

ROAD SAFETY

Activity Book



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Activity Book



Look the driver in the eye before crossing the street. That way, you can be sure that the truck driver has seen you. Because of the vehicle's large size, it is difficult for the driver to see the people in the street.





Choose among the words listed below to fill in the blanks and complete the rules you should follow when getting around on foot.

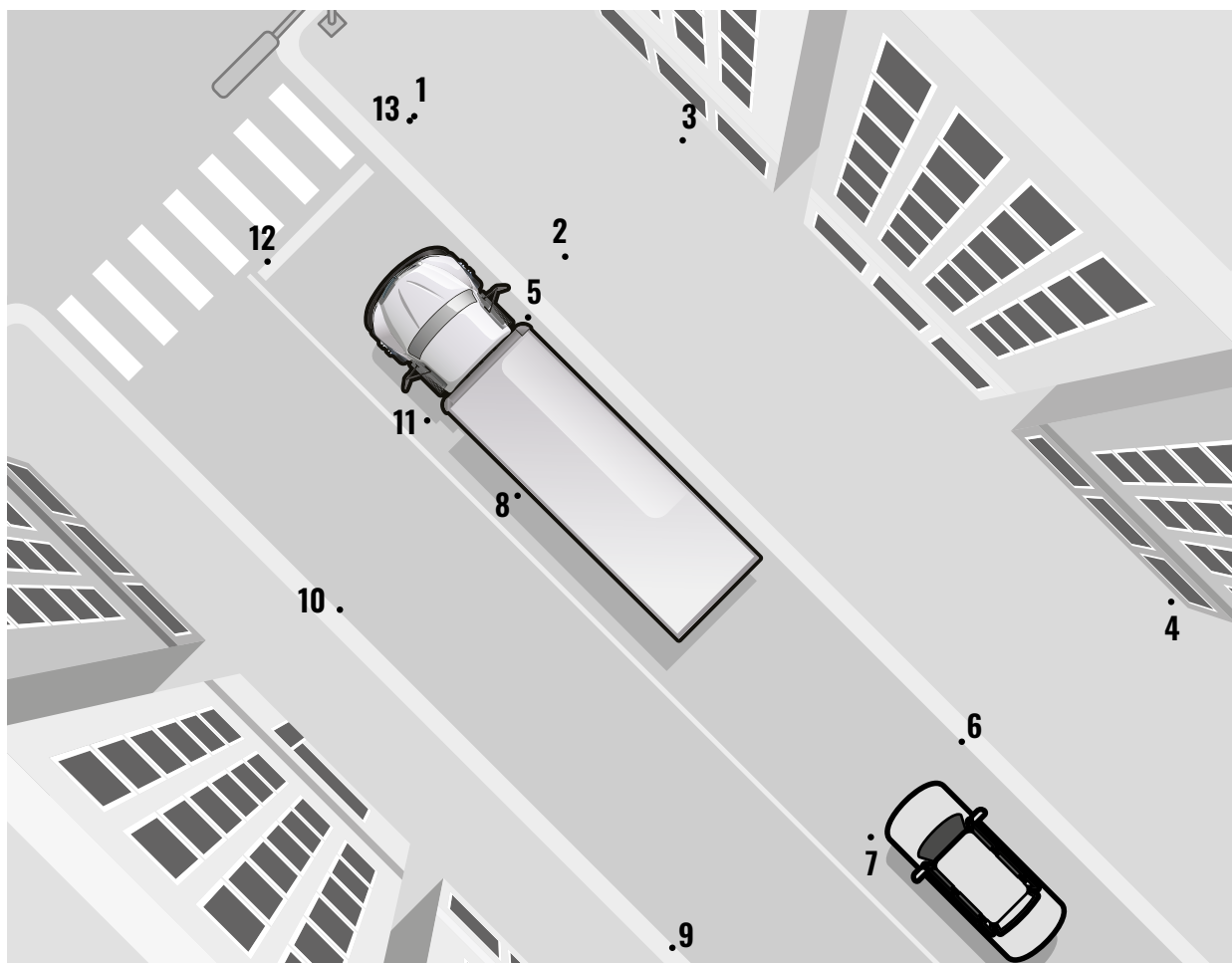
- ✦ Getting around on foot and getting exercise is fun, but you have to be _____!
- ✦ Always walk on the _____ if there is one. Otherwise, walk very close to the _____ of the street.
- ✦ When possible, walk _____ traffic to see the vehicles coming towards you.
- ✦ Go to a pedestrian _____ to cross the street.
- ✦ Before you cross the street, make sure that no vehicles are coming. Always look _____, then _____, then left again.
- ✦ Look over your _____ to make sure that no vehicles are coming behind you.
- ✦ Be careful when you see large vehicles at intersections. Drivers cannot properly see what is going on in _____ and to the _____ of their vehicle.
- ✦ If you cannot see the _____'s _____, the driver probably has not seen you. Let the vehicle go by.
- ✦ Make sure that any vehicles are fully stopped before _____ into the street.
- ✦ Cross the street in a straight _____ without running.

