




Activity 9.1 – Make a booklet and share your knowledge

1 Make a booklet

Share your knowledge about the benefits of safe, active travel by creating a booklet that you will read to juniors.

- + Read through the messages provided on road safety and the health/wellbeing and environmental benefits of active travel. Choose the number of messages and pages you would like to include in your booklet. You can have one or more messages per page; it is up to you!
- +  Go to the [Ready, Steady, Go! homepage](#) for a video of how to make three different booklets.
- + Cut out each of the messages you choose and glue them onto the pages of your booklet.
- + Illustrate each page. Remember to use lots of colour and detail. You will need to design a cover with a title and don't forget to write the author's name!

Road safety messages for active travel

Always wear your helmet when cycling or scooting and make sure it is correctly fitted.

If there is one, always use the pedestrian crossing (zebra, kea or signalised) to get safely across the road.

When you are waiting for a bus, always wait quietly and in line at the bus stop, away from the edge of the road.



Stop, Look, Listen before crossing a driveway. Stay alert. Look and listen for cars driving out of a driveway.

Be bright, be seen, wear bright-coloured clothes or a high-vis (high visibility) vest when cycling or scooting so that traffic can see you.

Car parks can be busy and dangerous. Stop, Look, Listen for moving cars and look out for white reversing lights. Walk, don't ride, your bike or scooter in car parks.



See the next page for the other statements.
Cut these out and use to make your booklet.

Environmental facts and benefits of active travel

About half a million Kiwi students drive or are driven to school each day. That's a lot of cars on the road!

Walking, cycling or scootering to school helps to make the roads safer and less busy.

Cars create air pollution which is not good for our health or the health of the planet.



Fewer cars on the road means less traffic danger around schools.

Choose to cycle short distances rather than take a car. Cycling doesn't create air pollution and you don't have to look for car parks. Did you know that 10 to 20 bikes can park in just one car space?

Walking to school doesn't cost you or the environment a thing!



Health/wellbeing facts and benefits of active travel

Did you know that the heart is the hardest working muscle in your body and is the size of your clenched fist?

Did you know that you have more than 600 muscles in your body?

Muscles, bones and joints grow stronger with exercise.



Walking to school with a friend is fun – friendship is good for keeping you healthy and happy.

Walking, cycling or scootering to school helps you concentrate and learn better... for the whole day!

You sleep better at night with regular exercise.



- 2 Read 10 tips for reading to young children below. Practice reading your booklet aloud to your classmates. You're now ready to read your booklet to junior students.



1. **Preview the book:** Read the book at least once beforehand to make sure that there are no surprises that might trip you up as you read.
2. **Prepare a comfy and roomy read-aloud area:** It's important that your area is large enough for everyone to see and sit comfortably.
3. **Introduce the book:** Look at the book cover together and ask children to guess what they think the book might be about. Name the author and illustrator to reinforce the concept that people write books and draw images to illustrate the story.
4. **Notice how you hold the book:** Children need to see the illustrations, so be sure that the book is wide open and held to your side so that you can read the story and share it at the same time.
5. **Give it all you've got!** Dramatic and fun sound effects, hand motions, facial expressions, and changes in tone bring the story to life for the audience.
6. **Involve your listeners:** If it suits the content of the book, give children a line to repeat, a hand motion, or a sound effect that they can add at the appropriate time.
7. **Help children see the story:** Point out details in illustrations and characters to help children become keen observers and discuss what they notice.
8. **Invite children to use their senses:** Help children imagine sounds, smells, tastes, physical sensations, emotions and sights. Every so often, stop and ask children to pretend to use their senses to explore a part of the story: "What do you think you could hear on a busy road? What do you think you would feel when you cycled fast down a hill?"
9. **Develop ways to respond to questions:** Children love to ask questions while you are reading. Some questions are important and need to be answered right away to understand the story. Other questions will be answered in the story itself. Stopping too often will break up the flow of the story.
10. **Make time for discussion:** Children love to talk about a book that you've just read. Ask the children questions to start a discussion.