

## Fire Up Your Feet!

### Tips for Walking Safely to School and in Life

Walking is a great way to have fun and stay healthy. Make sure that you are a safe walker by following these important tips!

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#### Where to Walk

Always walk on the sidewalk when available, try not to walk in the street. If there is no sidewalk and you must walk in the street, walk so you are facing the cars and can see them coming!

Stay out of parking lots and be careful near driveways! These are places where drivers of cars are not usually looking for kids.

#### Crossing the Street

1. Stop at the curb or the edge of the street.
2. Look left, look right, look left again, behind you and in front of you for traffic.
3. Listen for cars. Do you hear any loud car sounds?
4. When you are sure there no cars are nearby, you can safely cross.
5. Walk, don't run, across the street.

#### Be Seen

It is important that everyone can see you, when they can see you they can try and keep you safe (especially when crossing the street!) . When walking wear bright colors or reflectors so that you are visible and if walking when it is dark out consider using a flashlight too.

#### Walk with Friends (stranger danger)

Walking with your friends or family is a fun and healthy way to spend time together. Start or join a Walking School Bus so you can walk with friends and stay safe on your walk to school.

#### Be Aware of Your Surroundings

Always pay attention to what is going on around you, it'll help you stay safe and you'll probably see some cool things you wouldn't normally notice too!

#### Have Fun!

Walking is a fun way to get out and about with your friends and family, take advantage of every opportunity you get to walk and you'll be happy and healthy for life!

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