crosswalk	line
front	driver
sidewalk	against
sides	side
left	careful
stepping	shoulder
eyes	right

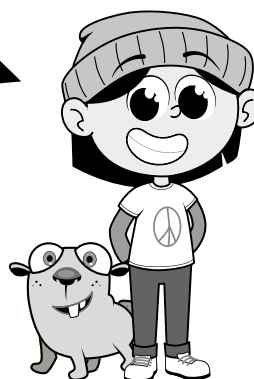


Connect the dots by following the numbers. You will see shapes appear.
Colour them red.

These shapes represent what we call blind spots. When a bicycle, a pedestrian or even a car is in one of these spots, the driver of the large vehicle cannot see it. You have to be careful and avoid getting too close to large vehicles.



Even if you are on the sidewalk,
be careful, because the driver
cannot see you in the blind spots.

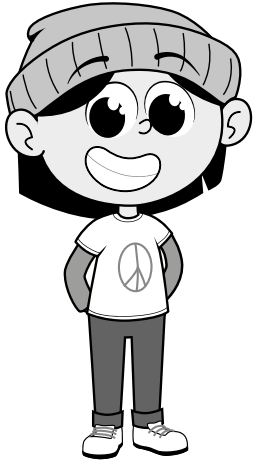


Carrier enforcement officers conduct patrols by car in part to make sure that drivers of taxis and heavy vehicles like trucks and buses follow the rules that apply to them. All these rules aim to make Québec roads safer.



Can you spot the **7 differences** between the two pictures?



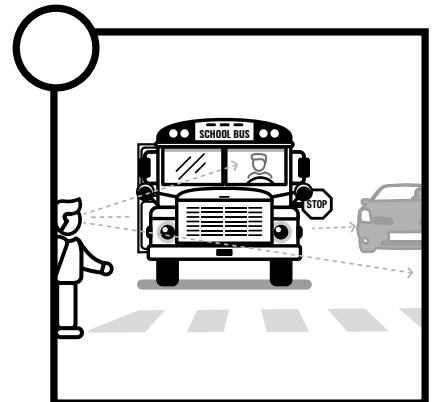
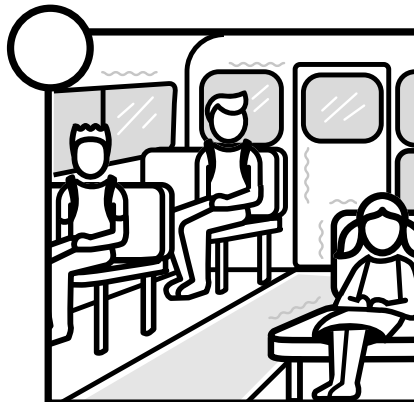
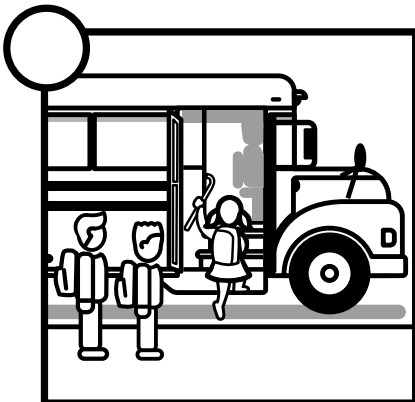
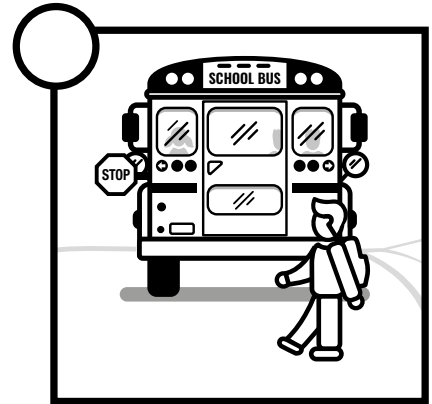
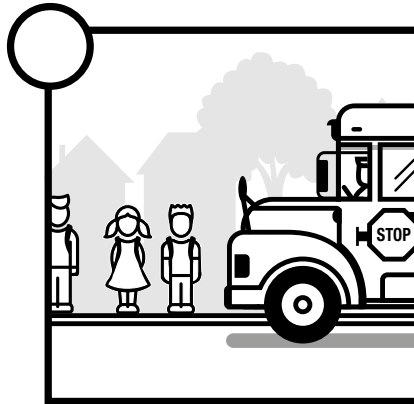
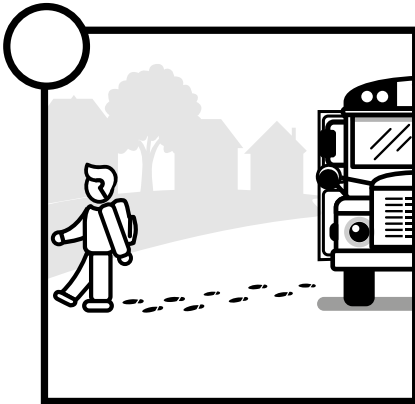


