

RAINBOW ROAD SAFETY CHALLENGE



This pack has been written specifically with Rainbows in mind and the activities are therefore primarily aimed at this age group

You are more than welcome to use this resource with other sections but may wish to amend the activities accordingly

A picture of the badge is above. Badges are £1 each plus p&p and the order form can be found at the end of the pack

We advise that you complete risk assessments for any activities you undertake both inside & outside of your meeting place and remind you that the mandatory adult:child ratios must be in place when leaving your meeting place. And don't forget to tell your DC you are going away from your usual meeting place.

Thank you for your support, we hope you enjoy taking part in the resource and that your girls learn a lot from it!

THE RESOURCE

This resource has been split into sections

The sections are as follows:

Let's Rainbow Chat!

Let's Get Crafty!

Let's Go Outside!

Let's Get Foodie!

Let's Fundraise!

Let's Play!

Let's Take It Further!

Let's Get Resourceful! (Templates for Leaders)

Let's Buy The Badge!

We recommend that each Rainbow completes at least one activity from each section in order to gain her badge, the Egg Experiment is compulsory as it demonstrates why Road Safety and particularly Cycle Helmets are so important, we also encourage you to complete as many as you can as Road safety is a topic we feel very strongly about. Where an activity fits all or part of a Skills Builder, Interest Badge or UMA we have indicated this.

We would like to thank Clip Art Panda & Clip Art Library for the use of their free public domain clip art in this resource.

LET'S RAINBOW CHAT!

Here are some ideas which you could use in Rainbow Chat/Circle time to discuss road safety & its importance

- Talk about potential dangers on the roads e.g. level crossings, ice cream vans, parked cars. Cars & other vehicles need to be able to see you; if you can't see them, they can't see you **Skills Builder Skills for my future safety superheroes.**
- Talk about the situations when you might see an ambulance or fire engine on the road & what you should do. You need to look out for them as even on a road crossing, they don't have to stop as they are in a hurry
- If you are having a traffic light themed evening, talk about the colours of the traffic lights & what they mean. Red=stop, Green=go. ALWAYS wait until you see the green man at a crossing BEFORE you start to cross
- Play recordings of road noises (ambulance, car, pedestrian crossing, etc.) Give cards to the rainbows either with a picture of the vehicle on them or the name of the vehicle. Can the Rainbows hold up the right card to match the noise? Explain that the Rainbows MUST listen out for noises on the roads as they can warn them that traffic is coming. Cards in the resource section. MP3 of the noises to match the cards is available on our website www.BlagdonRainbows.co.uk

- Talk about when you would call the emergency services if you saw an accident on the road
- Discuss how vehicles with wheels go faster because of their wheels. Wheels are fast & traffic can go really fast - much faster than the fastest person can run. A car might look a long way away but it can get to you fast and hit you hard
- Talk about the different people who can help us. Maybe you could invite one of them to visit your meeting and give a little talk about keeping safe whilst out & about: **Who Can Help Take Action UMA**
 - Lollipop Man / Lady
 - Policeman / Policewoman
 - Teacher
 - Mummy / Daddy
 - Babysitter
 - Rainbow Leader
- Get into small groups and give each group a large sheet of paper. Ask the girls to draw their local area (or leaders can do this part in advance). Can the girls mark safe crossing points such as zebra crossings, pelican crossings, where the lollipop men / ladies stand on the map? **This activity can be adapted to suit Skills Builder Explore, Explore Local**
- Conduct the Egg Experiment with the girls (details in the resources section)

LET'S GET CRAFTY!

- Collect some junk objects & in small groups, make traffic lights, a pelican crossing, a zebra crossing, a lollipop, etc
- Make a collage of a hedgehog (sadly they sometimes get squished in the road ☹) **This is me hedgehog Skills Builder Feel Well**
- Find out when road safety week is & make a poster advertising it
- Make animal masks of the different road crossings; puffin, zebra or pelican
- Make toilet roll puffins, zebras or pelicans
- Draw a poster about what you would do if you become lost or separated from your parents whilst out
- Design an outfit to help someone be easily seen when walking near roads at night
- Draw a poster of people on pavements holding hands & vehicles on the road. Discuss how holding hands keeps you safe
- Paint an ambulance in its bright colours. Why is it painted so brightly? So people can see it coming if it's travelling fast. Discuss how the ambulance could be carrying someone to hospital who has been hurt on the road. You can help make sure this isn't you by staying away from the road.
- Make a milk carton Traffic Light https://www.dltk-kids.com/safety/milk_carton_traffic_light.htm

LET'S GET FOODIE!

