

## **Ride Safe In-Class Activity**

Submitted by Amanda Denver, Bishop California Indian Head Start

\* This classroom activity can take place after the Head Start children's heights and weights have been obtained and after your Head Start facility has received car seats through the Ride Safe Program.

1. Take the two types of car seats to the children's classroom; combination and booster seat.
2. Have the children take turns sitting in their appropriate car seat and have them buckle up.
3. Ask the children questions. Some examples are:
  - Do you ride in a car seat?
  - Why do you ride in a car seat?
4. Car seat safety songs such as "The Buckle-Up Song" can be sung by the Head Start children during this activity.

\* This activity can be a helpful reminder to children who have trouble buckling up or for children and parents who have been observed not using their car seats. Incentives are also very helpful for car seat usage, "I'm a Winner" necklaces were given out to children using their car seats. Sun glasses were given to all the children riding in the buses who were buckled up and sitting in their 5-point harness safety seats.

Also, remember to take lots of pictures!!

I hope you find this activity to be helpful.

Sincerely,  
Amanda Denver  
Health Manager, Ride Safe Coordinator  
Bishop Indian Head Start