

Sustainability

Second - Third Grade

Objective: Your child will understand how riding a bike creates better health and a more sustainable earth. A sustainable earth will have clean air, clean water, and a healthy environment for people and all life.

Road World Championships: Professional cyclists are their own power source. This means that they do not pollute the air when they are racing! This helps overall air quality by not adding more auto emissions into the air. Emissions impact climate change which add to rising temperatures around the planet.

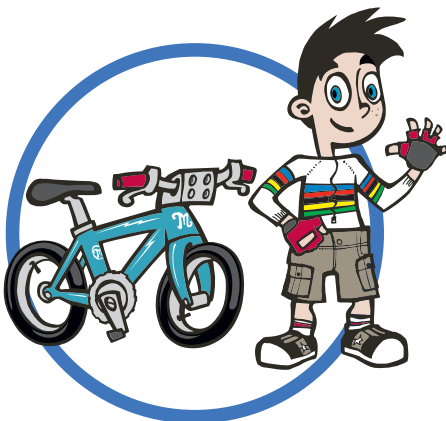
Children will:

- ★ Understand the benefits of alternative ways of transportation to automobiles.
- ★ Understand the dangers of automobiles and why it is important to watch for traffic and stay on the sidewalk.
- ★ Use decision-making skills to promote better health.
- ★ Demonstrate ways to communicate consideration and respect for the health of individuals in the community.



Activity Plan

Materials: paper, crayons or markers, straws.



1. Ask your child to imagine all the ways of getting around—modes of transportation (bikes, scooters, boats, buses, trains, skateboards, airplanes, etc.). Write them on paper. Discuss his/her favorite ways of getting around.
2. Explain that sidewalks are special places where we walk and ride that are protected from traffic in the street. Ask your child to identify sidewalks in your neighborhood and near school. Explain that they should walk or ride the opposite way of traffic while on sidewalks so they can see the oncoming traffic.
3. Ask what places you could go using your bike instead of using a car.
4. Discuss the fact that motor vehicles cause air pollution. Buses or car pooling cut down on pollution.
5. Discuss the importance of bodies needing exercise. Riding a bike and walking don't pollute the air because they do not use gasoline.

Activity:

1. Draw a bus and a car on paper. Count how many people would fit in the car and how many people fit in the bus. What are the advantages to buses?
2. On a separate sheet of paper, draw a diagram of a street. Include sidewalks on both sides. Label the sidewalk and the street. Use arrows to represent the flow of auto traffic and pedestrian traffic.
3. Count how many people you see on bikes today.

Bike Safety

Avoid riding at night. It is easier for others to see you in daylight.

Bike Safety

Before riding check to make sure your brakes work.

What did I learn?

There are lots of ways to get from one place to another. The ones that make you exercise are best, like riding a bicycle. People who have trouble breathing feel like they can't get enough air. When we bike or walk, we are helping keep the air clean and building strong bodies. Transportation that requires gasoline makes the air dirtier. Motor vehicles add to air pollution. Air pollution makes it more difficult for people with breathing problems. We should do what we can to make less air pollution by walking and biking.

Always wear a
bike helmet!

Always wear a
helmet that fits
snuggly.

