

## Video Resources

*All videos are offered as a starting point of reference and are not endorsed. All videos should be previewed before being shown to teachers or classes.*

<b>Video Name</b>	<b>Duration</b>	<b>Location</b>	<b>Targeted Age</b>	<b>Cost</b>	<b>Notes</b>
The Bicycle Zone	12 minutes	Transit Media, 22-D Hollywood Ave, Ho-Ho-Kus, NJ 07423. Telephone: 201-652-1989.	3-5 <sup>th</sup> grade	Contact for cost	The Bicycle Zone is a 12-minute humorous piece which covers the fundamental bicycling skills. It teaches kids that safe bicycling is both fun and cool.
Pedal Smarts	18 minutes	Transit Media, 22-D Hollywood Ave, Ho-Ho-Kus, NJ 07423. Telephone: 201-652-1989.	5-7 <sup>th</sup> grade	Contact for cost	Pedal Smarts is an 18-minute show which teaches both the fundamental bicycling skills as well as the skills to drive safely on the road with bicyclists. It is a fast paced, contemporary show with plenty of music and graphics.
Ride Smart- It's time to Start	8 minutes	NHTSA	3-6 <sup>th</sup> grade	Free	Damaged helmets, jello and egg smashes, good fitting instructions and brief rules of the road
Bike Safe Bike Smart	7 minutes	NHTSA	3-6 <sup>th</sup> grade	Free	Covers bike types, helmet and fit, lights, bright clothing, bike check, regulations, extensive rules of the road and riding techniques including night riding tips. All kids, diverse cast

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BLAST- "The Bike Channel"	28 minutes	Youth Educational Sports	Elementary		Young Lance Armstrong
Bicycle Safety Tips for Adults	8 minutes	YouTube	Elementary	Free	Covers choosing the right bike, safety equipment, pre-ride safety checks and rules of the road
Professor Helmut on Helmets	6 minutes	YouTube	Elementary	Free	A "professor" in a white lab coat covers helmet testing, why you need one and fitting. He does a fun melon drop on a concrete floor.
I will wear it and live	5 minutes	616-242-0360, or mail a check to "Mary Free Bed Rehabilitation Hospital to Linda Schillinger, 235 Wealthy SE, Grand Rapids, MI 49503	3-6 <sup>th</sup> grade	\$20	I have not seen it, footage of the actual rehabilitation on an 11-year old girl struck by a car while riding her bicycle without a helmet. A series of individual children and tween make a personal pledge to wear their helmets every time they ride. Comes with a leader's discussion guide.
How to Fit a Helmet	7 minutes	Pierce County Safe Kids Coalition Jenny Sharp, Coordinator 3631 Drexler Drive W University Place, WA 98467 <a href="mailto:jenny.sharp@westpierce.org">jenny.sharp@westpierce.org</a>	Parents	\$15 checks payable to "Pierce County Safe Kids Coalition"	Helmet fitting video, suitable for training a parent to fit a child's helmet or for training helmet fitters for a program. Covers all the essentials of helmet fit, an adult demonstrates fitting a number of children.

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A Perfect Fit	6 minutes	Teletech Video 33816 Robles Dr. Unit B Dana Point, CA 92629 949-388-7780 <a href="mailto:lyadao@cox.net">lyadao@cox.net</a> <a href="http://www.teletechvideo.com">www.teletechvideo.com</a>	Elementary	\$10	Video on fitting helmets, features Susan DeMattei and other racers instructing a group of kids on how to fit their helmets, interspersed with a few mountain biking scenes. Text whizzes by fast, but advice is sound.
Helmets are Cool	5 minutes	Texas Medical Association	Middle School	\$11.80	Texas Medical Association physician Thomas Coopwood, MD, demonstrates the correct way to wear a bike helmet. He discusses the importance of wearing a helmet when participating in any sport on wheels, such as riding a scooter or in-line skating
Putting Safety on Top	13 minutes	Oregon Health Division, Bicycle Helmet Program, Oregon Department of Human Resources 800 N. Oregon St, #825, Portland, OR 97232 503-731-4399	Middle School	Free	A video to convince Oregon police officers to enforce the state's helmet law. Head-injured kid, interviews with the Governor, his wife, and police officials.