- Make traffic light biscuits
- Make traffic light sandwiches
- Make a traffic light smoothie
- Make traffic light jelly
- Make traffic light fruit kebabs This could be used as part of the Skills for my future Fruit Shop UMA
- Decorate Cupcakes as traffic lights, you could use smartie or fruit pastels for the lights.
- Pizza Traffic Lights

Use pizza dough to make strips of dough about 6" X 2" and about $\frac{1}{2}$ inch thick. Give each girl 2 strips. Cut 3 round circles out of one slice and lay it over the 1st. Fill the top circles with tomato slices or a tomato bolognaise style sauce, fill the middle circle with grated cheese or sweetcorn and fill the bottom hole with shredded spinach or a slice of courgette. Cook in the oven until dough is golden brown

LET'S GO OUTSIDE!

- Walk along the pavement & spot hazards in walking along it:
 - Cars reversing off drives
 - Cars parked on the pavement
 - Parked cars
 - Walking near to the pavement

- Cross the road safely & notice the potential hazards involved. Are there parked cars? Are their road markings that could present a hazard?

- Go to a road nearby and count the different types of vehicles going past for 2-3 mins. Are there more pedestrians, cars, buses, etc? If your meeting place is on a road, you could look out of the window instead. You could also do this in 2 different places e.g. a busy road and a quieter one and compare the difference. Does a quiet road make it any safer than a busy one? Do the busy roads near you have safe crossing points?

Skills Builder Take Action Rainbow Survey

LET'S FUNDRAISE!

- Look at 'Brake', the charity that supports Road Safety. (www.brake.org.uk). Maybe you could sign up for one of Brake's Fundraisers and raise much needed funds for them!
- Hold a cake sale to raise money for a local children's hospital caring for victims of road traffic accidents
- Do some other sponsored activities to raise money for the two charities listed above. You could do a sponsored walk, skip, silence, the list is endless!

These clauses will cover the **Skills Builders Take Action Charity Challenge and Care About My Cause.**

LET'S PLAY!

- In small groups, act out how to cross the road safely: Using a zebra / pelican crossing, holding hands with an adult, looking & listening, waiting for the traffic to stop, etc
- On a dark evening, dress up in bright clothing & hide glow sticks around your meeting place for the girls to find. Talk about what makes it easier or harder to be seen in the dark
- Make a board game based on road safety & play it in small groups
- Play Traffic Lights
- Using toy phones, act out phoning the emergency services & practice what details you need to give when calling them
- Have a 'wheels' evening (this is also possible at a local park) where everyone brings an object with wheels on it. This opens up discussions about playing safely by the side of the road; particularly for the Rainbows that bring scooters or bikes
- Play 'duck, duck, goose' but change the names to things related to road safety
- Have a traffic light themed evening where everyone comes dressed in red, amber/yellow or green
- Come dressed as a pelican, zebra or puffin one evening to resemble the different road crossings

- Belt up a small teddy in a toy car. Put another teddy in a car without belting him/her up. Put both cars on a slope to show how important it is to wear your seatbelt. Teddy #1 is safe, Teddy #2 could fall out & get hurt
- Play road safety bingo details in the resources section
- Have a 'lights out' evening. Have a torch treasure hunt (see Roundabout the World resource), glow stick bowling, dress in reflective clothing, etc.
- Sing the Traffic Light Song. Could the girls make up their own song using a nursery rhyme tune like Frere Jacques?
- Play the Road Sign game, details in the resources section.

LET'S TAKE IT FURTHER!

- Learn the green cross code
- Explain how to cross roads safely
- Explain the meanings of some basic road signs
- Know which sign is which when shown a picture of them
- Write a poem or short story about road safety
- Check out our Pinterest page www.pinterest.co.uk/tigih/road-safety/
- Check out the Governments Road Safety Pages <https://www.think.gov.uk/education-resources/>
- Sign up to Road Safety Week in November <https://www.brake.org.uk/forms/25>

LET'S GET RESOURCEFUL!

