

Stop, Look, Listen & Think

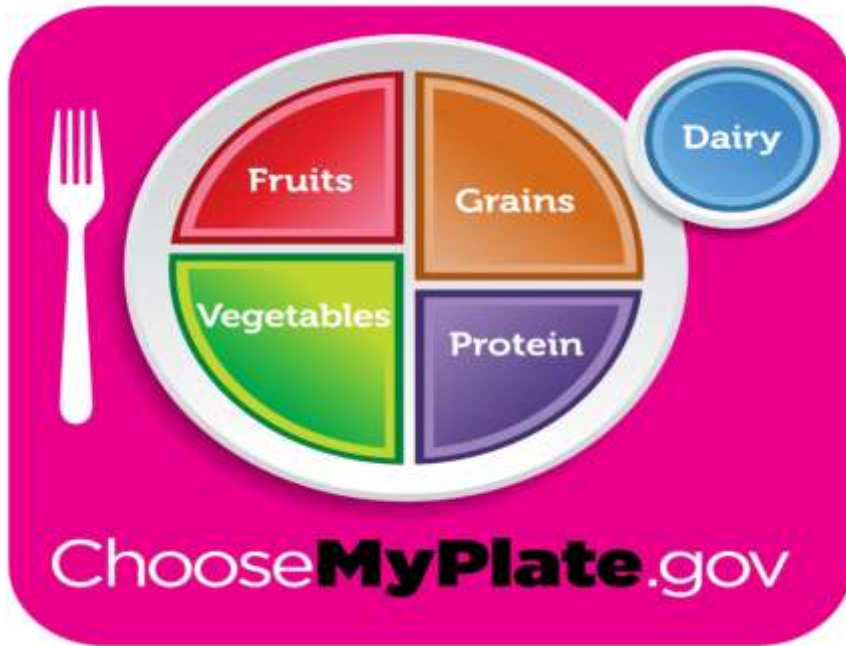
*Crossing the street can be easy if you
know the rules to stay safe!*



Walking Is Fun and Healthy!



Healthy & Unhealthy Eating



What Foods to avoid?

Avoid too much Sugar, Salt, Saturated Fat

- Fast food (fries, burgers, deli meats such as ham, salami, bologna, roast beef, hot dogs)
- Soda, Sports Drinks, Energy Drinks (each can 14 tsp of sugar)
- Ramen noodles & Taki Chips (very high salt)
- Pork Rinds & deep fried snacks
- Donuts, Cupcakes, Cookies & Cotton Candy (too much sugar)

Healthy Food Choices



How to eat healthy?

- Water, 100% juice, or 1% milk
- Fruit
- Vegetables
- Popcorn, pretzels, baked chips
- Yogurt or String Cheese
- Tortilla chips & salsa
- Hummus & pita/pretzel chips
- Roast or baked chicken, not fried
- Turkey sandwiches or turkey dogs



Pedestrian Safety



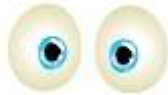
Safety Rules to Cross the Street

Simple Rules to Cross the Street Safely

STOP



LOOK



LISTEN



THINK





Look Left-Right-Left!



STOP LOOK LISTEN & THINK

Look for the
signals

They tell
people & cars
to

STOP or GO

Signals



Lights that tell cars and
people when to stop and go.

Red



Red means to stop.

Yellow



Yellow means be careful,
signal is changing.

Green



Green means go,
but always look first.

Pedestrian Signals

Don't Walk



Stop and wait for signal.

Pedestrian Signals

Walk



Go, but always look first.

