

## ACTIVITY: Travelling Safely on the School Bus

**Teacher's Notes:** This is a teacher led activity. These notes are for the group leader and are not designed to be given to the children. The Handout is designed to be printed and given to the class.

**Time Needed:** Around 1 hour (including making the Travelling Safely on the School Bus Handout craft activity)

**Key Messages:** Good behaviour is always needed on a bus journey or at a bus stop. Children must follow the key rules to keep safe.

**Objective:** For the children to know and understand the key rules for staying safe at a bus stop and when travelling on a school bus.

### School Buses – Class Discussion about Key Safety Rules

Start your activity by having a discussion with the children about their experience of catching school buses. Do they like catching the bus? Does it feel safe? Do they have suggestions of rules that they should be following? What would be dangerous on a bus or at a bus stop?

You should discuss with them the whole school bus journey – from leaving home to entering the school building. At each stage ask them their ideas about the potential dangers, ways to keep safe and key rules to remember.

Make sure your discussion covers the following points:

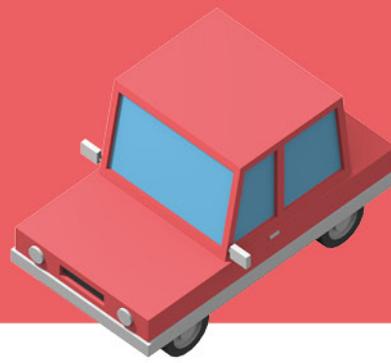
#### Before your journey

- Leave early and allow lots of time to get to the bus stop. Don't rush and be careful on the way to the bus stop. You may wish to link this discussion to the 'Stop, Look and Listen' activities in the Education Pack and remind children about how to keep safe when crossing the road.
- Be Bright. In the winter make sure you are wearing bright clothes and reflective items so that you are visible to drivers. You may wish to link this discussion with the 'Be Bright' activities in the Education Pack.

#### At the Bus Stop

- Stay back from the edge of the road. Always stay at least 4 large steps from the kerb or edge of the road.
- Always behave sensibly. Never play or mess around.





## ACTIVITY: Travelling Safely on the School Bus (Cont.)

### When the bus arrives

- Stay well back from the edge of the road.
- Wait until the bus has completely stopped before starting to get on.
- Explain to the children that if they cannot see the driver, the driver cannot see them. Tell them that it is good to make eye contact with the driver.
- Use the handrails to get on the bus safely.

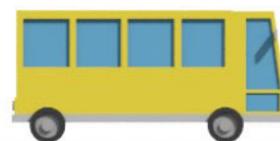
### On the bus

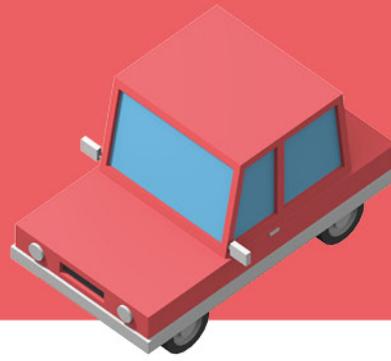
- Find a seat straightaway, sit down sensibly and face forward.
- Always use a seatbelt if there is one. You may wish to link this discussion with the 'Always Wear a Seat Belt' activities in the Education Pack and remind the children of how to keep safe when crossing the road.
- Never mess around or distract the driver.

### Getting off

- Do not get up until the bus comes to a complete stop.
- Once the bus has stopped, get off and step away from the vehicle taking at least 4 large steps staying on the pavement as far away from the road as possible.
- Never walk in front or behind the bus.
- If you need to cross the road, wait on the pavement for the bus to leave and then find a safe place to cross.
- Make sure you know the safest route from the bus stop to school or home.

When you have finished the discussion, help the children to do the craft activity in the 'Travelling Safely on the School Bus' Handout. You can continue to talk to the children about the key points and their experiences as they complete their crafts.