WORDSEARCH

A	S	C	H	A	Z	A	R	D	F	R	T	H
Y	H	U	S	E	E	N	O	M	I	K	P	G
R	E	V	D	S	B	A	A	J	K	C	A	R
L	F	A	F	P	R	B	D	V	B	C	E	E
O	I	N	F	T	A	F	K	L	S	A	F	E
L	L	P	Y	Z	C	X	C	U	H	G	T	N
L	H	J	G	T	R	A	F	F	I	C	L	C
I	S	G	D	F	O	A	A	W	E	D	S	R
P	L	R	P	O	S	U	S	L	W	J	H	O
O	M	E	M	N	S	G	T	Q	A	A	Q	S
P	M	E	O	P	I	L	O	I	L	T	R	S
L	H	N	J	V	N	Q	P	A	K	D	T	C
A	L	M	O	P	G	O	L	K	J	J	H	O
D	J	A	U	I	O	P	S	E	S	W	R	D
Y		N	Y	U	I	B	I	C	Y	C	L	E
D	F	G	H	T	K	L	L	F	S	E	D	R
L	G	H	J	K	L	O	R	R	Y	Q	W	B
I	W	E	T	Y	O	R	T	R	E	T	Y	U
S	O	P	P	U	O	R	T	Y	S	E	R	S
T	Y	G	F	H	K	Y	U	K	I	I	J	K
E	E	D	H	O	L	D	H	A	N	D	S	T
N	F	G	H	R	T	Y	C	F	E	T	Y	U
D	F	A	M	B	U	L	A	N	C	E	R	T
L	O	B	T	Y	H	J	I	O	D	F	R	W
I	P	E	D	E	S	T	R	I	A	N	T	F

HAZARD

ZEBRA CROSSING

TRAFFIC

PEDESTRIAN

CAR

LORRY

BICYCLE

BUS

VAN

LOLLIPOP LADY

GREEN MAN

STOP

LOOK

GREEN CROSS CODE

LISTEN

WALK

HOLD HANDS

AMBULANCE

SAFE

ROAD

WORDSEARCH ANSWERS

A	S	C	H	A	Z	A	R	D	F	R	T	H
Y	H	U	S	E	E	N	O	M	I	K	P	G
R	E	V	D	S	B	A	A	J	K	C	A	R
L	F	A	F	P	R	B	D	V	B	C	E	E
O	I	N	F	T	A	F	K	L	S	A	F	E
L	L	P	Y	Z	C	X	C	U	H	G	T	N
L	H	J	G	T	R	A	F	F	I	C	L	C
I	S	G	D	F	O	A	A	W	E	D	S	R
P	L	R	P	O	S	U	S	L	W	J	H	O
O	M	E	M	N	S	G	T	Q	A	A	Q	S
P	M	E	O	P	I	L	O	I	L	T	R	S
L	H	N	J	V	N	Q	P	A	K	D	T	C
A	L	M	O	P	G	O	L	K	J	J	H	O
D	J	A	U	I	O	P	S	E	S	W	R	D
Y		N	Y	U	I	B	I	C	Y	C	L	E
D	F	G	H	T	K	L	L	F	S	E	D	R
L	G	H	J	K	L	O	R	R	Y	Q	W	B
I	W	E	T	Y	O	R	T	R	E	T	Y	U
S	O	P	P	U	O	R	T	Y	S	E	R	S
T	Y	G	F	H	K	Y	U	K	I	I	J	K
E	E	D	H	O	L	D	H	A	N	D	S	T
N	F	G	H	R	T	Y	C	F	E	T	Y	U
D	F	A	M	B	U	L	A	N	C	E	R	T
L	O	B	T	Y	H	J	I	O	D	F	R	W
I	P	E	D	E	S	T	R	I	A	N	T	F

OLIVIA'S STORY

'Mummy!' Olivia said excitedly. 'We learnt all about road safety today at Rainbows and Storm has asked us if we could walk to school every day for a week to see if we can spot any potential hazards on our way there! Can we start tomorrow? Can we?'

'Of course Olivia', smiled her mum, 'let's start tomorrow'.

The next day Olivia woke up really excited to spot good and bad examples of people crossing the road. There were more than she thought there would be! Lots of children were walking to school that day as the sun was shining & it was really warm. Olivia saw two of her friends just after she had left her house. 'Olivia!' they shouted and started to run over to her. 'STOP!' Olivia shouted. 'You just ran past a car in its driveway. It might have been pulling out of the drive & you didn't look before you ran past it. That is very dangerous!' 'You're right Olivia' they said. 'Thank you for warning us. Can we walk with you as you're really good at spotting potential danger!' 'Sure', smiled Olivia. 'We are learning all about road safety at Rainbows at the moment. I can teach you everything I've learnt!'