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Bike Safety with Bill Nye the Science Guy	16-22 minutes	Disney Educational Productions 105 Terry Drive, STE 120 Newtown, PA 18940-1425 800-295-5010	Middle School	\$30	Disney video with very high production values, abrupt transitions accompanied by great sound effects. Simulated crashes using miniature figures should keep the kids' attention. Covers each safety rule briefly, but repeats the helmet message throughout. Had kids, cops, racers, a messenger and a melon drop. Accompanied by a Teacher's Guild. Closed-Captioned.
There's No One Like You!	9 minutes	Denver Osteopathic Foundation 303-996-1140	Middle School	\$30	A reasonable video for middle schools kids from Headstrong of Denver. Features teens riding and doing stunts, then a coach with an inspirational message that misses the mark. A Denver newscaster goes over a brain model and shows to brain injuries occur, then how helmet works. Net comes a boy who suffered a brain injury, and clearly is still slightly impaired, and others who crashed with a helmet.

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Geared Up!: The Essentials of Adult Bicycling	20 minutes	A'Hern Group <a href="http://www.adultbicycling.com">www.adultbicycling.com</a>	High School	\$25	Covers accountability, avoiding crashes, bike fit, equipment, including helmets, helmet fit, riding in traffic, trail riding, Night riding and more. Can display optional Spanish subtitles.
Before the Fall		Don Reed Cherry Capital Cycling Club 4765 Ludlow Rd. SW So. Boardman, MI 49680 616-369-2294 or available from the Snell Foundation	Adults	\$7	For adults. Why you child should wear a helmet. Well done, heavy, with a parade of experts scaring you interspersed with shots of cyclists riding.

## Book Resources

*When You Go Walking*

By: Rozanne Lanczak William

Themes: Writing Skills, Five Senses, Observation

These fun-loving characters motivate young readers to write. The last page in the book invites readers to write their own piece molded after the writing done by a character in the book.

*Walking to School*

By: Ethel Turner

Themes: Poetry, Rhyme, Courage

In verse, this five-year-old boy shares his journey of walking to school for the first time, passing pastures, town bullies and stray dogs

*The Pink Bicycle*

By: Gillian Lobel

Themes: Courage, Overcoming Fear, Perseverance

This picture book tells the story of Alisha and Blue Rabbit's love for riding Alisha's red bicycle. Something happens and she gets a new bike with no training wheels. How does she overcome her challenge?

*The Bicycle Man*

By: Allen Say

Themes: Cultural diversity, Bike Safety, Adventure

Two American soldiers post WWII end up in a small village in occupied Japan where they perform amazing bike tricks on a borrowed bicycle. They are a fitting finale for the school sports day festivities at a local school

*A School Like Mine*

By: Zahavit Shalev

Themes: Culture diversity, world travel

A wonderful journey to classrooms around the world celebrating similarities and difference including how children get to and from school, where they live, how they play and what their schools are like

*Sheila Rae, The Brave*

By: Kevin Henkes

Themes: Bravery

Great for young audiences, the fearless mouse Sheila Rae is not afraid of anything. She flaunts her confidence by confronting real and imagined terrors daily. Sheila Rae decides to take on a new challenge- she will go home from school a new way. When she gets hopelessly lost, a scaredy-cat little sister Louise Sheila Rae helps to lead her safely home.

*Walking to the Bus Rider Blues*

By: Harriette Gilliam Robinet

Themes: Civil Rights Movement, Walking

Great for upper grades, this book of fiction is about children during the Civil Rights Movement who walk everywhere.

*A Bus of Our Own*

By: Freddi Williams Evans

Themes: African American History, Perseverance, Taking a stand

The story is based on a real event, and is told through the eyes of a young child, Mable Jean, who is desperate to get to school, but just can't keep up with her older brother to make the five-mile walk there and back every day. Determined, she tries to find a way to get a bus for her and her friends just as the white children have.

*Duck Rides a Bike*

By: David Shannon

Themes: Learning to Ride a bike

Caldecott Honor winner David Shannon applies his wonderful off-beat humor to the story of a duck who decides to try riding a bike--and loves it! Another young, funny book perfect for reading aloud.