

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

In a vehicle ...

Seat yourself right buckle in tight Kia tau - kia mau



★ 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 outside ...

Look out for sneaky driveways

Kimihia ngā putanga waka e huna ana

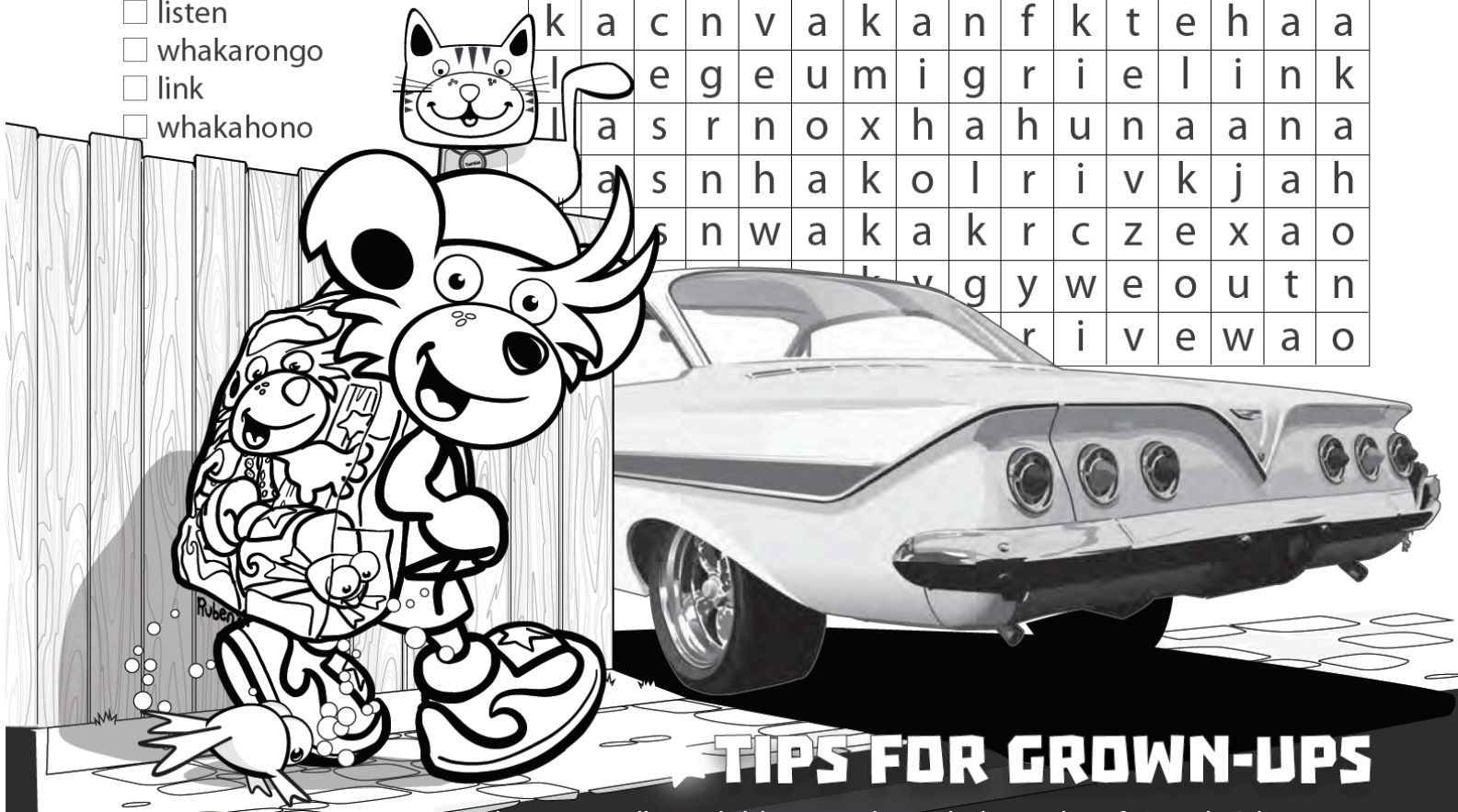
At home choose to play in a safe area away from vehicles.

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

Help Ruben search for the following words ...

- look
- kimihia
- stop
- taihoa
- out
- putanga
- waka
- sneaky
- driveway
- huna ana
- listen
- whakarongo
- link
- whakahono

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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

Remember to ...

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.