As Olivia & her friends approached a crossing, she stopped to press the button. 'There isn't a lollipop man or lady at this crossing so we need to take extra care' said Olivia's mum. 'Do you know the green cross code girls?' 'YES!' they all said. 'We have to stop, look all around us and listen for any traffic before we cross the road and also whilst we are still crossing'. There was no traffic coming but there was still a red man showing at the crossing. 'Can we cross as there are no cars?' asked Olivia's friends. 'No' Olivia said. 'But that man just crossed so is it ok to cross too?' 'No' said Olivia. 'We can't see any cars at the moment but they go really fast and could come quickly so we must wait until the man turns green to be sure we won't get

hurt'. 'That's what we thought' said Olivia's friends. 'But we got confused when we saw that man cross the road'. 'He was wrong to do that' said Olivia. 'That was very dangerous'.

Olivia and her friends spotted a few other people crossing the road dangerously and also some children running along the pavement past parked cars. They were surprised to see how many people did not know a lot about road safety. 'It's worrying, isn't it?' said Olivia's mum. 'I know!' exclaimed Olivia. 'I'm going to speak to Miss Flossie, our class teacher, and see if we can register for Brake's giant walk! Storm told us that they would send us lots of things to help us learn all about road safety & we can raise money for them at the same time!' 'That sounds like a great idea!' said Olivia's friends. 'Let's ask her right now!'

'Bye girls', said Olivia's mum. 'Have a great day at school'. 'Bye mum!' replied Olivia. 'See you later!' as she and her friends walked into the playground. 'Look! There's Miss Flossie!' said Olivia's friends. 'Great! Let's go and ask her about Brake's giant walk!' said Olivia



Traffic Signs

Print off some of the more common road signs, you can find many of them here:
www.gov.uk/guidance/the-highway-code/traffic-signs

Hold up the signs and see if the Rainbows know what they indicate.

Print of a sign for each Rainbow and then print a second one for each girl, cutting the 2nd up so that they make a jigsaw. Can the girls find the pieces for their sign?



Traffic Light Song

Tune: Twinkle, Twinkle Little Star

Twinkle, twinkle traffic light,
Round the corner shining bright.
Red means stop,
Green means go,
Yellow means very, very slow.
Twinkle, twinkle traffic light,
Round the corner shining bright.





Where is Red Light?



Tune: Where is Thumpkin?

Where is red light? Where is red light?

Here I am. Here I am.

Tell us what you say, sir. Tell us what you say, sir.

I say stop! I say stop!

Where is yellow light? Where is yellow light?

Here I am. Here I am.

Tell us what you say, sir. Tell us what you say, sir.

I say wait. I say wait.

Where is green light? Where is green light?

Here I am. Here I am.

Tell us what you say, sir. Tell us what you say, sir.

I say go. I say go.

Red says stop, yellow says wait,

Green says go, green says go.

These are traffic signals, these are traffic signals,

That we know, that we know.

BINGO



BINGO



BINGO



Green Cross Code

Fill in the missing words

First, find a _ _ _ _ place to cross.

Stop just before you get to the _ _ _ _ .

Look all around for _ _ _ _ _ and _ _ _ _ _.

If traffic is coming, let it _ _ _ _ .