Pedestrian Signals

STOP LOOK LISTEN & THINK



Stop, Look,
Listen, Think...Go

Don't Start/Finish

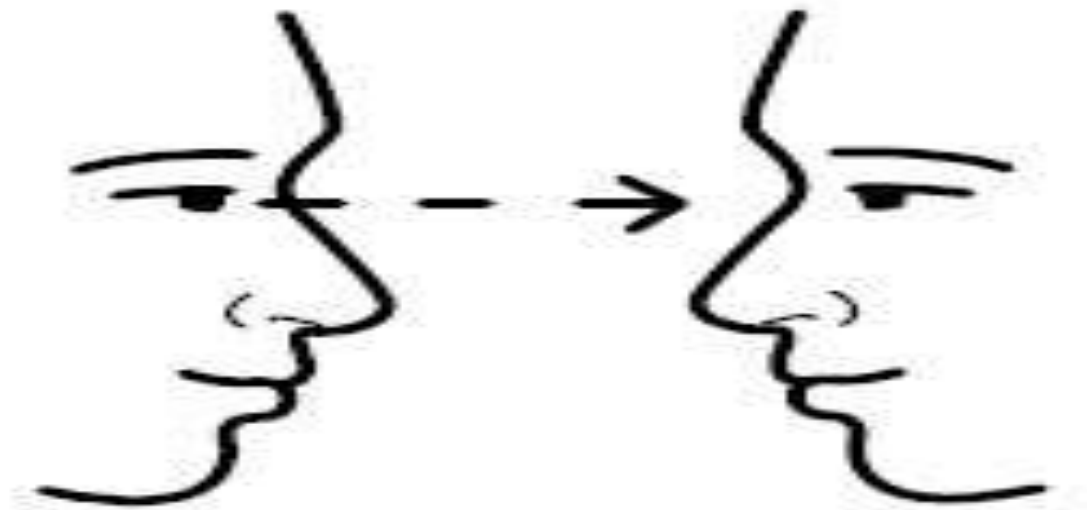
Don't Cross

L 🙄🙄 K for Others!



Eye Contact

Making eye contact with the drivers lets US know that the drivers are aware of our presence. Eye contact shows that the driver is paying **ATTENTION** to us.



Dress for Safety



LISTEN

STOP LOOK **LISTEN** & THINK



Sounds to Listen For



Think!



- Take care of YOUR safety.

Distractions

STOP LOOK LISTEN & THINK





4

5

2

3

1

What is wrong with this photo?



Recap

- STOP



**Crosswalks and Corners—
every crossing**

- LOOK



**For Pedestrian Lights
Left-Right-Left
Continue looking LRL as
you cross**

- LISTEN



For cars and other vehicles

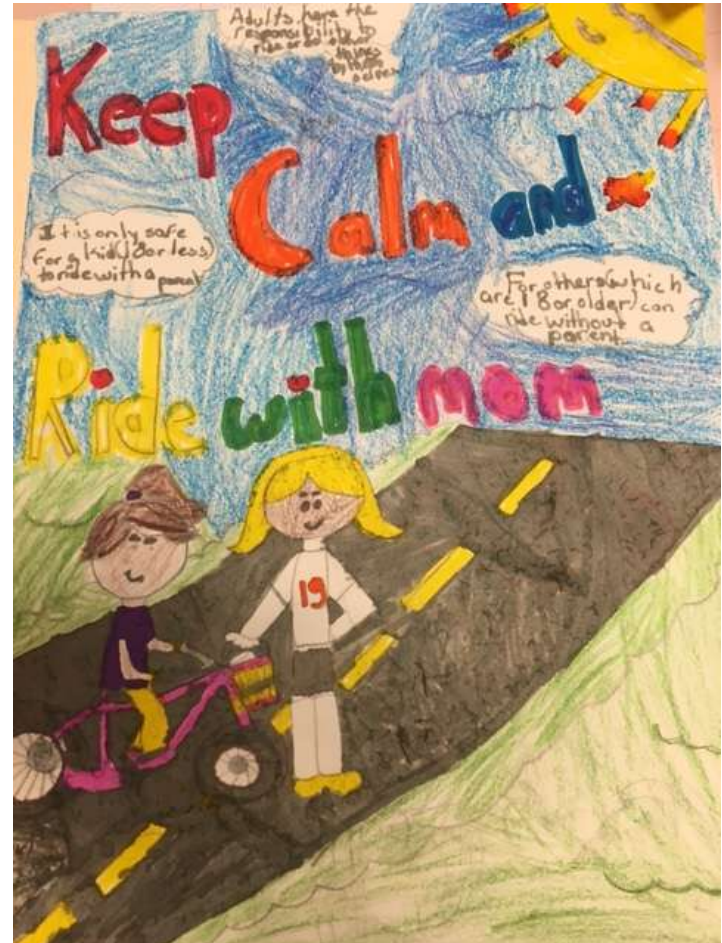
- THINK



**Take care of your safety.
When there aren't
sidewalks, walk on the left.**

Enter the SRTS Poster Safety Contest

- 8.5 x 11 paper
- Your name and grade
- School and teacher
- Content
- Color
- Creative
- Prizes



Thanks for Being Good Listeners

- We are really glad we could share the four Walking Safety Rules with you today
- Please remember to walk and bike safely, get your daily exercise and eat healthy foods
- Lisa, Matt or Gaby from the Safe Routes to School team at EZ Ride