Follow these rules to make sure that your trips aboard the school bus are always **safe**:

- ✦ I wait for the bus in a single file and I don't shove others.
- ✦ I get on the bus in a single file and hold onto the handrail.
- ✦ I don't block the aisle. I keep my arms and head inside the bus at all times. I remain seated until the bus has come to a complete stop at the end of the trip.
- ✦ When I get off the bus, I take ten steps before stopping ahead of the bus to cross the street.
- ✦ I make sure that any vehicles in the street are stopped. I also make sure that the bus driver has seen me before I cross.
- ✦ I never go behind the school bus.

2.

Put a "✓" next to the proper behaviours and an "✗" next to the bad behaviours.



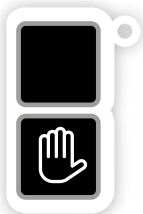


At intersections, look for traffic signals. Each colour and symbol mean something. Can you match the rules with the corresponding signals?

Signals

Rules

1



A

I cross the street without running after making sure that all vehicles are stopped.

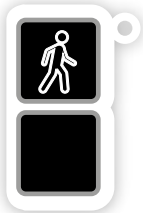
2



B

I do not cross the street.

3



C

I wait. If I have already begun crossing the street, I hurry to reach the other side without running.

You can recognize carrier enforcement officers by the badge they wear on their uniform.



Colour in each part of the badge according to the number.

1. BLACK

2. YELLOW

3. DARK BLUE

4. LIGHT BLUE



Be like the Diaz family and always wear a helmet. The straps must be taut without being too tight under your chin. Your helmet should be well adjusted and not tilt too low on your forehead or the back of your head. Make sure that it doesn't move around but isn't tight to the point of being uncomfortable.



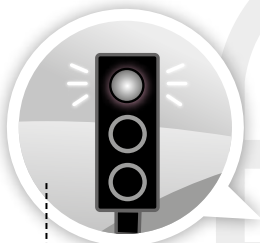
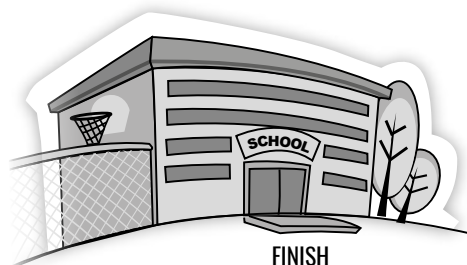
Colour in the picture below using bright colours for the clothes. When they wear brightly coloured clothing, cyclists are more easily seen by drivers.





Draw a path to help the child get to school safely. Beware of the hazards that are illustrated.

Stay a good distance away from large vehicles.



The light is red.
Do not cross.



Watch for vehicles coming out of driveways.