When it is safe, walk _ _ _ _ _ across the _ _ _ _ , do not run,

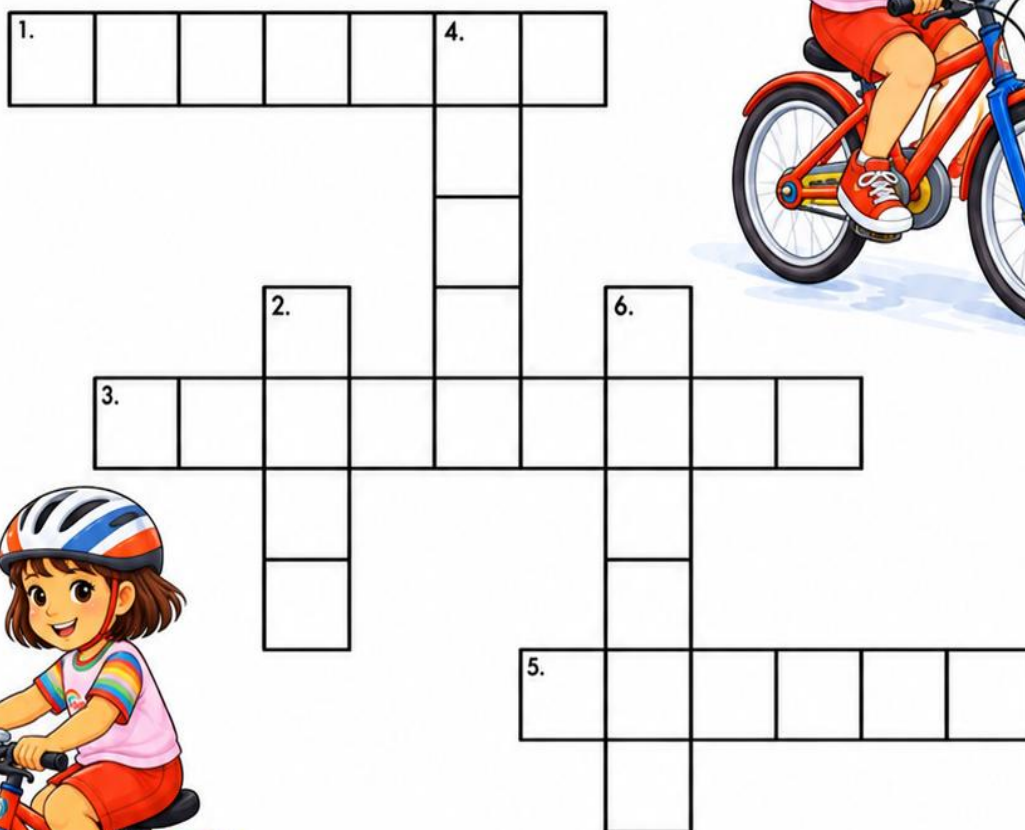
keep _ _ _ _ _ and _ _ _ _ _ while you _ _ _ _ .

Words

pass	straight	listening
traffic	kerb	road
cross	safe	listen
		looking

Use the word list and the clues below to complete the crossword.

- safety
- street
- crosswalk
- laces
- road
- signals



Across

1. Use hand _____ while riding.
3. Always cross at the _____.
5. Look both ways before you cross the _____.

Down

2. Obey the rules of the _____.
4. Make sure _____ are tied.
6. Always wear _____ gear.

Always remember to wear your seat belt!



Can you list three more things you should remember when travelling by car?

1. _____

2. _____

3. _____

Answers: 1. Never play with the door handles 2. Never distract the driver 3. Always get out of the car on the pavement side





BE SAFE BE SEEN

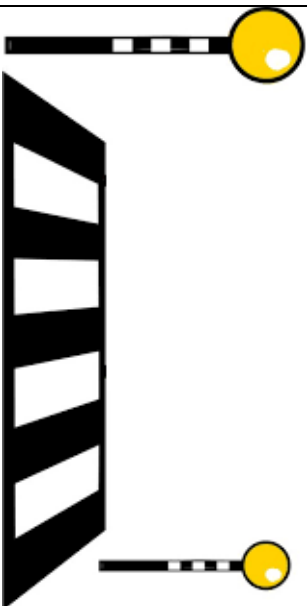


Design Olivia a New Outfit to wear
so that she can be seen when it is dark



Road Noise Cards





Design a Safety Hat For Olivia

Decorate/Colour in the way you like



Fitting a Bicycle Helmet Correctly-

- The helmet should sit level on your head; wear it low on your forehead, two fingers above the eyebrows.
- Adjust the plastic slider on both straps to form a "V" shape under your ears.
- Tighten the chin strap and adjust the pads inside so the helmet doesn't move.
- The helmet should fit snugly and must always be buckled—EACH time you ride.

The Spot It Road Safety Game

Spot It Road Safety consists of 30 cards, each showing 6 symbols.
Between any 2 cards there is always 1 - and only 1 - matching symbol.

You will need to print each disc on card and then we suggest laminating each card so that they can be used again.

To play as a Relay game.

Divide girls into teams. Each team will need a leader at the opposite side of the play area.

Give each leader one of the cards. Teams will stand at the other side of the play area and each girl will also have a card. Girl one runs to the leader and compares her card with the leaders, she has to spot the matching symbol. Once she has she runs back to her team and girl 2 runs up to find her matching symbol. First team with all their cards matched is the winner.

