

Lesson 4: Parking Lot Safety

Time: approximately 20-30 minutes

This curriculum does not cover every possible scenario that a child may encounter as a pedestrian, but instead addresses the basic skills needed to be a safe pedestrian. Teachers should use their discretion as how to appropriately break material to accommodate their daily schedule. Studies have demonstrated that skill-building activities are the most effective way to promote student retention of pedestrian safety skills. While the “Activity” portion may be postponed to a future class period if needed, it is an essential component to this curriculum and all lessons should be complemented with the reinforcement of safe pedestrian behavior. More time can be spent on practicing the behavior if children are already familiar with the core material.

Lesson Objectives:

The objective of this lesson is to teach students how to navigate a parking lot. Parking lots can be dangerous because they are one place where pedestrians and vehicles share the same space. Drivers are often preoccupied with finding a parking space and are not paying attention to pedestrians. At this age, it is important to emphasize that students should never navigate parking lots without the assistance of an adult.

The students will be able to

- Demonstrate safe behaviors for exiting a vehicle, walking safely in a parking lot, and re-entering a vehicle

Applicable National Standards of Learning:

- Physical Education Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
- Physical Education Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
- Health Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.
- Health Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Materials:

A large area to create a model parking lot

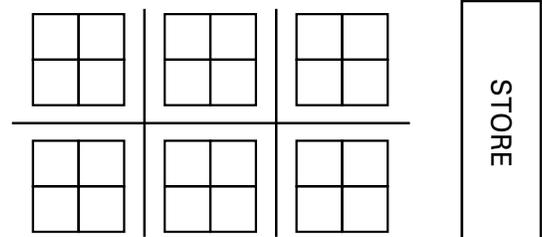
Masking tape, rope, chairs (16-24), or other materials to create model parking lot

Parent/Caregiver Tip Sheet

Preparation: Using the materials listed above, create a model parking lot.

You will need to arrange several chairs into groups of four to simulate cars. Use tape, rope, or other materials to simulate the parking spaces between the cars.

You can also create a store front using large boxes or rope.



Lesson Outline

Discussion & Teacher

Demonstration: (10-15 minutes)

The teacher will

- Define and discuss traffic in parking lots
- Emphasize the importance of crossing the parking lot with an adult
- Discuss safety rules for maneuvering within a parking lot

1. Exit the Car Carefully

Sample Script

Today, we are going to learn how to cross a parking lot safely.

Raise your hand if you have ever been nervous when you have crossed a parking lot.

Parking lots are special places that can be very dangerous if we are not careful. They are places where drivers can park and leave their cars while they do other things.

Parking lots can be very busy. We can see many types of vehicles in a parking lot such as buses, motorcycles, bicycles, and cars.

Many vehicles will be moving around and some drivers will forget to pay attention to you as you are walking. It is always important that we stay with an adult when walking through the parking lot. Hold their hand, and walk, don't run. Let's talk more about what you should do to always be safe in a parking lot.

Let's pretend that this is a large parking lot. The chairs grouped together are cars. The lines show where the parking spaces might be. The large boxes over there are the store that I want to get into.

Let's talk about what we should do when we get out of the car in a parking lot.

When the driver of your car has found a safe place to park in a parking lot, you are going to first wait for them to say it is okay before you get out of the car.

If you can, get out of the car on the same side as the driver. You may have to scoot across the seat to get to the same side, but you will be near them at all times. That way you are sure to be safe. Watch as I slide from my seat in the back to the side where the driver exited the car. I will ask the driver if it is safe to get out. When they say it is, I step out slowly, keeping my body close to the car. I am right next to them and safe! **[Teacher demonstration.]**

If you cannot get out of their side of the car, again ask the driver first if it is safe for you to get out. They are tall, and they can see other cars more clearly. When they tell you it is safe, step out slowly, keeping your body close to the car. Watch as I show you how to exit the car if you cannot get out on their side. **[Teacher demonstration.]**

Lesson Outline	Sample Script
2. Wait by the Car for the Adult	<p>Once you have exited the car, immediately take the driver's hand.</p> <p>Do not walk away from the car to get to the driver. Wait for them and walk with them hand-in-hand.</p>
3. Walk Safely	<p>As you are walking in the parking lot, you need to remember the rules we have discussed before for walking near traffic. <i>[Teacher displays chart brainstormed in first lesson of unit.]</i></p> <div data-bbox="683 632 1485 934" style="border: 1px solid black; padding: 10px;"> <p style="text-align: center;">Safe Behavior When Walking Near Traffic</p> <ol style="list-style-type: none"> 1. Walk, don't run. 2. Don't play around with friends or push. 3. Stay close to a parent, adult, or older sibling. 4. Stay away from cars and busy roads. 5. Be aware of your surroundings. Don't let toys, phones, MP3 players, or anything else distract you. </div>
	<p>We should follow these same rules when we are in the parking lot.</p> <p>Remember, it is very difficult for drivers to see you through their back windows. As you walk, keep looking around the parking lot to see if there are cars coming near you.</p> <p>What should you do if you happen to see a car moving in your direction?</p> <ul style="list-style-type: none"> • <i>FREEZE and wait with the adult until it is clear</i> <p>Walk with an adult on the left side of the parking row, just like we walked down the street, a few steps away from the back of the cars.</p> <p>DO NOT walk down the middle of the parking lot or too closely to the back of the cars. Drivers will not be able to see you.</p> <p>Watch as I show you where to walk. Notice that I am on the left side, a few steps away from the other cars. I am walking straight, with my head up looking for traffic, holding the adult's hand, toward the store.</p> <p><i>[Teacher demonstration]</i></p>