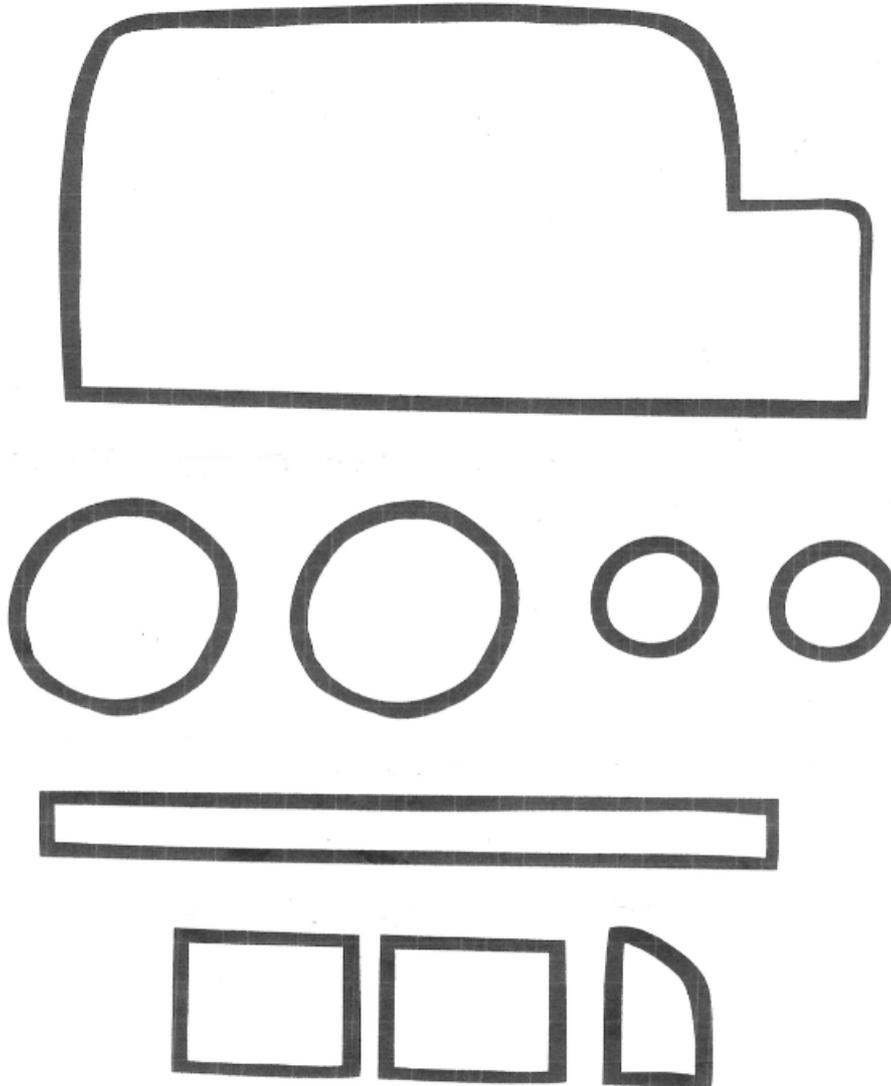


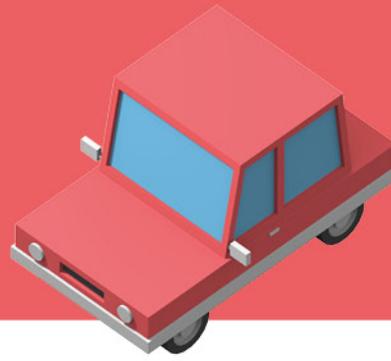


## HANDOUT: Travelling Safely on the School Bus

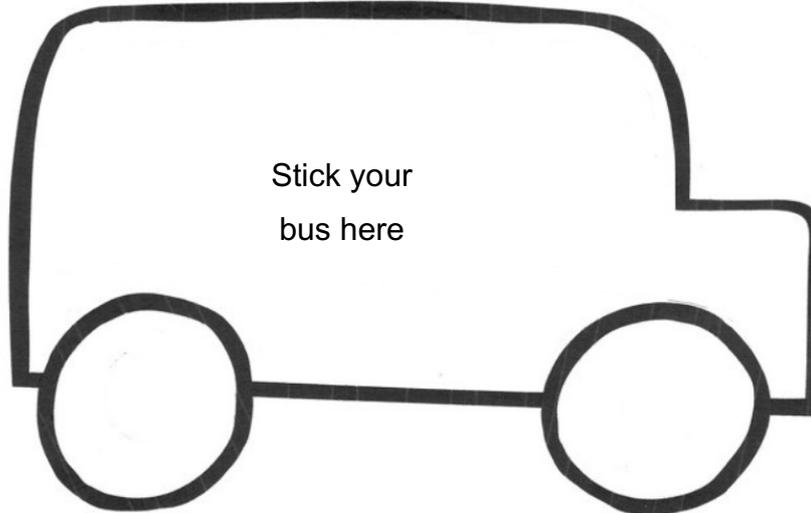
Cut out the shapes and stick them together to create your own school bus. Colour it brightly. You can even draw you and your friends waving out of the windows.

When you have finished, stick your bus on the 'School Bus Rules' Poster and take it home and hang it up to remind you to follow the rules every day and keep safe.





## School Bus Rules



### At the bus stop

Stay 4 large steps away from the road

Don't run around or play games

Stay away from the bus until it has completely stopped

### On the bus

Sit sensibly in your seat facing forward

Use the seat belt if there is one

Do not play about or distract the driver

### Getting off the bus

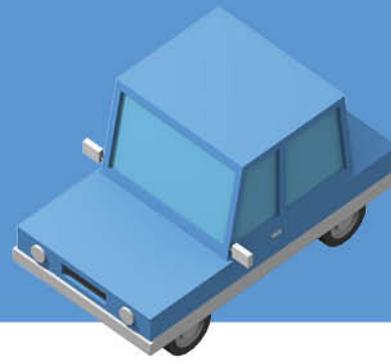
Stay in your seat until the bus stops

When you leave the bus, take 4 large steps away  
from the bus and the road

Never cross the road near a bus

Take the safest route to school or home





## ACTIVITY: Bus Safety Poster

**Teacher's Notes:** This is a teacher led activity. These notes are for the group leader and are not designed to be given to the young people.

