



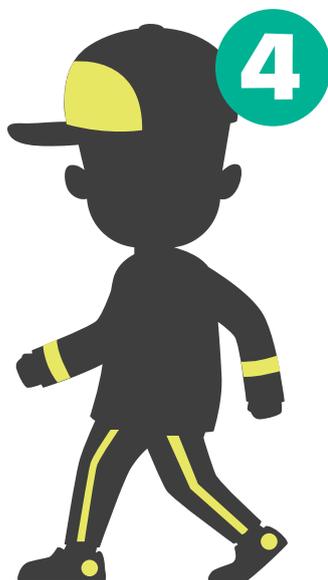
# Road safety

## 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?

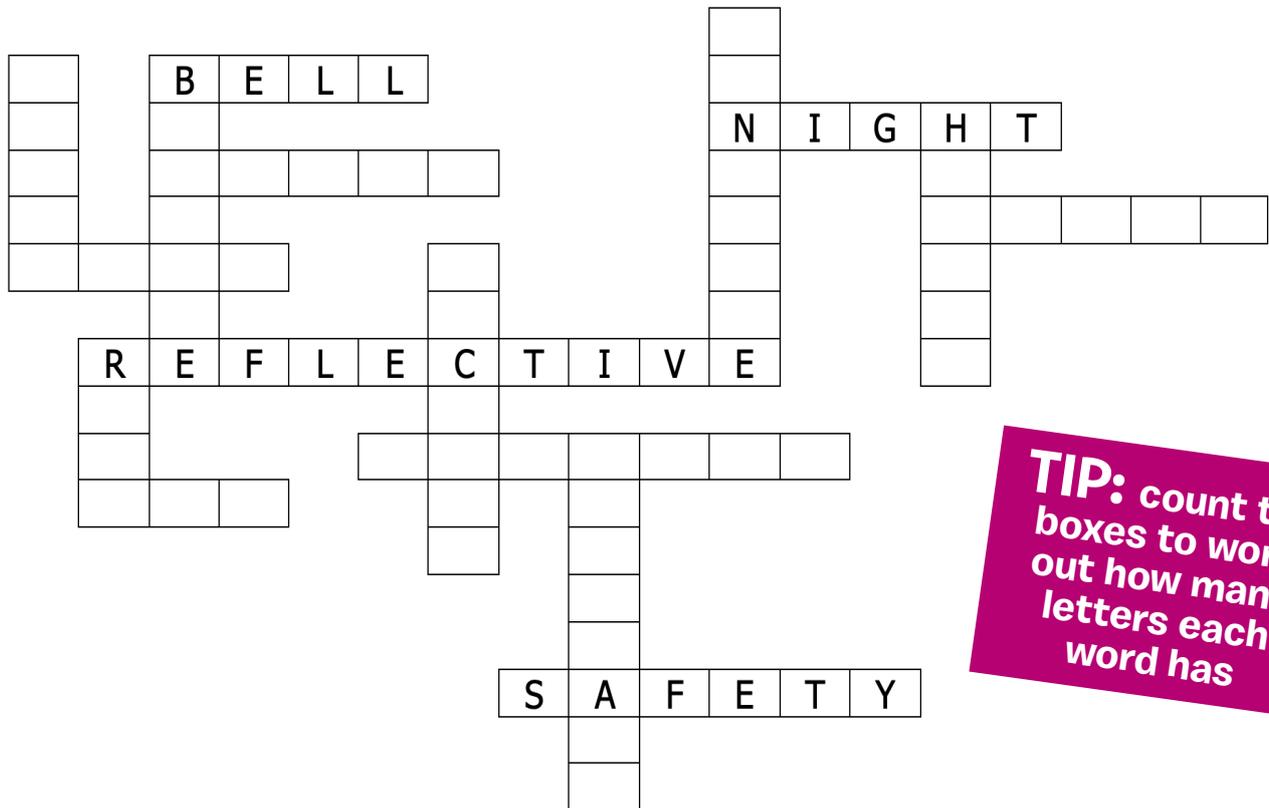


## STAYING SAFE BY THE ROAD

- 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.

