

# Activity Book

**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**   
The Road Safety Bear.

[www.ruben.govt.nz](http://www.ruben.govt.nz)

When out and about riding your bike or scooter ...

## Helmets on right and tight

### Hepotae tau- hepotae mau

Try the helmet 2. 4. 1.  
wobble test ...

2. your helmet should be  
no more than two fingers  
above your eyebrows

4. the straps under your  
ears should form two "v"s

1. No more than one finger  
should fit between your  
chin and the strap

Wobble your helmet to check  
it fits firmly.

*Help Ruben by colouring  
him brightly ...*

And remember ...

## Be bright dress bright

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

### Kakahu pai kia marama ai

## 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 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 around loosely on their head
- 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 noticeable in gloomy conditions





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 coming from all directions

**Listen** for vehicles and bikes

**Link** hands with a safe person and **walk** quickly across the road, still looking as you go

### Help Ruben find the words

whakawhiti

hikoi

pedestrian crossing

look

titiro

listen

bike

link

whakarongo

pahikara

step

taihoa

whakahono

stop

walk

v	f	c	a	e	i	o	u	w	a	l	k	v	u	k
x	e	d	f	h	o	l	h	k	t	r	x	w	q	x
t	c	b	u	i	w	f	g	t	t	i	t	i	r	o
u	u	f	g	e	e	l	i	n	m	u	u	w	t	u
p	a	h	i	k	a	r	a	p	g	y	m	e	a	p
e	w	e	d	q	c	v	e	n	m	o	o	e	i	e
d	s	q	r	v	b	d	n	g	w	z	a	e	h	d
e	d	e	w	h	a	k	a	r	o	n	g	o	o	e
s	y	s	t	e	m	s	z	a	y	u	h	s	a	s
t	u	t	t	u	t	b	e	g	o	o	d	t	t	t
r	i	r	u	n	n	i	n	g	c	r	a	z	y	r
i	o	i	g	l	o	o	i	c	e	a	t	e	r	i
a	w	h	a	k	a	w	h	i	t	i	a	a	a	a
n	q	l	n	n	n	n	n	n	n	n	n	n	n	w
c	d	i	c	a	r	t	o	o	n	s	c	e	c	h
r	f	s	r	a	b	b	i	t	r	k	j	t	r	a
o	h	t	o	l	o	o	k	o	w	w	a	s	o	k
s	j	e	s	r	o	c	k	y	s	m	a	r	t	a
s	k	n	h	s	s	s	t	o	p	s	s	s	s	h
i	o	i	i	r	b	l	i	n	k	i	i	e	r	o
n	i	c	k	n	i	e	n	e	n	y	n	n	r	n
g	u	a	o	g	k	g	g	g	g	r	o	o	o	o
h	p	t	i	b	e	s	t	e	p	e	p	e	p	e

## 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.



When outside ...

## Look out for sneaky driveways

### Kimihia nga putanga waka e huna ana

At home choose to play in a safe area away from vehicles.

When walking remember to Stop, Look, Listen and Link at sneaky driveways just like when you are crossing the road.

*Colour in Ruben's safe play zone ...*



## tips for Grown-ups:

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





In the car ...

# Seat yourself right buckle in tight

## Kia tau - kia mau



Help Ruben seat himself right in the car. Spot the 4 differences between these two pictures ...

- |          |          |
|----------|----------|
| 1. _____ | 3. _____ |
| 2. _____ | 4. _____ |

## tips for Grown-ups:

- Children less than 148cm tall should use an approved child restraint (car or booster seat) on every trip
- Ensure everyone's seat belt is fastened on every trip, it's the law, it only takes a second and it saves lives
- If a child's seat has a tether strap ensure it is firmly fastened
- Children are safest when seated in the back seat of the car



# When going by bus I ...

before

back

Listen

stopped

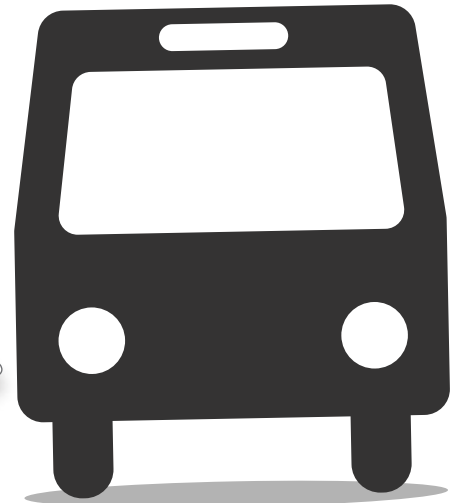
Help Ruben' complete the sentences  
using the words in the clouds ...

Stand \_\_\_\_\_ from the road  
when waiting for the bus.

Wait until the bus has \_\_\_\_\_  
before moving to get on or off.

\_\_\_\_\_ to the driver and  
bus monitor.

Remember to **Stop, Look,  
Listen and Link** \_\_\_\_\_  
crossing - only after the bus  
has gone and the road is clear.



**BUS  
STOP**

If you've filled in the missing words with the correct word  
from the cloud, congratulations, 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

[Empty space for name]



has participated in my road safety programme, completed my Activity Book and shared it with a grown up.

**Congratulations you are now a**



# Roadstar

## Ruben

Signed by your Grown-up

Signed by Ruben the Road Safety Bear

Stop, Look, Listen and Link

Be bright dress bright

Helmets on right and tight

Seat yourself right buckle in tight

Look out for sneaky driveways