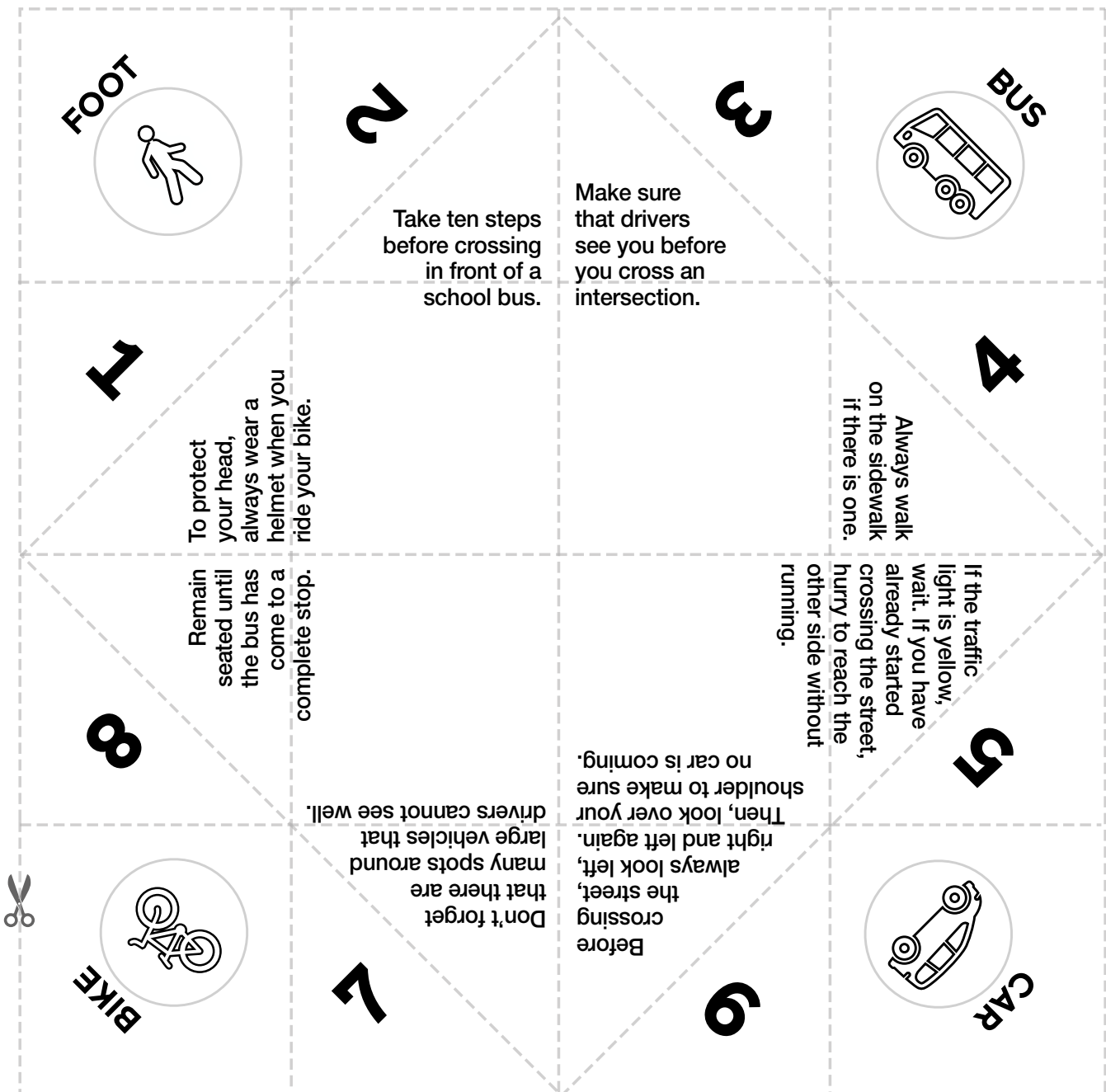
Wear brightly coloured clothing to be more visible in the street.



