

in partnership with



**Nottinghamshire
County Council**

As we get closer to the winter months the days seem to get shorter and shorter. Have a go at these activities to find a few ways to help you

Be Safe Be Seen



Fluorescent

These are the really bright colours that stand out when it's dull and grey.



Reflective

This material looks grey in the day time, but appears to glow as the light is reflected back at night time.



Really Bright Bear



Find a teddy bear or similar toy at home. Can you dress them up to help them be seen using anything bright or reflective you have at home?

You could use brightly coloured socks, hair bobbles / grips, any bright bands / strips that some one in your house uses for cycling, wrist bands, head torch.... Use your imagination to make your bear or toy as bright as possible. Think about what else you could use. Ask an adult to send us your pictures of your 'Really Bright Bear'

Shine

We'd love to see your poems and pictures. Send them to roadsafety@viaem.co.uk



On October 25th the clocks change. We all put them back one hour to give us as much daylight at the start of the day as possible in winter. It also means the evenings get dark very quickly!

How many clocks can you see in your house?

Make a note of when you think it gets dark in the evenings. Keep a check once a week. What do you notice about the time it gets dark?



M	B	E	S	A	F	E	O	T	Y	O
D	R	E	F	L	E	C	T	I	V	E
E	I	P	L	I	T	L	P	R	G	V
J	G	T	U	G	I	O	J	E	B	E
Q	H	R	O	H	Y	C	H	W	F	N
L	T	F	R	T	H	K	G	Q	T	I
O	A	I	E	Z	A	S	F	C	S	N
D	S	Y	S	H	I	N	E	B	A	G
U	H	K	C	P	V	D	A	E	W	L
L	Z	B	E	S	E	E	N	Q	D	S
L	W	R	N	I	G	H	T	M	H	F
V	B	T	T	O	R	C	H	Z	U	O

Can you find these words in the grid below? Mark them off as you find them. We've done the first one for you. Can you find any other words that aren't on the list?

Reflective ✓
Fluorescent
Light
Night
Torch

Evening
Clocks
Bright
Dull

Treasure Hunt

Next time you are out for a walk. Keep a look out for how many things you see people using to help them be seen. Many people wear hi-vis vests, some school shoes have reflective strips on them. See what you can see. Is there something somebody is using that isn't in the list below?



Torch



Hi-Visibility Vest



Rucksack with reflective strips



Keyring



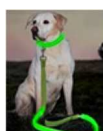
Arm / Leg bands



Lights for your bike



Reflectors for your bike



Hi-Visibility lead for your dog



Bright and reflective zip pulls



in partnership with



**Nottinghamshire
County Council**

Be Safe Be Seen

RG 2916 RG 266U

Colour in this picture. Make them bright to help them to be seen!

