

# Stories in Motion

## In-Class Activity Breaks

Continue each bulleted activity or set of activities for 15-30 seconds.

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### Walk and Bike to School Safely

- Let's practice biking and walking safely to school. First, we are going to ride our bikes to a friend's house. Tie up your tennis shoes and strap on a helmet. Push on your bike tires to make sure they have enough air in them.
- Now, touch your toes to stretch out and hop on your bike. Grip the handle bars firmly and start pedaling. We have to make a couple of turns to get to our friend's house. Be sure to use your hand signals. We need to take a left here. Stretch your left hand out to your side with a straight arm.
- Here comes a stop sign. Hold your arm out with your hand hanging down from the elbow to signal that you are going to stop. Look left, right and then left again to make sure no cars are coming. No cars! Walk across the street and then hop back on your bike. Start peddling again.
- At the next block, we need to go right. Hold your left arm out and turn your left hand up from your elbow. We made it to our friend's house, but their bike has a flat tire. Let's walk the rest of the way to school.
- Here comes a stoplight. Stop! Watch the traffic signal and look both ways. The crossing guard is waving us through the intersection. Let's get walking again. Remember to stay in the crosswalk.
- There is a big mud puddle coming up. Jump over it. There is another one. Jump again.
- Oh good! We made it safely to school and just in time to go get a good breakfast before class starts.