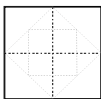
START



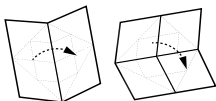
1. Colour the fortune teller using your favourite colours.
2. Fold the fortune teller by following the instructions (on the next page).
3. Ask a friend to pick a mode of transportation from the top of the fortune teller. Open and close the fortune teller while spelling the chosen word.
4. Ask your friend to pick a number. Open and close the fortune teller the same number of times.
5. Ask your friend to pick another number and lift up the corresponding corner to discover a road safety tip.



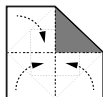
- 1** Place the sheet with the instructions facing up.



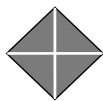
Fold the sheet in two, in both directions, to find the middle point.



- 2** Unfold the sheet, and then fold each of the 4 corners towards the centre.



You now have a smaller square.



- 3** Flip the sheet over. Fold each of the 4 corners towards the centre again.



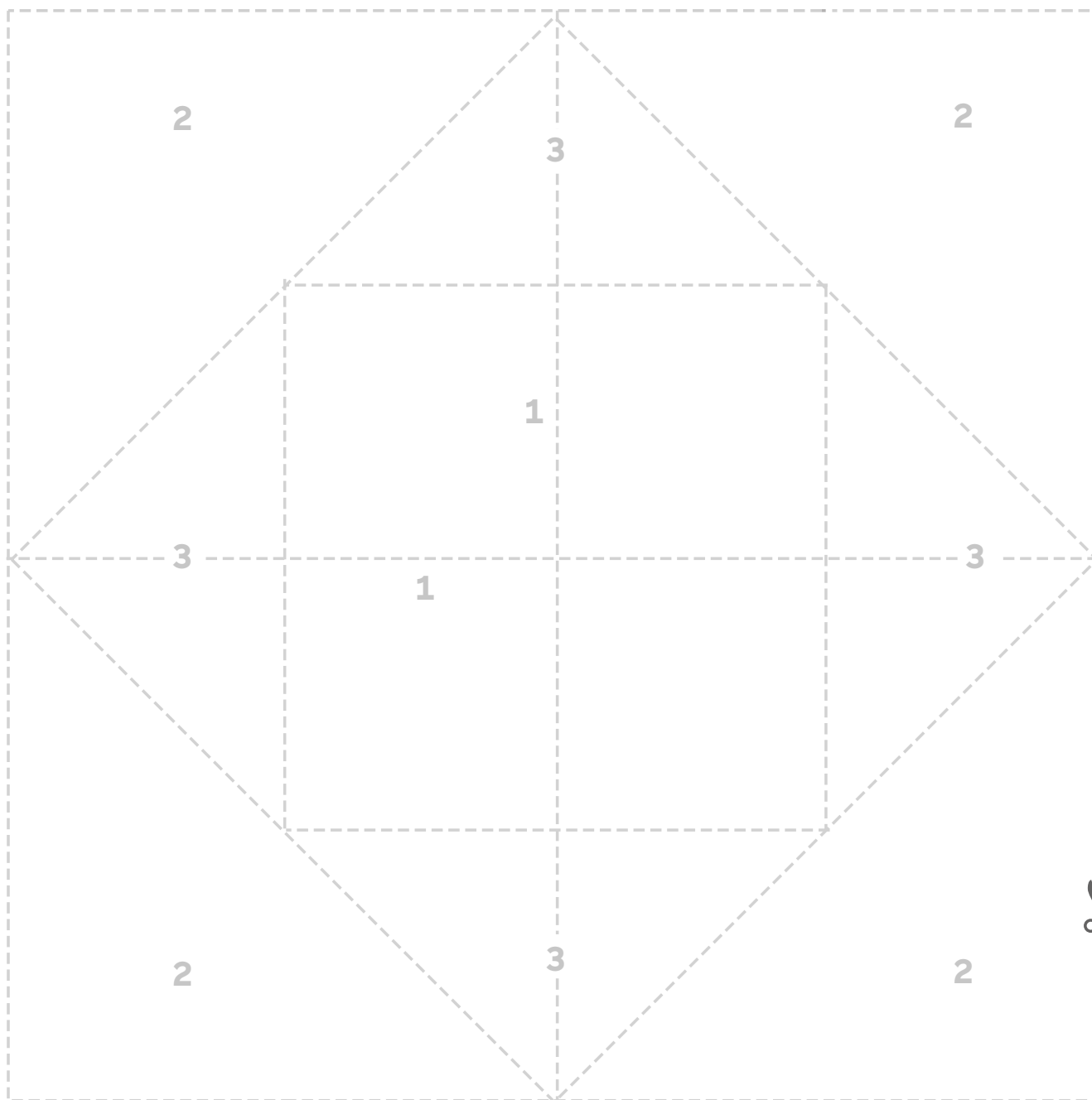
You now have an even smaller square.



