

Lesson 4 - Are you thinking?

Lesson Overview	- Consider the roads that the students use daily; self assess their attitudes to road safety; raise awareness of the roads and traffic that the students encounter daily.
Lesson Objectives	- Students self assess their road safety skills - Students consider a journey they already make in detail - Highlight the importance of always remaining focussed when around the roads
Lesson Outcomes	- Have greater awareness of roads they already use - Understand their importance of giving the road their full attention

Time	Activity	Resources
Starter		
10 min	<ul style="list-style-type: none"> Teacher led discussion on Road Safety. Many students will be quite familiar with roads they already use either on their own or with a parent / guardian. This familiarity can lead to less attention being paid to road safety which results in an increased risk of involvement in a road traffic collision. 	
Main		
15 min	<ul style="list-style-type: none"> As individuals the students complete the Am I thinking? worksheet. Students read the statements around the circle and then shade from the centre up to their answer marked on the circle. The goal is to have the circle completely shaded, where they are unable to completely shade a section they are to think about an action plan to improve on that area. 	<ul style="list-style-type: none"> Am I thinking? worksheet How aware am I? worksheet
15 min	<ul style="list-style-type: none"> As individuals the class complete the How aware am I? worksheet. 	
Review, reflect and assess		
15 min	<ul style="list-style-type: none"> Teacher led discussion on how easily students were able to answer questions about their journey to school. Why did the students have difficulty answering these questions? Highlight how students can sometimes be on 'auto pilot' when travelling and the dangers this presents around roads. Students are to check the answers on their worksheet and fill in any blanks on their next journey, remind the students to fill in the sheet in a safe area. 	<ul style="list-style-type: none"> How aware am I? worksheet



Am I Thinking?

Read the statements around the circle then, using the guide below, shade up to your answer from the centre of the circle to show how often you do these things. If you find an area to improve on work out what you can do to stay safe:

1st ring (closest to centre) = Never do this

2nd ring = Sometimes

3rd ring = I often do this but occasionally don't

4th ring (on the outer edge) = I always do this

I stop at every road to check it's safe to cross.

I encourage my friends to be safe around roads.

I look both ways before crossing the road.

I give the road my full attention.

I behave sensibly around roads.

I walk calmly across the road.

I use zebra crossings, traffic lights and school crossing patrol when possible.

I cross the road where I can see traffic clearly.

How aware are you?

You will probably have a journey that you often take and know well. This could be going to the shops, grandparents or a friend's house. How much attention do you pay to this route? As you get used to something you may start to go on 'automatic pilot'; this is really dangerous when dealing with road safety. Answer the questions below about your route and check if you were right or fill in any gaps next time you travel – **check these from the pavement in a safe area where you don't block others view.**

Roads



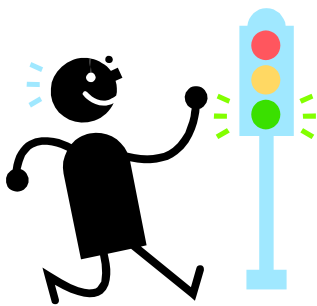
1. How many roads do you cross to get to your destination?

2. How many of the roads have a 30 mph limit?

3. How many of the roads have 40mph or higher limit?

4. Do you have to cross any major roads? _____
5. Where is the most traffic on your journey? _____
6. Are there any road calming schemes, e.g. speed bumps? _____

Safe crossings



7. How many zebra crossings can you use?

8. How many zebra crossings do you use?

9. How many traffic lights can you cross at?

10. How many do you use? _____
11. Do you use this/ would you if it was available? _____
12. Do you find a safe place to cross? _____