See if you can spot the **6** differences between the pictures of Ruben and Ari cycling through the countryside. Make sure you colour them in when you're finished.



- 1 _____
- 2 _____
- 3 _____

- 4 _____
- 5 _____
- 6 _____

★ 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 noticeable in gloomy conditions

Before crossing the road ...

Stop, Look, Listen and Link Taihoa, titiro, whakarongo, whakahono

Help Ruben find his way to his friends house ...

Instructions:

To make it super tricky, Ruben can only walk down the streets that are named after his road safety messages.

Stop

one step back from the kerb

Look

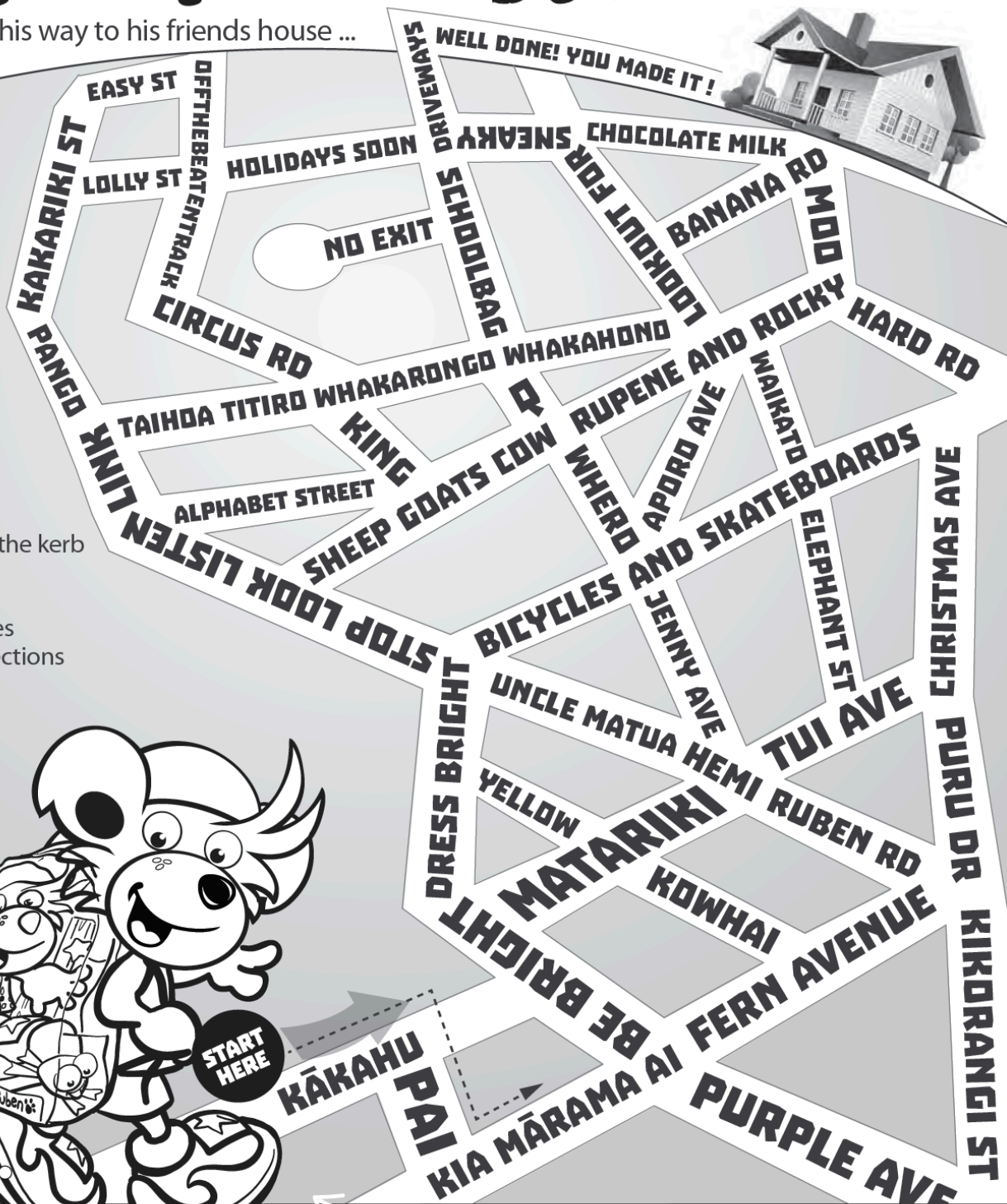
for vehicles and bikes coming from all directions