**Time Needed:** 1 – 1 hour 30 minutes

**Key Messages:** Good behaviour is always needed on a bus journey or at a bus stop. Young people must follow the key rules to keep themselves safe.

**Objective:** For the young people to recognise the dangers and understand the key rules for staying safe at a bus stop and when travelling on a school bus.

### School Buses – Class Discussion about the Key Safety Rules

Start your activity by having a discussion with the young people about their experience of catching a bus to school.

You should discuss the whole school bus journey – from leaving home to entering the school building. At each stage let them tell you what they know already about potential dangers, ways to keep safe and key rules. Use the discussion to help them to fill in any gaps in their knowledge.

You may like to start the discussions with some of the following questions:

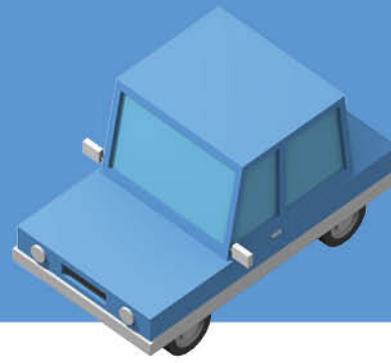
- Have you had lessons about bus safety before?
- What do you think bus safety means?
- Who is responsible for your safety on the bus?
- What does bus safety mean to you? Is it just when you are on the bus?
- What do you think are the most important bus safety issues?
- When are you likely to be most at risk?
- Do they have any experiences they want to share with the group?

Make sure your discussion covers the following points:

#### Before your journey

- Leave early and allow lots of time.
- Don't rush and be careful on the way to the bus stop. Remember the basics such as safe road crossing.
- In the winter make sure you think about your visibility to drivers – such as bright clothes and reflective items.
- Plan your journey to the bus stop taking the safest route. You can link to the 'Journey Planner' and 'Rate your safety' activities in the Education Pack.





## ACTIVITY: Travelling Safely on the School Bus (Cont.)

- As you walk to the bus stop concentrate on your journey. Don't get distracted by your mobile phone or headphones.

### At the Bus Stop

- Stay back from the edge of the road.
- Always behave sensibly. **DON'T** mess around with your friends.
- If you're listening to music or using your phone while you wait for the bus, **STOP** using it as the bus approaches.

### When the Bus Arrives

- Stay well back from the edge of the road. Wait until the bus has completely stopped before starting to get on.
- Use the handrails to get on the bus safely.
- Show respect for other passengers – don't push or rush as you board.

### On the Bus

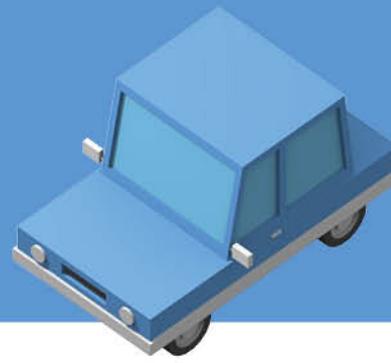
- Find a seat straightaway, sit down sensibly and face forward.
- Always use a seatbelt if there is one. You may wish to link this discussion with the 'Always Wear a Seat Belt' Handout in the Education Pack.
- Never mess around.
- Do not distract the driver.

### Getting Off

- Do not get up until the bus comes to a complete stop.
- Once the bus has stopped, get off and step right away from the vehicle.
- Never walk in front or behind the bus.
- If you need to cross the road, wait on the pavement for the bus to leave and then find a safe place to cross.
- Make sure you know the safest route from the bus stop to school or home. Again, remove headphones and put mobile devices away to focus on what is happening around you.
- Use pedestrian crossings, overpasses or underpasses, if available.

When you have finished the discussion, ask the group to move on to the activity making a 'Bus Safety Poster'.





## HANDOUT: Bus Safety Poster

Using what you know about safe bus travel, design a poster to promote safe travel to other children and young people in your community. You can use any medium to create your poster – drawing, painting, collage, photography, computer design software etc.

Before you start, think about the questions below to help you create an effective message.

Where will the poster be displayed?		What age group is it for?		What will appeal to your target audience?	
At the bus stop?		6 – 11 Year olds?		Bright colours?	
On the bus?		12 -14 Year olds?		A catchy slogan?	
At school?				Strong images?	

### **What is your key message?**

Don't mess around at the bus stop  
 Stay back from the road when waiting for the bus  
 At the bus stop - wait for the bus to stop completely before approaching it  
 Don't distract the driver  
 Always wear a seat belt  
 Never get out of your seat until the bus stops completely  
 Never cross the road near the bus  
 Don't wear headphones or use your phone near roads

Or do you have other ideas?  
 What dangerous behaviour do you see on your journey to school?

What behaviour do you want people to change after seeing your poster?

