

Bike Signs and Signals

Primary Objectives

- 1b. Follows limits and expectations
- 4. Demonstrates traveling skills

Why It's Important

Pedaling and steering a tricycle requires a great deal of coordination and skill. Providing many opportunities for your child to practice her growing skills will help her become a successful rider.

Materials

Tricycle and safety helmet (as appropriate); traffic cones; masking tape; sidewalk chalk; stop signs

What You Do

1. Outline an area on the floor or ground outside designated as the road. Use the masking tape, traffic cones, or chalk to mark lanes and intersections. Place stop signs near intersections.
2. Invite your child to go for a drive with you. While acting as the traffic cop overseeing the roads, have your child ride a tricycle around the designated area.
3. Explain the rules of the road, such as staying in the lane and stopping at stop signs. Allow plenty of room for her to practice pedaling, stopping, and turning. *When you see the red sign, you know it means to stop. Here is the word STOP.*
4. Point out the lines on the road and explain what they mean. *The lines of cones show us where the road is. It's important to stay on the road.*
5. Offer encouragement as your child practices riding her tricycle. *You stopped at the stop sign. That's important because you need to make sure no other bikes are coming through the intersection.*
6. Continue the activity for as long as your child is interested. You may decide to create a parking space for the tricycle using masking tape or cones.