



ENHANCING CIVIC
ENGAGEMENT

TRAFFIC AWARENESS AND ROAD SAFETY

TEACHER'S GUIDEBOOK

Class V



**State Council of Educational Research and Training
Government of Goa**

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Class VI

Guidebook for teachers which will provide directions to carry out different activities, conduct school events and also provide guidelines to execute community engagement projects

Approved for pilot by -

**State Council of Educational Research and Training (S.C.E.R.T.)
Government of Goa**



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Topic 1. Bicycle rules

- 1.1 General bicycle rules
- 1.2 Choosing and maintaining your bicycle
- 1.3 Safety equipment and clothing
- 1.4 Safe places to ride
- 1.5 Riding on road junctions
- 1.6 Signal-controlled junctions
- 1.7 Dos and don'ts of bicycle ride

Expected outcomes

At student level -

The students will be able to -

- 1. Demonstrate safe cycling practices when learning to ride bikes in a controlled situation
- 2. Identify potential hazards when cycling in their local community and use appropriate strategies to keep themselves safe

At school level -

The school will be able to -

- 1. Impart the knowledge and perspective about the rules of safe riding to the students

Lesson plan and suggested tools - Concept teaching: Bicycle rules

Time	Activities	Resources/ TLM
5 min	Step 1 - Brainstorming Ask the students - <ul style="list-style-type: none">a. Are you aware of bicycle rules? Do you enjoy riding a bicycle? Do you prefer to come to school by bicycle? If yes, why?b. Why are rules necessary on the road for bicycle riders?c. What precautions should we keep in mind while riding a bicycle on the road?	Blackboard

	Engage students in a healthy discussion with the above probing questions.	
20 min	Step 2: Concept teaching - (Refer to the information book) Topic 3 - Bicycle rules <ol style="list-style-type: none"> 3.1 General bicycle rules 3.2 Choosing and maintaining your bicycle 3.3 Safety equipment and clothing 3.4 Safe places to ride 3.5 Riding on road junctions 3.6 Signal-controlled junctions 3.7 Dos and don'ts of riding a bicycle <p>Give reference to the brainstorming session and discussion. Try to give as many examples as possible.</p>	Verbal discussion + handouts + information book
20 min	Step 3: Group exercise - <ol style="list-style-type: none"> 1. Listing of safety rules for bicycle riding <ul style="list-style-type: none"> • Divide the class into two groups. • Ask each group to discuss and write on chart paper the rules taught in class on riding a bicycle safely. Instruct them to write as many rules as they can recall. 	Chart paper
15-20 min	Step 4: Presentation - <ol style="list-style-type: none"> 1. Display charts one by one. 2. Collate both charts and write the rules on a common chart or blackboard, while avoiding duplication. 	Chart/ Blackboard
5 min	Step 5: Revision - <p>Revise the final charts verbally in the classroom.</p>	Verbal recap

In-class activities

Activity 1 - Chart making

TLM/Material required - Chart papers, colours, scissors, ruler, glue

Time required - 35 minutes

Steps for activity -

1. After teaching the concept of safely riding a bicycle, the teacher should divide the class into three groups and ask them to make charts on the following topics -
 - Checkpoints before starting to ride a bicycle/process chart for riding a bicycle
 - Safe and unsafe places for riding a bicycle
 - Rule chart for safely riding a bicycle - Dos and don'ts
2. Ask the groups to present their charts one-by-one. Encourage other groups to ask questions.
3. Record the common rules in your activity book. **(Record sheet - Activity 1: Chart making)**

Activity 2 - Demonstration on riding a bicycle

TLM/Material required - Demonstration method, bicycle and helmet

Time required - 35 minutes

Steps for activity -

1. Prepare two students with all the rules of safe bicycle riding, checkpoints, how to wear a helmet properly, etc.
2. Ask them to give a demonstration to the class after completing the preparation.
3. Students can prepare for this activity and give demonstrations to students of lower grades too.

Student's activity book worksheets -

1. Write a story by using picture sequence
2. Name the parts of a bicycle

Topic 2. Bus travelling

2.1 Rules for bus safety

2.2 Don't disturb the driver

2.3 Good habits

Expected outcomes

At student level -

The students will be able to -

1. Learn and follow the safety rules of the school bus.

At school level -

The school will be able to -

1. Create awareness about safe travelling on the bus, precautionary measures, etc.
2. Impart the knowledge and perspective about the rules of bus travelling to others
3. Inculcate good bus travel habits

Lesson/Activity plan: Concept teaching - Bus travelling

Time	Activities	Resources/ TLM
5 min	Step 1: Brainstorming - Ask the students - <ol style="list-style-type: none">a. What do you know about a safe bus ride?b. Which safety precautions are necessary for a bus ride?c. What are the dos and don'ts for a safe bus ride? Engage students in a healthy discussion with the above probing questions.	Blackboard
20 min	Step 2: Concept teaching - (Refer to information book) Topic 4 - Bus travelling 2.1 Rules for bus safety 2.2 Don't disturb the driver	Verbal discussion + handouts + information book

