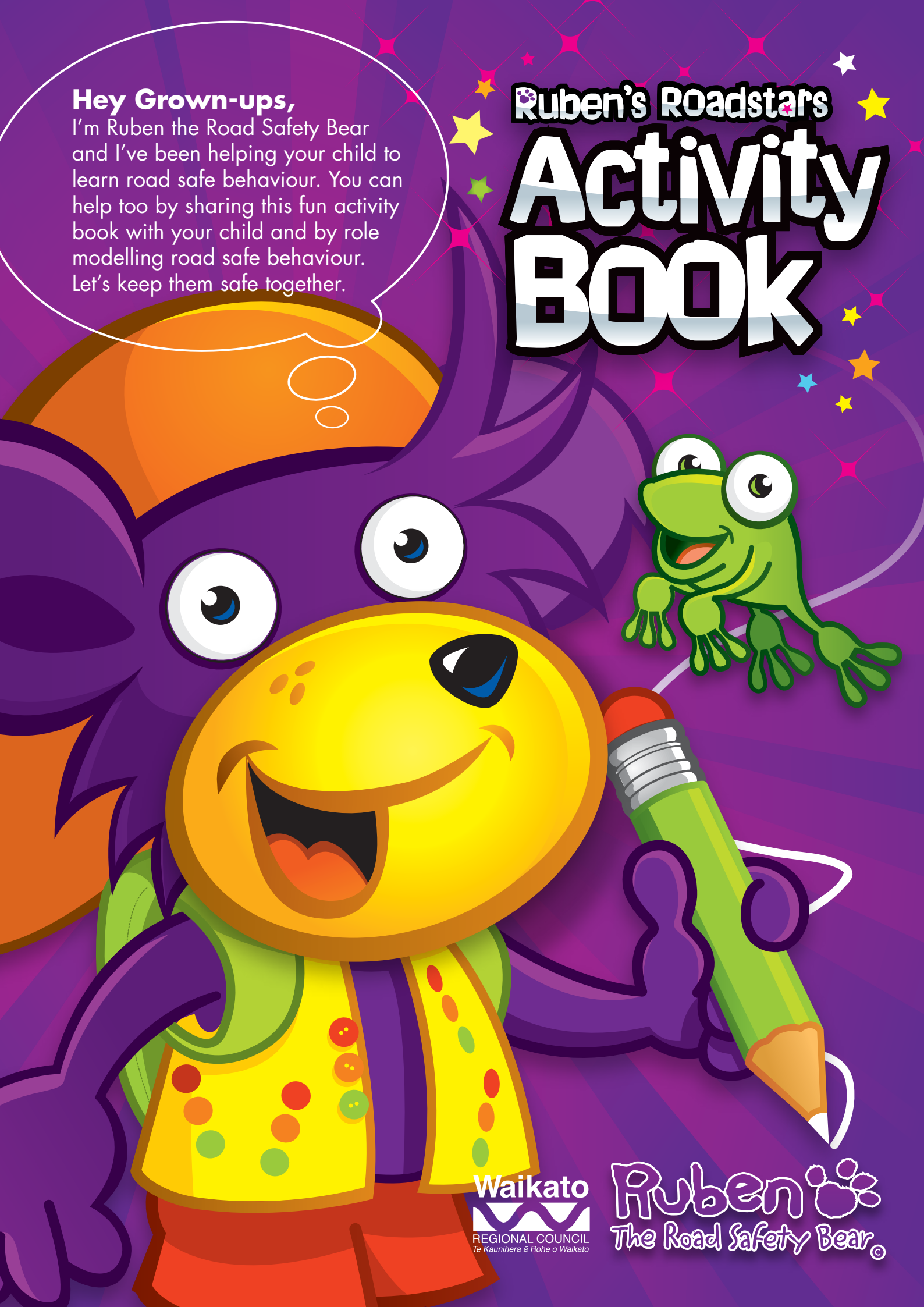
Hey Grown-ups,
I'm Ruben the Road Safety Bear and I've been helping your child to learn road safe behaviour. You can help too by sharing this fun activity book with your child and by role modelling road safe behaviour. Let's keep them safe together.

Ruben's Roadstars Activity Book



Waikato Regional Council
Te Kaunihera ā Rohe o Waikato

Ruben The Road Safety Bear ©

When riding your bike …

Helmets on right and tight

He pōtae tau-he pōtae mau

Help Ruben be safe.
Draw the items on Ruben he needs to wear to keep safe when riding his bike or a scooter.

