B H G W S D A V A Y O S R R S O
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speeding stoplooklisten seatbelt speedcameras
 zebracrossing drinkdriving bike car
 safety road roadsigns





Create a Road Safety Mascot

What is a mascot?

A mascot is something that is supposed to bring luck, and is often linked to a team or organisation. For example, Pudsey the Bear is the mascot of Children in Need and Fred the Red is the mascot of Manchester United.

A Road safety mascot?

Why don't you create a road safety mascot?

What would it look like?

What would it wear?

Why does it look or dress the way it does?

How would it remind children to stay safe on roads?



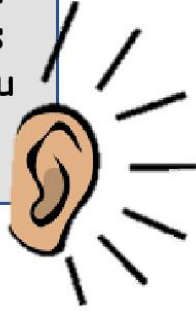
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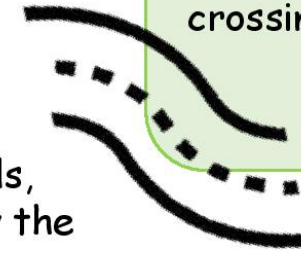
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Listening is just as important as looking when you are crossing roads



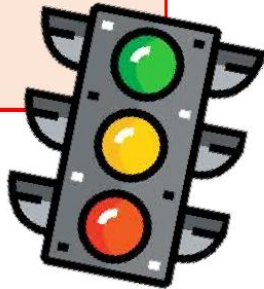
Make sure to look both ways before crossing the street



Road safety tips for kids

Below are some tips for children when around roads, check them out and remember them when you are by the roads

Always use crossings or pedestrian crossings to cross the roads



Don't run in the roads or play behind cars



Pay attention when crossing and make sure you aren't looking at a phone or you are distracted.



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