	<p>2.3 Good habits</p> <p>Discuss in detail and explain the rules for bus safety, good habits, and rules about not disturbing the driver.</p>	
15-20 mins	<p>Step 3: Group exercise - List of 'Bus travelling rules'</p> <ol style="list-style-type: none"> Ask the students to share one rule each that they have learnt for safe bus travel. List down all the rules on blackboard/chart paper. Avoid duplication. Encourage the students to list down some more rules which have not been covered in the information book/teaching. Finalise the list and display in the classroom/bus. Ask the students to read out all the rules. 	Chart paper/ Blackboard/ Verbal recap

In-class activities

Activity 1 - Bus travelling chart

TLM/Material required - Chart papers, colours, scissors, rule, glue, a supply of old magazines and newspapers

Time required - 35 minutes

Steps for activity -

- Divide the students into four groups and assign topics for chart making:
Group 1 - Steps of school bus travelling like -
 - Stand in a queue at the bus stop.
 - Hold the handrail and board the bus.
 - Occupy a proper seat.
 - Alight from the bus one by one.

Group 2 - Don't disturb the driver rules

Group 3 - Chart of good and bad bus travel habits

Group 4 - Travelling rules to be followed in public buses

2. Provide chart papers, old magazines, newspapers, colours, and sketches to each group.
3. Give them 35 minutes to prepare the charts and decorate them.
4. Display the charts in the classroom or notice board on a rotational basis.

Activity 2 - Art and craft activity

TLM/Material required - Chart papers, colours, scissors, scale, glue, decorative material

Time required - 45 minutes

Steps for activity -

1. Divide the students into four groups and distribute activity and craft supply:
Group 1 - Make safety bands for school drivers
Group 2 - Design leaflets for bus safety rules
Group 3 - Make a photo collage of school buses and write safety rules
Group 4 - "Thank you" card for conductors and *didis* of buses
2. Display the crafts in school exhibitions and use them during Thanksgiving day/Road safety week.

Student's activity book worksheets -

Join the dots and write five bus safety rules for children
Good and bad bus travel habits

School-level events/activities

1. Demonstration of bicycle rules and maintenance -

- 1) Explain the concept of demonstration to the children (a practical exhibition and explanation of how something works or is performed).
- 2) The teacher can hold a demonstration session about safe cycling for the children on their playground.
- 3) Explain all the rules in detail to the demonstrator and take a dummy session before executing this in front of a large group of children.
- 4) Older children can take part in the demonstration and younger children can see the methodology and rules.
- 5) Practise a reversal of roles where the younger children follow the demonstrated rules and the older children observe the same.
- 6) Encourage the children to ask questions and clear their doubts on ground.

2. Guest speaker

- 1) The school can invite a guest speaker (could be a young, avid cycling enthusiast from Goa) to talk about his/her experience or success story. He/she must talk about the benefits of using the bicycle for children and interact with them on the safety habits they need to follow. This could be a separate event or the school can club it with other activities for the Road Safety Week.

Guest speaker: Traffic police

- 1) Invite a Traffic police official to organise an interactive session with the children to teach them about safety measures, general rules, dos and don'ts for the pedestrians, etc. Encourage the participation of as many students as possible.

3. Road safety week

The school can decorate one of the corridors for a week on the “Road safety” theme and also conduct different activities and events at the school-level to spread awareness amongst children and parents. For example -

- a) Develop road safety badges and distribute to the parents.
- b) Road safety leaflets can be distributed to the travellers on the road.
- c) Senior students can explain to the commuters the methods and necessity of road safety, for instance, the importance of using helmets and seat belts while driving on the road.
- d) Various painting and drawing competitions with “Road Safety” as the theme can be organised

- e) Road safety exhibitions
- f) Road rules test/quiz
- g) Debates on road safety can be broadcast on the All India Radio
- h) Training for school drivers on road safety rules
- i) Free medical check-up camps can be organised for the bus drivers to encourage them to move towards road safety and good health

4. Road safety club

1. Students of all grades can take part in the road safety club.
2. Call for participation from the students on a voluntary basis.
3. Start a structured road safety club. Appoint a President, Vice President, Secretary and other members to run the club activities.
4. Ensure monthly meetings of the club members to decide each month's activities on road safety awareness.
5. Club members can also take charge to provide monthly reports to the school Headmaster.
6. Publish the club's activities in your school annual reports and local newspapers.
7. Club members can also select some informational news and research reports on road safety practices in India and other countries and speak about them for five minutes during the school assembly.