- 4** Flip the sheet over again.



Lift up the 4 flaps and slide your fingers in.





Match the left and right halves of the icons representing various road safety themes, and connect them with the right description.

**Fatigue**

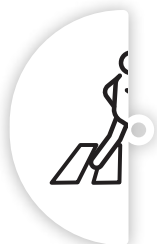
It's important to avoid driving when you're tired.

**Distraction**

Cell phones aren't the only source of distraction at the wheel. Not staying focused on the road or not stopping at a stop sign increases the risk of an accident.

**Sharing the road**

All road users, including drivers, cyclists and pedestrians, must think about and pay attention to other road users.

**Speed**

It is important to always obey the speed limit. Even driving slightly over the limit increases the risk of an accident.

**Unsafe behaviour**

There are many types of unsafe behaviours, such as: crossing the street at a place other than a pedestrian crosswalk; not obeying traffic signs, signals and lights; or zig-zagging around cars when you're riding your bike.



In the image below, draw a circle around the safe behaviours and draw a square around the unsafe behaviours.



Have you seen Pitchouf?



Activity **13** SNAKES AND LADDERS



Required items: One die and one small figurine per player. Players take turns rolling the die and moving their figurine. The pedestrian crosswalks (ladders) make you move up the board more quickly, whereas the snakes slide you back down to a lower square.

START

30 CONGRATULATIONS! You know a lot about road safety.	29 	28	27	26 Uh-oh! You forgot to put on your bike helmet!
21 You didn't wait for the pedestrian light to come on before crossing. 	22 	23 You and your friend looked both ways before crossing. Move ahead 2 squares.	24 	25
20 	When you get off the bus, you make sure the bus driver has seen you before crossing ahead of the bus. 	18	17	16
11 	12	13 You warned Dad not to use his cell phone while he is driving. 	14	15 Skip a turn.
10 You're not bothering Mom while she's driving. Move ahead 2 squares.	9 	8	7 	6
1 	2 	3 	4	5 You always buckle up when you're riding in a car.



Circle or colour the words in the grid and check them off the list as you go. These words can be read horizontally, vertically, from left to right and from right to left. Unscramble the unused letters to find the mystery word.

AWARE
 BELT
 BIKE
 BUS
 CAR
 CAREFUL
 CAUTION
 CROSSING GUARD
 CYCLIST
 DANGER
 DISTRACTION
 DRIVER
 FATIGUE
 HELMET
 INSTRUCTIONS
 INTERSECTION
 LIGHTS
 LOOK
 PEDESTRIAN
 PLAY
 ROUTE
 RULES
 SCHOOL
 SIDEWALK
 SIGN
 SPEED
 STOP
 STREET
 TRAFFIC SIGNALS
 TRUCK
 VIGILANCE
 VISIBILITY
 WALKING

B	S	T	O	P	N	A	I	R	T	S	E	D	E	P	S
I	L	U	F	E	R	A	C	S	I	G	N	A			R
K	O		S	E	C	N	A	L	I	G	I	V		E	T
E	O		U	Y	T	I	L	I	B	I	S	I	V	T	R
	K		B	D	A	N	G	E	R			I	T	S	A
C	R	O	S	S	I	N	G	G	U	A	R	D	L	I	F
N	O	I	T	C	A	R	T	S	I	D			E	L	F
D	L		L					T	R	U	C	K	U	B	C
	E	O	S	I	D	E	W	A	L	K	G			Y	C
		E	O		G	P	L	A	Y	I				C	S
F			P	H	E	H				T	R	O	U	T	E
R	U	L	E	S	C		T	A	T	E	E	R	T	S	G
T	E	M	L	E	H	S	F	S	C	A	U	T	I	O	N
I	N	S	T	R	U	C	T	I	O	N	S	C		T	A
I	N	T	E	R	S	E	C	T	I	O	N		A		L
A	W	A	R	E		Y	W	A	L	K	I	N	G	R	S

The mystery word is:

--	--	--	--	--	--



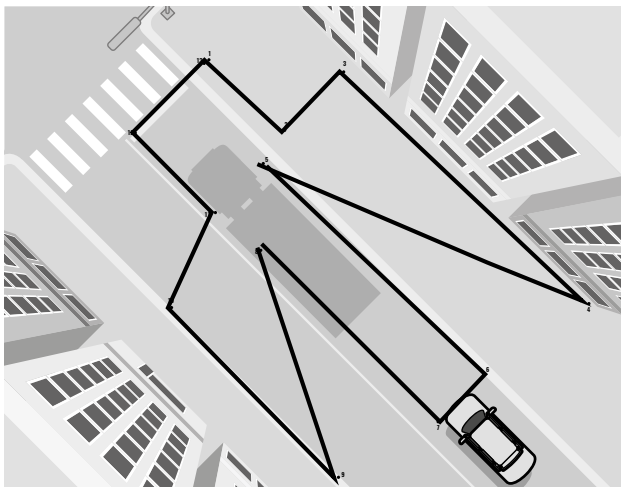
Create and colour a drawing that shows what **road safety** means to you.

ANSWERS

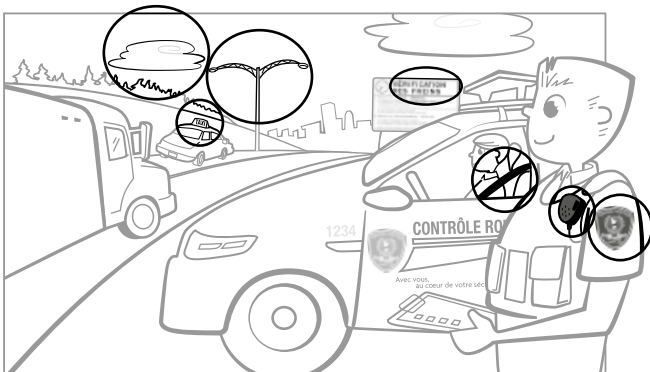
ACTIVITY 2

- ✦ Getting around on foot and getting exercise is fun, but you have to be **careful!**
- ✦ Always walk on the **sidewalk** if there is one. Otherwise, walk very close to the **side** of the street.
- ✦ When possible, walk **against** traffic to see the vehicles coming towards you.
- ✦ Go to a pedestrian **crosswalk** to cross the street.
- ✦ Before you cross the street, make sure that no vehicles are coming. Always look **left**, then **right**, then left again.
- ✦ Look over your **shoulder** to make sure that no vehicles are coming behind you.
- ✦ Be careful when you see large vehicles at intersections. Drivers cannot properly see what is going on in **front** and to the **sides** of their vehicle.
- ✦ If you cannot see the **driver's eyes**, the driver probably has not seen you. Let the vehicle go by.
- ✦ Make sure that any vehicles are fully stopped before **stepping** into the street.
- ✦ Cross the street in a straight **line** without running.

