

NRSF 2014 Lessons

[Teacher Lesson Copy from Microsite]

Do You Walk Smart?

In this activity, students are challenged to track and evaluate their own walking behaviors by completing a chart with safe walking practices. For three days, students will monitor and report their behavior on the chart and then evaluate what steps they can take to improve their walking habits.

Students can use the pedestrian safety practices from this activity to help them develop and plan their **2015 Drive2Life Contest** entries.

GOAL

Students will read pedestrian safety tips and then monitor their own walking habits to see how safe they are, and where they might make improvements.

SKILLS SUPPORTING HIGHER STANDARDS

- Participate in group discussions
- Evaluate and analyze patterns of behavior

OBJECTIVE

Students will be able to:

- Identify safe walking behaviors
- Monitor their own walking habits and identify areas for improvement

MATERIALS

Copies of the [Do You Walk Smart?](#) student activity sheet

DIRECTIONS

Introduction (5–10 minutes)

Ask students to identify safe and unsafe walking practices and record their responses on the board. When done, ask students which safety rules they follow, and which unsafe habits they've caught themselves doing.

Whole Group (two 20-minute sessions)

Distribute copies of the [Do You Walk Smart?](#) activity sheet to students. As a group, review the safe walking practices listed in the chart and on the page. Students will monitor their behavior for three days.

After the three days, ask students to share what they discovered about their walking behaviors. Ask students:

- Which safe walking rules did you follow most often? Least often?

- Did you engage in any unsafe habits without realizing it?
- Did you find yourself distracted while walking? If so, what distracted you and what happened?
- How can you improve your habits to walk more safely and be less distracted?

Conclusion (10 minutes)

Reflecting on their own habits and what they witness other pedestrians in the community doing, ask students:

- Which safety tips do you think other pedestrians follow most often? Least often?
- Which distracted walking behaviors do you see others engage in most often?
- How could you encourage them to avoid distracted walking?

LESSON EXTENSION

Students can poll their families and friends about their pedestrian smarts using the safe walking tips in the chart. They can use the information they gather to help them plan their PSA messaging for the **2015 Drive2Life Contest**.