Community engagement projects

1. Traffic safety and security drive

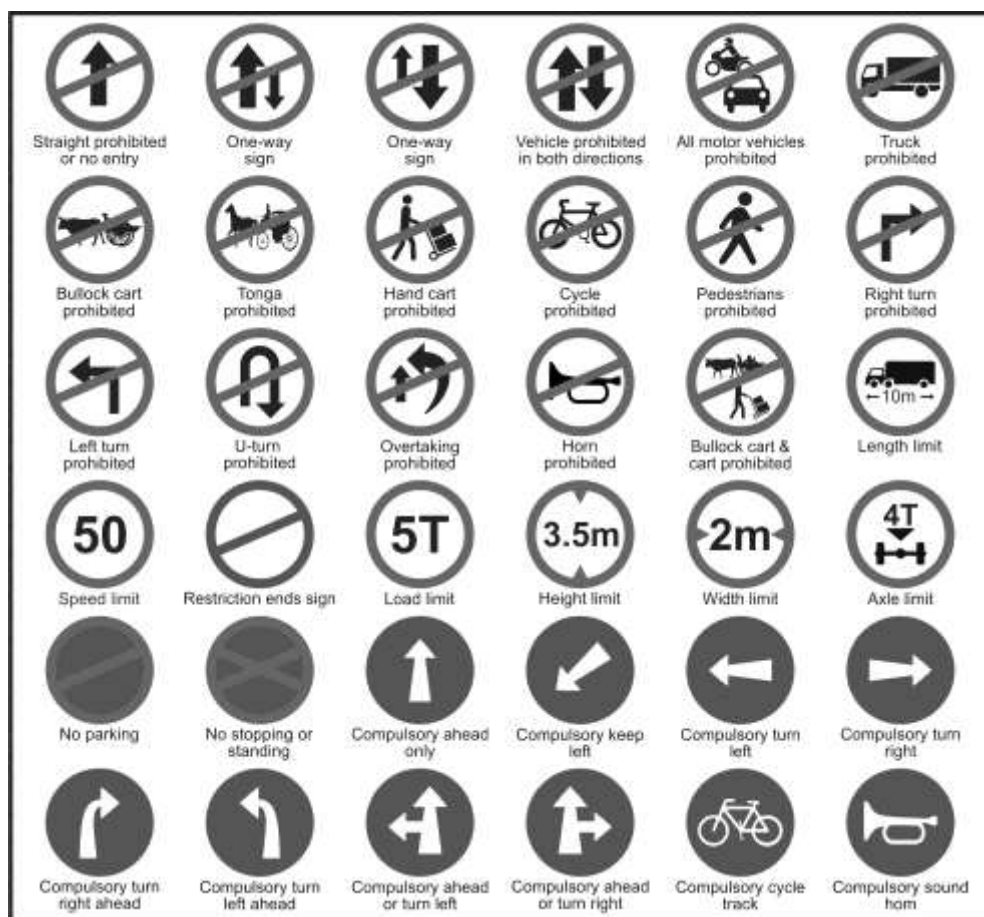
1. Rally: Students can make posters on safety habits while driving and conduct an awareness rally in a nearby community and on the roads near the school.
2. Street plays: Street plays can be conducted on traffic problems in the area.

The following topics can be covered -




















































- a) The benefits, disadvantages and level of safety of different modes of transport (cars, buses, cycle, walking, etc.)
- b) The impact of an accident due to speeding vehicles and the rationale behind slow, controlled traffic
- c) Avoidable/unavoidable distractions for drivers and pedestrians that can pose a danger
- d) Exploring the consequences of road crashes - death, life-changing injuries, the effects on families and communities

Annexure

1. Mandatory signs



2. Cautionary signs:

					
Right hand curve	Left hand curve	Right hand pin bend	Left hand pin bend	Right reverse bend	Left reverse bend
					
Cross road	Side road right	Y - Intersection	Y - Intersection	Y - Junction	T - Junction
					
Staggered intersection	Traffic merges from left	Major road ahead	Major road ahead	Two-way traffic crosses on way road	Two-way traffic
					
Narrow road ahead	Road widens ahead	Narrow bridge	Dangerous dip	Uneven road	Road hump
					
Steep ascent	Steep descent	Slippery road	River bank	Loose gravel	Cycle crossing
					
Pedestrians in road ahead	Children	School	Men at work	Pedestrian crossing	Ferry
				<div>Chevron signs  One-way hazard markers  Two-way hazard markers </div>	
Falling rocks	Wild animals	Cattle	Roundabout	<div>HAZARD MARKERS  W3-3  LR  RL</div>	
					
Gap in median	Low flying aircraft	Barrier ahead	Unguarded railway crossing	Guarded railway crossing	

3. Informatory signs:

