Driving School! (20-25 minutes)

Activity set up:
- Clear a large area with enough room for members to move around for this activity
- (Optional) Tape or rope to designate a “Body Shop” area

Step 1: Information to share with club members (10-15 minutes)
As the weather warms up, you are probably exercising and playing outside more than you did in the winter. How many of you have played outside in the past week? What activities have you done outside? (Ask a few members for responses). Great! It sounds like you are doing some fun things outside.

When we exercise outside, we need to make sure we follow some rules so that we are safe. First we are going to talk about some basic safety rules.

Who can tell me what a pedestrian is? That’s right! A pedestrian is someone who is on foot, as opposed to being on a bike or in a car. When you are a pedestrian, you need to follow certain rules. What are some of these rules? (Guide members’ responses to the following:
- stop at curb before crossing a street
- cross at intersections and use traffic signals and crosswalks
- look both ways before crossing (left, right, and left again)
- walk on sidewalks when possible (if there are no sidewalks, walk on the left side, facing traffic)
- don’t play in streets or parking lots
- when playing outside or walking at night, wear light-colored clothing or reflective tape

Another popular summer activity for kids is bike riding. When you ride a bicycle, you need to take special precautions to be safe. What rules are there for bicycle safety? (Guide members’ responses to the following:
- Observe traffic signs
- Know hand signals (right – left arm bent and raised; left – extending left arm straight out to side; stop – left arm bent and down)
- Ride single-file on streets and highways
- Make sure your bike is in good condition
- Wear light-colored clothing or reflective tape, especially at night
- Always wear a helmet
- Ride smart! Watch out for uneven surfaces, rocks, pedestrians, and cars

Swimming is another fun activity that keeps you cool and gives you exercise. Whether you swim in a pool or a lake, you need to follow some special rules. What are some of these rules? (Guide responses to the following:
- Always swim with a buddy, never alone
- Never run, push, or jump on others around water
- If you are not a strong swimmer, wear a life jacket when you are in or near an open body of water
- Learn to swim
- Swim only within designated safe areas
- Always obey the lifeguard on duty
- Before diving into water, be sure it is deep enough
Do not be in or near water during thunderstorms or lightning

Sunshine is a welcome change from a cold, dark winter. However, the sun and its rays can also be dangerous if precautions aren’t taken. Let’s go over some sun safety rules together.

- When playing outside, always wear a sunscreen with SPF 15 or higher. Apply liberally and reapply every two hours or after swimming.
- Wear sunglasses! The sun’s rays can harm your eyes, too.
- Limit sun exposure between 10 a.m. and 4 p.m. These are the hours in which the sun’s rays are strongest.
- Cover up and wear a hat.
- Drink lots of fluids to keep from getting dehydrated.
- If you feel nauseated, faint, or ill while out in the sun, go indoors. Watch out for heat exhaustion and other heat-related illnesses.
- Treat your sunburns, if you get one. Stay out of the sun and use aloe vera gel. Take a cool bath or apply cool compresses to your skin.

(Sources: [www.kidshealth.org](http://www.kidshealth.org), [www.safekids.org](http://www.safekids.org))

**Step 2: Group Activity (10 minutes)**

Today’s activity is called Driving School. We are going to pretend we are the drivers of cars or bicycles, moving all around the room. I will call out commands for everyone to obey, since we know an important safety rule is following traffic signals and rules.

I want everyone to hold their hands in front of them as if they are holding the steering wheel of a car or handlebars of a bicycle. When I say “green light,” you will pretend to be cars or bikes and walk at a normal pace around the room. When I call out traffic commands, you must obey them! You cannot collide with other drivers. If you touch another driver at all, you are part of a collision. You must report to the “Body Shop” (Designate a Body Shop area off to the side and out of the way. You may even tape or rope off this area). While in the Body Shop, those involved in the collision must do repair work by doing ten jumping jacks. You must also shake hands with the other driver and say “I’m sorry. Please drive safely.” Then you can exit the Body Shop and continue playing.

Start game by saying “green light,” which means walk at a normal pace. Every 30 to 45 seconds, call out the commands below in any order. Follow each command with its instruction.

**Commands:**

- **Green Light** – walk at a normal pace
- **Yellow Light** – move slowly
- **Red Light** – stop
- **School zone** – skip
- **Neighborhood** – march
- **Highway** – run
- **Reverse** – move backwards, making beeping sounds
- **Emergency vehicle** – move to the side of the activity area and wait for the next command
- **One way** – move clockwise
- **Oil slick** – make quick turns to avoid pretend “oil slicks”
- **Pot hole** – leap
- **Tunnel** – duck as you walk
- **Flat tire** – hop on one foot
- **Traffic jam** – move closer to other members and shuffle your feet slowly

(Source: National Institute of Child Health and Human Development)

**Get Up & Move!**