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Nottinghamshire  
County Council

# Be Safe Be Seen

RG 2916 RG 266U

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 to **Be Safe Be Seen**

Colour and label this picture, show which parts could be fluorescent and which would be reflective. Remember reflective material is the one that looks grey in the day time, but glows as the light is reflected back at night time.



## Fluorescent

These are the really bright colours that stand out when it's dull & grey. See how many other words you can find in the word fluorescent.

When its dark we need to use reflective materials to help us be seen. Car lights shine on the reflective strips and reflect back for the driver to see. Can you write an acrostic poem using the word REFLECTIVE. Write REFLECTIVE down the side of the page and use each letter to begin a line of your poem.

R – Ready for our journey, we need to be seen

E – Evenings can be dark in wintertime

F  
L  
E  
C  
T  
I  
V  
E

**We think you can do a much better job than our example here. Don't forget to send us your ideas, ask an adult to send it to us using the email at the bottom of the page**



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We'd love to see your poems and pictures. Send them to [roadsafety@viaem.co.uk](mailto:roadsafety@viaem.co.uk)



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Make a list of 10 things you could use to help you be seen when it is dark or dull when you are either a pedestrian or a cyclist.

Fluorescent when it's dull



Reflective when it's dark



On October 25th the clocks change. We all put them back one hour. This means we get as much daylight **as we can** at the start of the day **as we can** in the winter. It also means the evenings get dark very quickly...

*Some phones and electronic devices change automatically. Watches and clocks may need changing manually. Ask your adult to show you what to do. Never change a clock without supervision, they can be very delicate.*



## Experiment

Here's an experiment for you to try. You will need:

- several objects from around your house...try a piece of kitchen foil, a toy, a water bottle, or any object you have around you.
- A box, cupboard or place you can make dark and peek into.
- A torch or small light.






































If using a box, make sure you have covered any holes but leave one side so that you can open and close it to change your objects.



Next place one of your objects inside. Peek into the box, can you clearly see it? What about if you add a torch light, does this make any difference? Try a different object. You are looking to see which objects shine out the most and why. Is it because they are bright, shiny or is it because of what they are made of.

Make a note of your findings. Which ones stood out the best? You may want to test to objects on another person to see how much they can see. Keep the objects a secret and see if they can tell you what they are.

Have a go at this picture puzzle. It works like a sudoku puzzle. You need to have one of each picture on each horizontal & vertical line and in each nine square. You could draw your own mini picture in each square or you could use initials instead. If you aren't exactly sure what each picture is, have a look at 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 & reflective zip pulls