Sara and Her Bike

- Sara always rides her bicycle with her helmet on. She knows that a bike helmet will keep her head and brain safe if she falls.
- Sara always sits down when she rides her bike. She rides in the same direction as traffic.
- She knows that young children should not ride at night.

What else does Sara know?

- She should always put her helmet on before she starts riding her bicycle.
- She knows the helmet should be low on her forehead and two finger widths above her eyebrows. The two sidestraps on both sides of the helmet should make a "V" shape under each ear.
- Sara knows her bicycle fits her because she can put both feet flat on the ground when she sits on the bike seat.
- Sara only rides her bike during the day. She wears brightly colored clothing so drivers can see her.

Look how safe and smart Sara is! She's riding her bicycle with her helmet on.

Color this picture on the next page!