

Helmet and Wheeled Toy Safety Teacher's Lesson Plans

for Preschools, Child Care Programs, and Head Start Programs

Lesson time: 45 minutes

Age level: 4-6 years old

Background for Teachers

Bicycle injuries and deaths affect children and young people more often than any other age group¹. Helmets are one of the most effective safety measures children should use to prevent injuries, no matter where a kid is riding or how old they are. Without a helmet, children are at great risk for severe head injuries – in fact, 75% of bicycle-related fatalities among children could be prevented with a bicycle helmet². Even when riding tricycles or other wheeled toys, children are at great risk for head injury or fractures³. It is important for children to learn the importance of wearing helmets and exercising caution when riding scooters and tricycles in order to prevent injury, and to build good habits as they progress to bicycles or other wheeled sports.



Preparation and Materials

- Projector or computer to play online videos
- Printed handout for parents (found under “Extra Resources”)
- Bike helmet for demonstration

¹ Helmet use and bicycle-related trauma injury outcomes

² Nearly 50 Children Visit Emergency Departments Every Hour Due to Injuries on Bikes, Scooters, Skates and Skateboards (Infographic)

³ Tricycle Injuries Presenting to US Emergency Departments, 2012-2013

Pre-Lesson Discussion (5 min)

- Ask students if they ride a scooter or tricycle, and if they usually wear a helmet.
 - Emphasize that students should **ALWAYS** wear a helmet, even if they aren't riding a two-wheel bike yet.
 - Explain that it is important to make sure helmets fit correctly to avoid injuries.
- Explain to students that they should ride with parental supervision.

Video Lesson (1 min)

Video should be played for students after the pre-lesson discussion. This video introduces important concepts about fitting a helmet that are also emphasized in the post-lesson discussion.

[Safety in Seconds: Bike Helmet Fit Test](#) (0:27 min)

- Emphasize that parents should help kids fit their helmets.



Post-Lesson Discussion (15 min)

Ask the students what they already know about staying safe on tricycles, scooters, and bikes, and have them make a list of their responses. Make sure to address the following:

- Wear closed-toe shoes.
- Only ride on the sidewalk with parental supervision, otherwise ride away from the street (ex: at a park or bike path).
- Always ride with your hands on the handlebars.
- Ride where it's flat and smooth.
- Wear bright clothing, so you can be seen by other people.
- Take off the helmet when you're done riding.
- Knee pads and elbow pads are recommended for scooters, skaters and skateboarders.



Demonstrate (15 min)

Use an adult helmet to demonstrate how a helmet should correctly fit. Go through each of the following steps, while explaining to the class.

- **EYES:** Position helmet on your head. Look up and you should see the bottom rim of the helmet. This should be 2 finger widths above your eyebrows.
- **EARS:** Make sure the straps of the helmet form a “V” under your ears. The strap should be snug.
- **MOUTH:** Open your mouth as wide as you can. Does your helmet hug your head? If not, tighten the straps and make sure the buckle is flat against your skin.

If extra time, use the child-sized helmets to demonstrate how to fit a helmet on some volunteers from the class.

Extra Resources

For parents: [Helmet Safety for Parents](#)
[Bike Safety | CS Mott Children's Hospital](#)
[Bike Safety Tips | Safe Kids Worldwide](#)