



Road safety

Match the shadow

It can be hard to see people walking or cycling in the dark. Reflective clothing and footwear can help as it reflects light from street lights or car headlights to make you more visible.



Can you spot the 2 matching pictures on the right?

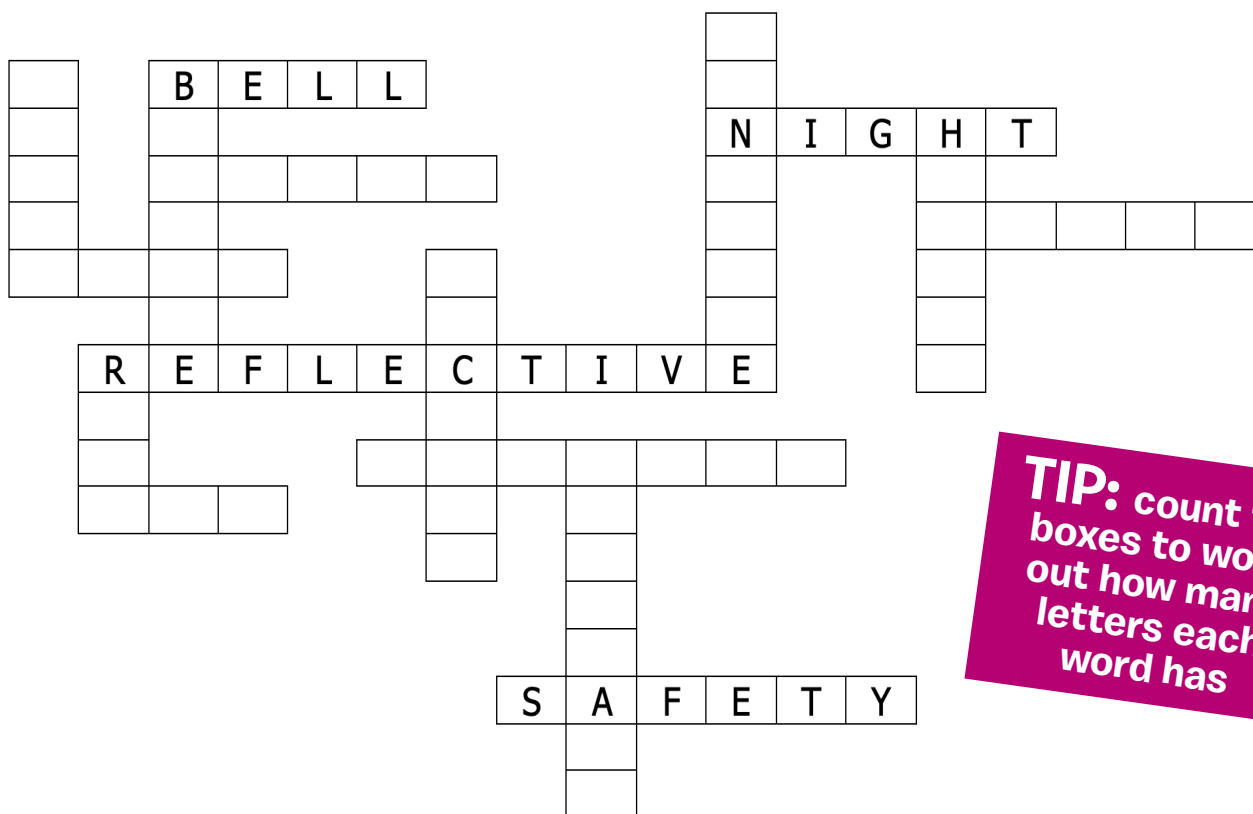


STAYING SAFE BY THE ROAD

- Avoid using a mobile phone when walking by a road, they can distract you.
- Wear reflective clothing when walking in the evening and always walk with an adult.
- Always look both ways before crossing the road. You should use official crossings where they exist for extra safety.

Cycling challenge

Take our word fit challenge to find the correct cycling themed word for each space in the grid. We've added some words to get you started.



TIP: count the boxes to work out how many letters each word has

Three letters

Day

Four letters

Bell
Lock
Road
Tyre



Five letters

Chain
Light
Night
Wheel

Six letters

Helmet
Safety

Seven letters

Bicycle
Cycling
Visible

Eight letters

Puncture
Indicate

Ten letters

Reflective



CYCLING SAFETY

- If you're cycling on the road make sure you wear a helmet and bright clothing.
- Fit lights to the front and back of your bike so you can be seen.
- Always cycle on the left hand side of the road, that's the same side of the road that cars use.