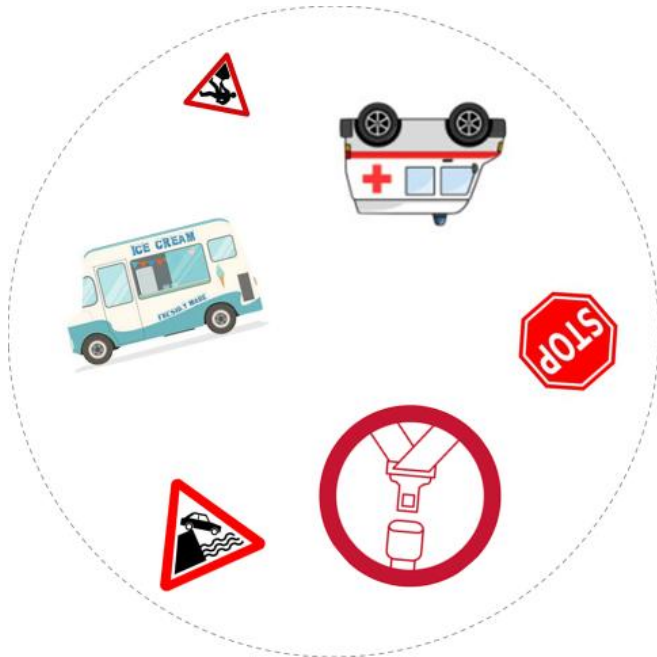
To play as a Tower game (3-6 players)

Deal 1 card to each player face down. Place the remaining cards face up in the middle of the table. Object of the game is to collect the most cards.

Simultaneously players flip their cards face up and try to spot the 1 symbol that appears on both the centre card and their own card. As soon as a player finds their match, they call it out. Then they take the top centre card and place it face up on top of their card to form a personal pile. Now they use the new top card on their personal pile to find a match with the new centre card.

Continue playing until the centre pile runs out of cards. The player with the most cards wins.











The Egg Experiment

Your will need:

2 small eggs

2 sandwich bags

2 strong elastic bands

1 Styrofoam ball big enough to contain one of the eggs.



Discuss with the Rainbows why cycle helmets are important to wear whenever they use something with wheels, like skateboards, roller skates, cycles.

For the purposes of this experiment the egg is our heads, the outer fragile shell is our skull and the inside of the egg is our brain.

Take 1 egg and put it in a sandwich bag and tie tightly (this is to avoid mess) Drop the egg onto a hard surface, like the floor, from about 6inches. Did it break? If not increase the height and drop until it does. Potentially this is what happens to our head if it come into sudden contact with a hard surface like a road/pavement etc.

Now take the Styrofoam ball, cut it in half and scoop out enough beads of polystyrene to be able to insert the egg. Close the ball around the egg using the elastic bands criss crossed to hold in place. Place in a sandwich bag. Now repeat the experiment, at what height did the egg break or didn't it?

The Styrofoam absorbed the energy of the impact generated by the egg's fall. A similar result occurs when you fall and hit your head while wearing a bicycle helmet; the Styrofoam in the helmet helps absorb some of the shock from the fall and protects your head against injury.



LET'S BUY THE BADGE!



ROAD SAFETY BADGE ORDER FORM

Thank you for participating in our Road Safety Badge!
A picture of the badge is displayed above.

	Quantity	Cost
Number Of Badges Required @£1.00 each		
Postage & Packing	Up To 25 Badges - £3 25-50 Badges - £4.25 51-100 Badges - £5.00	
	TOTAL:	

Please make cheques payable to: '1st Blagdon Rainbows'

If you wish to pay by BACs our account details are:

Unit Name 1st Blagdon Rainbows Sort Code 30-90-90 Acct No: 44463268

**If you would like to pay by Paypal please get in touch first as there is a small charge
blagdonrainbows@hotmail.com**

Contact Name _____

Unit _____

Address _____

Email Address _____

Please send completed order forms & cheques to:

Road Safety Badge 1st Blagdon Rainbows 5 Garston Cottages, Blagdon, North Somerset BS40 7TE

RE: Confirmation Please



Branding Matters <BrandingMatters@girlguiding.org.uk>

01/03/2022 12:16

To: Blagdon Rainbows

Hello Tigi,

Many thanks for your email and for sharing your revised design. I can confirm this meets our branding requirements and is OK to produce.

The webpage does state 6th point under Trefoil Must section:

- be close to the name of the unit or area producing the badge

<https://www.girlguiding.org.uk/making-guiding-happen/resources/create-a-resource/make-a-badge/>

Noted your point about the examples shown. I'll pass the comment to the team managing the information displayed.

Thanks

Ruth

From: Blagdon Rainbows <BlagdonRainbows@hotmail.com>

Sent: 28 February 2022 14:58

To: Branding Matters <BrandingMatters@girlguiding.org.uk>

Subject: RE: Confirmation Please