Tips for grown-ups

- In New Zealand it is the law that all cyclists have to wear an approved helmet
- To provide optimum protection the helmet should fit well and be in good condition with no chips, cracks or freys
- Children may need help to ensure the helmet is securely buckled and does not wobble loosely on their head

When out and about …

Be bright - dress bright

Kākahu pai kia mārama ai

Wear **brightly** coloured clothing and choose a **brightly** coloured backpack so other road users can easily see you

Work out the sums. If the answer equals:

2	colour in yellow
3	colour in orange
4	colour in red
5	colour in green
6	colour in purple

Tips for grown-ups

- Children wearing bright colours are more noticeable to other road users
- Choosing rain wear that is brightly coloured with high visibility strips makes the wearer more noticable in gloomy conditions

When outside …

Look out for sneaky driveways

Kimihia ngā putanga waka e huna ana

At sneaky driveways remember to

Stop

Look Listen and Link

like when you are crossing the road.

At home choose to play away from the driveway.

Can you spot the 5 differences?

Tips for grown-ups

- It is safest for children to play in outdoor areas that are well fenced and away from vehicles and driveways
- When walking, children need your help to identify 'sneaky' driveways. These are driveways where drivers may not be able to easily see children crossing.
- Always supervise children near moving vehicles

Before crossing the road ...

Stop, look, listen and link

Taihoa, titiro, whakarongo, whakahono

Stop one step back from the kerb

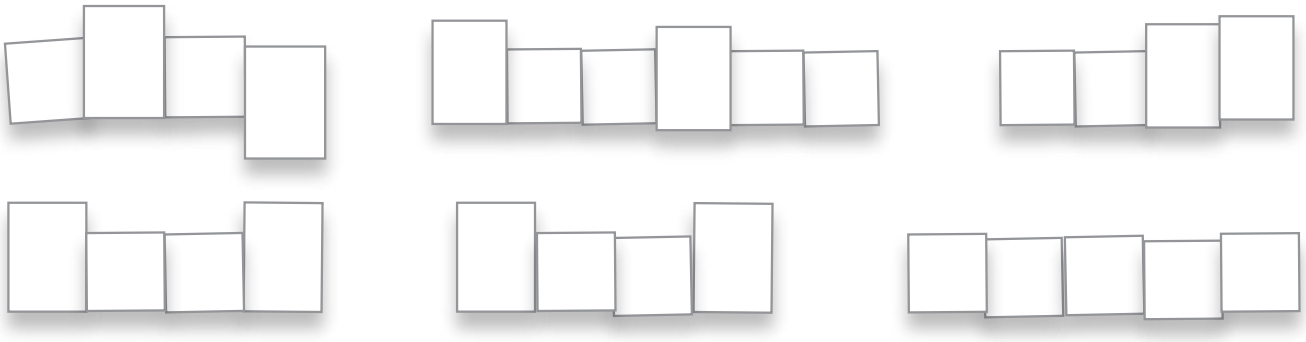
Look for vehicles and bikes in all directions

Listen for vehicles or bikes

Link hands with a safe person and walk quickly across the road - looking both ways as you go

Use the following words to fill the tiles ..

stop look link cross listen walk



Tips for grown-ups

- Always choose the safest place to cross the road
- Never sacrifice safety for convenience
- Hold hands with young children when crossing the road, walking near traffic and in carparks
- Parents and caregivers are role models. Seeing correct behaviour repeated helps it become second nature to children.

In the car …

Seat yourself right - buckle in tight
Kia tau - kia mau

Finish the sentences using the words in the bubbles to keep safe when travelling by vehicle

every | nearest | back | engine | do not

1. I get in and out of the vehicle on the side _____ the footpath.

2. I use my booster seat on _____ trip.

3. I sit safely and _____ annoy the driver or other passengers.

4. I wait until the _____ stops before taking off my seatbelt.

5. I sit in the _____ seat of the car.

Tips for grown-ups

- Children must be correctly secured in an approved child restraint (car seat or booster seat) until at least their 7th birthday - it's the law
- Children are safest in a correctly fitted child restraint until they are 148cm tall
- If a childs seat has a tether strap ensure it is firmly fastened

When going by bus I ...

- ☐ Stand back from the road when waiting for the bus.
- ☐ Wait until the bus has stopped before moving to get on or off.
- ☐ Board the bus carefully without pushing.
- ☐ Listen to the driver and bus monitor.
- ☐ Remember to ***Stop, Look, Listen and Link*** before crossing - only after the bus has gone and the road is clear.

If you've ticked all the boxes you're a Roadstar.

Tips for grown-ups

- Accompany children to and from the bus stop so they do not need to cross the road alone
- When meeting children at a bus stop, meet them on the same side of the road that the bus arrives on
- If you have your vehicle with you ensure it is parked out of the way of the bus and disembarking passengers

Certificate
of Achievement
has participated in my road safety programme, completed my Activity Book and shared it with a grown up. Congratulations you are now a
Roadstar!
Waikato
REGIONAL COUNCIL
Te Kaunihera ā Rohe o Waikato
Signed:
By your Grown-up
Signed:
Ruben