Lesson Outline

4. Crossing the Lot Again and Re-Entering a Car

Sample Script

At the end of your trip, you and the adult will have to go back to your car. It is important that you again, hold the adult's hand, watch for traffic, and walk away from the backs of cars to get to your vehicle.

Watch as I demonstrate again. ***[Teacher demonstration]***

As you are walking across the parking lot, you may have a toy or other item in your hands. If you drop it while you are walking, you should NOT try to get it by yourself. What should we do?

- *Stay put. Watch where it goes without leaving the adult. Tell the adult where it is, and let him/her get it.*

When you get back to the car, you also need to remember several ways to be safe.

- 1) Stay close to the car door as you wait for it to be unlocked. If you can, get in on the same side as the driver. They can keep an eye on you and pull you out of danger, as long as you are close.
- 2) Get into the car and close the door quickly.
- 3) Make sure you are buckled in safely before the driver starts the car. Tell the driver if you are not buckled in so they know that you are not yet ready to leave.

Watch as I show you how to safely re-enter the car and get ready to leave. ***[Teacher demonstration]***

Lesson Outline

Activity Options:

The students could...

- Dramatize safe and unsafe scenarios using the model parking lot (5-10 minutes, *see sample script*)
- Practice safe parking lot behavior on school grounds to reinforce appropriate behavior (10-20 minutes)
- Take a supervised walk to a nearby parking lot with parent volunteers to practice and reinforce safe parking lot behavior (20-30 minutes)

Closure (if time): (5 minutes)

The teacher will

- Review safety rules for pedestrians while crossing a parking lot

After the review, it is highly recommended that teachers take students to a safe environment outdoors to reinforce the learned behaviors. Parent and other adult volunteers may be necessary to make this first-hand experience more valuable and safe for the children.

Sample Script

ACTIVITY OPTION A:

Now, it's your turn! A few of you are going to get the chance to show me how to cross the parking lot.

[Teacher will allow several students to demonstrate crossing a parking lot using the steps above. The teacher should call out what is happening in the parking lot and give the students verbal cues to help them cross safely.]

Great work! We're going to practice all together by playing one of my favorite games, "Simon Says." ***[Students act out all movements while in the model parking lot created by the teacher.]***

- Partner up students in pairs. Emphasize the need for students to stay with their buddy the entire time. One student could pretend to be the "adult" and the other could be the "child," if necessary.
- Allow all students to take their places in the cars of the model parking lot.
- The teacher will call out key words. The students should move about the parking lot as they would if they were in a real parking lot. (Teacher may have to show students the proper movements before beginning to play.)
 - "Park" = sit in place
 - "Exit" = freeze next to car
 - "Walk" = look left and right as you walk in place
 - "Vehicle" = freeze

Once groups of students reach the designated "store" area, they should stay in place until all groups reach this area safely also.

 - "Unlock" = open door
 - "Enter" = sit and buckle seat belt

Let's review all that we have learned today.

How should we exit a car safely?

- *Get out on the same side as the driver*
- *Stay close to the car*

After we exit the car, what should we do before we take any steps in the parking lot?

- *Hold an adult's hand*

How should I behave while crossing the parking lot?

- *Hold the adult's hand, keep your head high, look and listen for traffic*

How should you re-enter a car after leaving your destination?

- *Get in on the same side as the driver*
- *Immediately buckle up*

Suggested Cross-Curricular Connections:

These optional activities are included to extend the lesson into other areas of learning. Most activities presented may be completed within a 20-minute time period.

Music

- Teacher and students can list all safety rules for crossing a parking lot on chart paper
- Students can work in small groups (or together as an entire class) to re-write the lyrics to a popular nursery rhyme. (Limit students to three choices such as “Itsy Bitsy Spider,” “Happy Birthday,” or “Three Blind Mice.”) The lyrics should reflect safety rules for crossing a parking lot.
- Students can perform their songs for younger grades to help young children learn the appropriate behaviors.

Math

- Geometry
 - Students can observe the school parking lot from a safe sidewalk or grassy area nearby.
 - Teacher and students can play “I Spy” by trying to locate geometric figures within the parking lot (line segment, line, ray, acute angle, right angle, obtuse angle, parallelogram, rhombus, trapezoid, etc.).

Dramatic Play

- Students can create props that are related to pedestrian safety (cars, street signs, traffic signals, parking lot, etc.). Children can use them to demonstrate how to stay safe when near traffic, near driveways, crossing streets, crossing intersections, or crossing parking lots.

Materials

Parent/Caregiver Tip Sheet