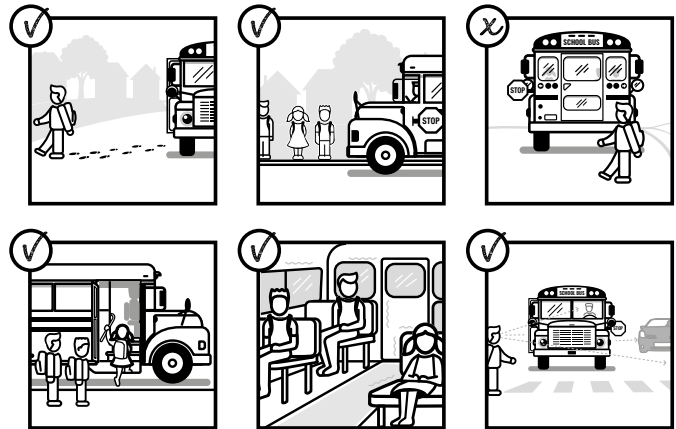
ACTIVITY 3



ACTIVITY 4



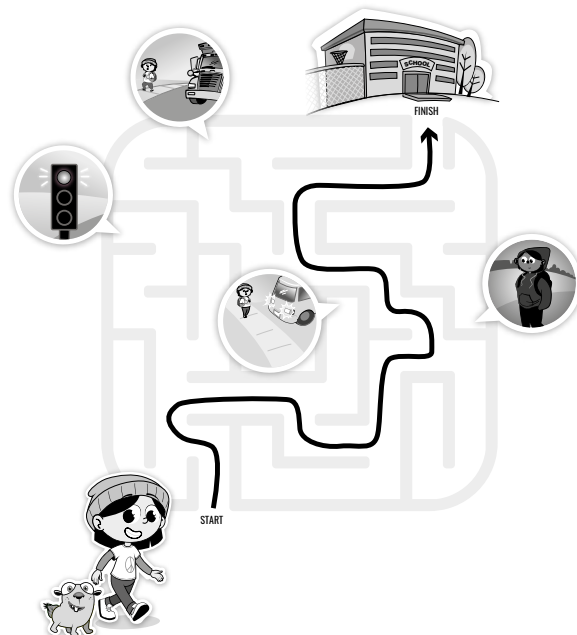
ACTIVITY 5



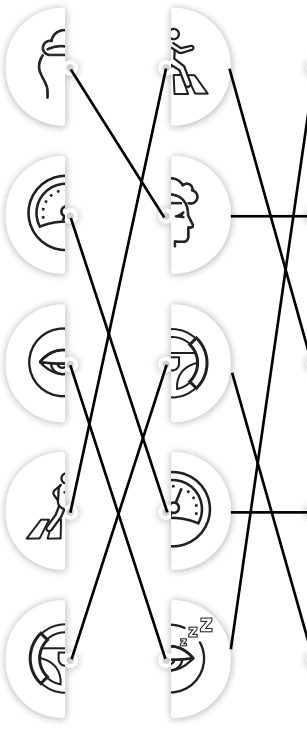
ACTIVITY 6

- 1 - B
- 2 - C
- 3 - A

ACTIVITY 9



ACTIVITÉ 11



Fatigue
It's important to avoid driving when you're tired.

Distraction
Cell phones aren't the only source of distraction at the wheel. Not staying focused on the road or not stopping at a stop sign increases the risk of an accident.

Sharing the road
All road users, including drivers, cyclists and pedestrians, must think about and pay attention to other road users.

Speed
It is important to always obey the speed limit. Even driving slightly over the limit increases the risk of an accident.

Unsafe behaviour
There are many types of unsafe behaviours, such as: crossing the street at a place other than a pedestrian crosswalk; not obeying traffic signs, signals and lights; or zig-zagging around cars when you're riding your bike, etc.

ACTIVITY 14

B	S	T	O	P	N	A	I	R	T	S	E	D	E	P	S
I	L	U	F	E	R	A	C	S	I	G	N	A			R
K	O		S	E	C	N	A	L	I	G	I	V			E
E	O		U	Y	T	I	L	I	B	I	S	I	V		T
	K		B	D	A	N	G	E	R			I	T	S	A
C	R	O	S	S	I	N	G	G	U	A	R	D	L	I	F
N	O	I	T	C	A	R	T	S	I	D			E	L	F
D	L		L					T	R	U	C	K	U	B	C
	E	O	S	I	D	E	W	A	L	K	G				Y
	E	O			G	P	L	A	Y	I					C
F			P	H	E	H				T	R	O	U	T	E
R	U	L	E	S	C		T	A	T	E	E	R	T	S	G
T	E	M	L	E	H	S	F	S	C	A	U	T	I	O	N
I	N	S	T	R	U	C	T	I	O	N	S	C			T
I	N	T	E	R	S	E	C	T	I	O	N		A		L
A	W	A	R	E			Y		W	A	L	K	I	N	G

The mystery word is:

S A F E T Y

ACTIVITY 12



Pitchouf

Are you a parent or a teacher who would like to educate your children or students about road safety?

A variety of tools and tips about road safety are available to you.

Discover



AXELLE AND PITCHOUF: LET'S GO!

saaq.gouv.qc.ca/axelle-and-pitchouf

To find out more



SAFE CYCLING:

saaq.gouv.qc.ca/safe-cycling



SCHOOL BUS SAFETY:

saaq.gouv.qc.ca/school-bus-transportation



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