Listen

for and vehicles and bikes

Link

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



colour in Ruben and Rocky

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

Helmets on right and tight He pōtae tau - he pōtae mau

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

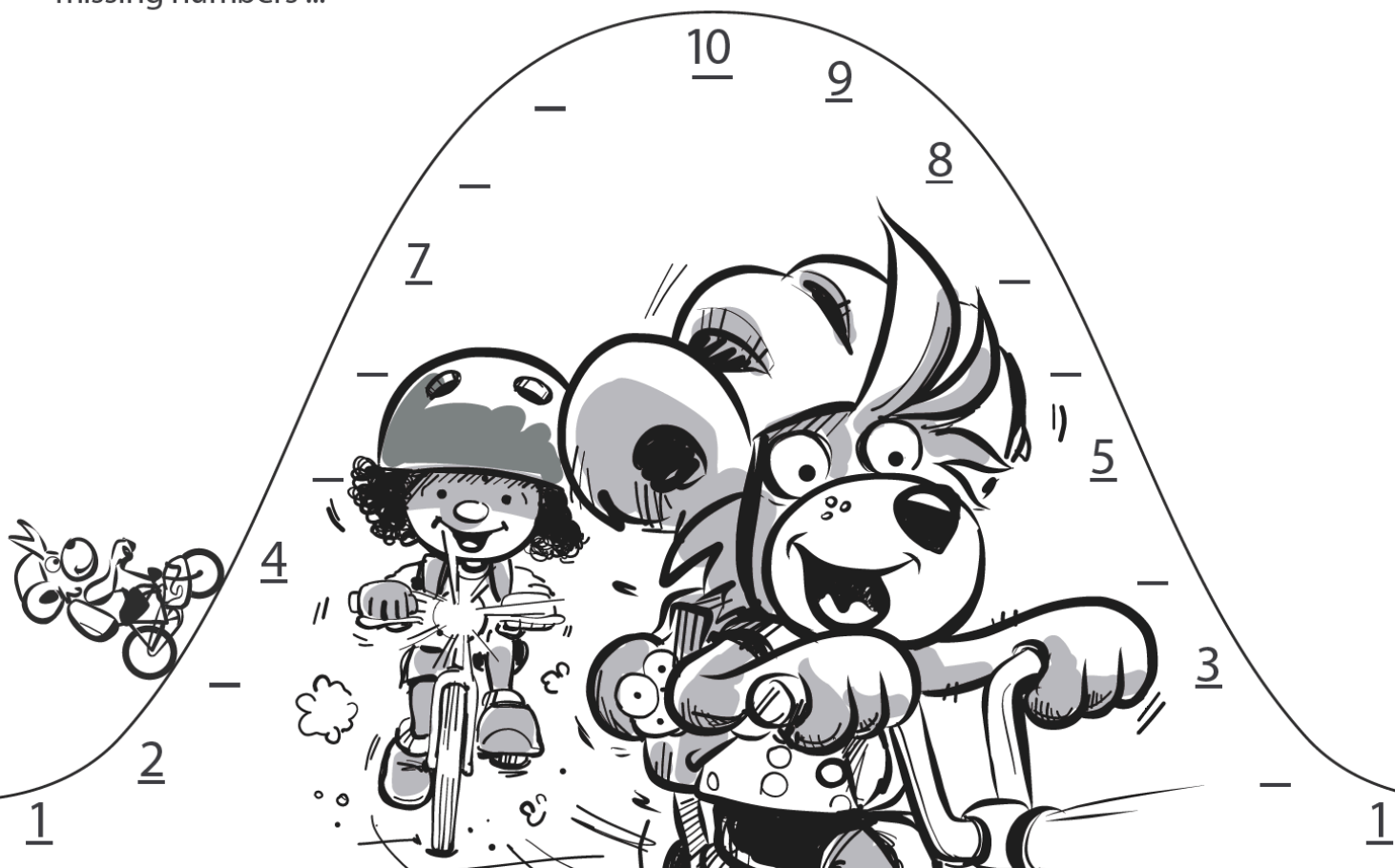
2 your helmet should be no more than two fingers above your eyebrows

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.

Now Ruben has his helmet on right and tight help him ride over the hill by filling in the missing numbers ...



★ 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

When going by bus ...

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

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.

before

back

stopped

Listen

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