

# Rainbow Guides

## Notes for Leaders



Name: .....

Unit: .....



**CORNWALL**  
**FIRE & RESCUE SERVICE**  
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## Rainbow Guides – Notes for Leaders

We hope you find these notes useful in helping to reinforce the messages covered by the activity book.

### Hold hands when crossing the road

Activity idea:

Lay out a road using chalk, masking tape or rope and practice crossing the road while holding hands with an adult.

### Stop, Look, Listen, Think

Discuss with the children why pedestrians need to **Stop, Look, Listen** and **Think** before they cross the road.

- **Stop** – Always stop before the edge of the kerb or stand well back from a verge if there is no pavement. (They could be hit by the mirrors of a passing car or be affected by the slip stream of a lorry).
- **Look** – What happens if we cannot see what is coming? Compare size with distance, i.e. a lorry looks small in the distance.
- **Listen** – Problems for the hearing impaired. Traffic can be heard before it can be seen.
- **Think** – Always think before you cross the road.

## **Pedestrian crossings**

A pedestrian crossing helps you to cross the road more safely. Discuss with the children why they are safer and encourage them to use one.

## **People who can help us**

Discuss with the children how you can recognise people who can help them cross the road e.g. Police Officer or School Crossing Patrol.

**Stranger Danger** - Point out that a child should not cross the road with anyone unless a parent or teacher has instructed them to do so.

## **Road Safety Games**

### **Traffic Lights**

Red – Stand still

Amber – Crouch down

Green – Walk around

Zebra crossing – Lie down on back

School Crossing Patrol – Stand with both arms outstretched

The aim of the game is to do the correct action to the Traffic Lights Instruction given by the leader. The last one to do the action has to sit out until the end of the game. The winner is the last person remaining.

### **Kim's Game**

Looking is an important part of Road Safety, particularly when crossing a road.

The aim of Kim's game is for children to look at a selection of objects on a tray and try and remember what they have seen. After you have given them a couple of minutes, cover the tray with a cloth and secretly remove one of the objects. Can the children tell you which item is now missing?

## Road Safety Themed Cooking Ideas

### Turn Your Biscuits into Traffic Lights

You will need:

- Plain oblong biscuits, e.g. Malted Milk
- Jam or Icing
- Red, Orange and Green sweets

To make your traffic lights you firstly need to spread a thin layer of jam or icing on the flat side of your biscuit. Then you fix on the coloured sweets in the correct order.

### Wheels

You will need:

- Packet of short crust pastry (500g)
- One of the following spreads: jam, chocolate spread, peanut butter, vegetable extract or cheese spread
- A greased baking tray

Provide each child with a piece of pastry and ask them to roll it flat into the shape of a square. Next ask the children to cover their square with a chosen spread. When the square is covered they need to carefully roll it up so it looks like a sausage. After that, slice the pastry into thin wheels. Finally, place the wheels onto a greased baking tray and bake in the oven for 10 – 15 minutes (175°C, 350°F or gas mark 5).

If you have any queries about this book or have any questions about road safety issues please contact:

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