

Ages 3-5

Pre-primary (Nursery to UKG)

At this age children learn through songs, colour and play. Keep every session under 20 minutes, repeat the same three rules all year, and involve parents - a child this age never crosses a road alone.

INSIDE THIS PACK

- 3 ready-to-teach lesson plans
- 2 printable activity sheets
- A take-home letter and pledge card for parents
- Teacher notes and a term planner

Lesson plans 1

LESSON 1 - 35 TO 40 MINUTES

Red means stop, green means go

Introduce the three traffic light colours with rhymes and a signal game.
Children freeze on red, walk on green, slow down on yellow.

- Warm up (5 min): show three paper circles - red, amber, green - and name them together.
- Activity (10 min): play the signal game; hold up a colour, the class responds with their feet.
- Close (5 min): sing the signal rhyme and send home the colouring sheet.

LESSON 2 - 35 TO 40 MINUTES

Hold hands, always

Teach that roads are only crossed holding an adult's hand. Practice with a pretend zebra crossing taped on the classroom floor.

- Story (5 min): a short story about a child who waits for an adult's hand.
- Activity (10 min): pairs cross the taped zebra crossing holding hands.
- Close (5 min): each child says the rule aloud - I hold a hand on the road.

LESSON 3 - 35 TO 40 MINUTES

Stop, look, listen

The first road crossing habit: stop at the edge, look left-right-left, listen for vehicles, then cross with an adult.

- Demonstrate the four actions with big body movements.
- Activity (10 min): children practise in a line at the classroom door edge.
- Close: repeat the four words as the class exit chant for the week.

Sheet 1 - Colour the traffic signal

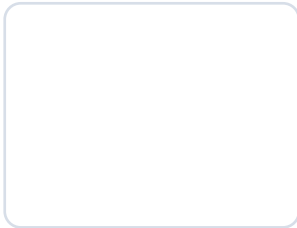
FOR THE TEACHER

Print one per child. Ask each child to say the colour name aloud before colouring it.

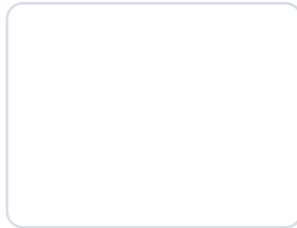
Name: _____ Class: _____ Date: _____

1 Colour each light the right colour

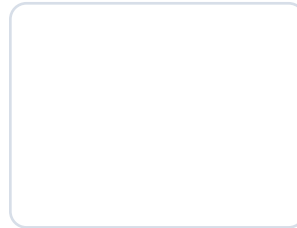
Colour the top light red, the middle light yellow and the bottom light green. Say the colour out loud as you colour.



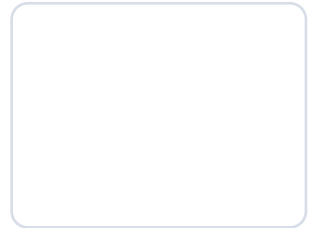
Top light



Middle light



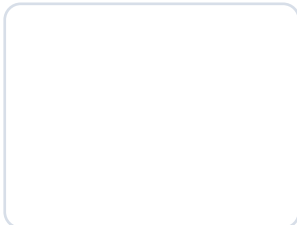
Bottom light



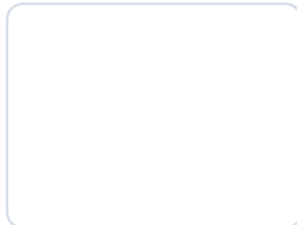
Draw yourself waiting

2 Draw a big circle around the safe child

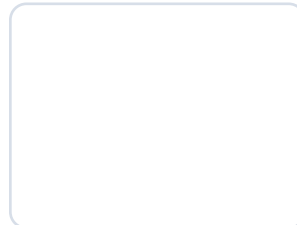
One child is holding an adult's hand. One child has run ahead alone. Circle the safe one and put a cross on the unsafe one.



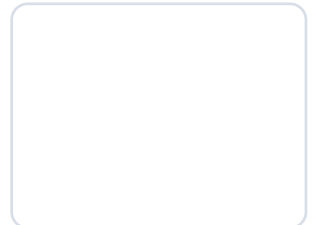
Holding a hand



Running alone



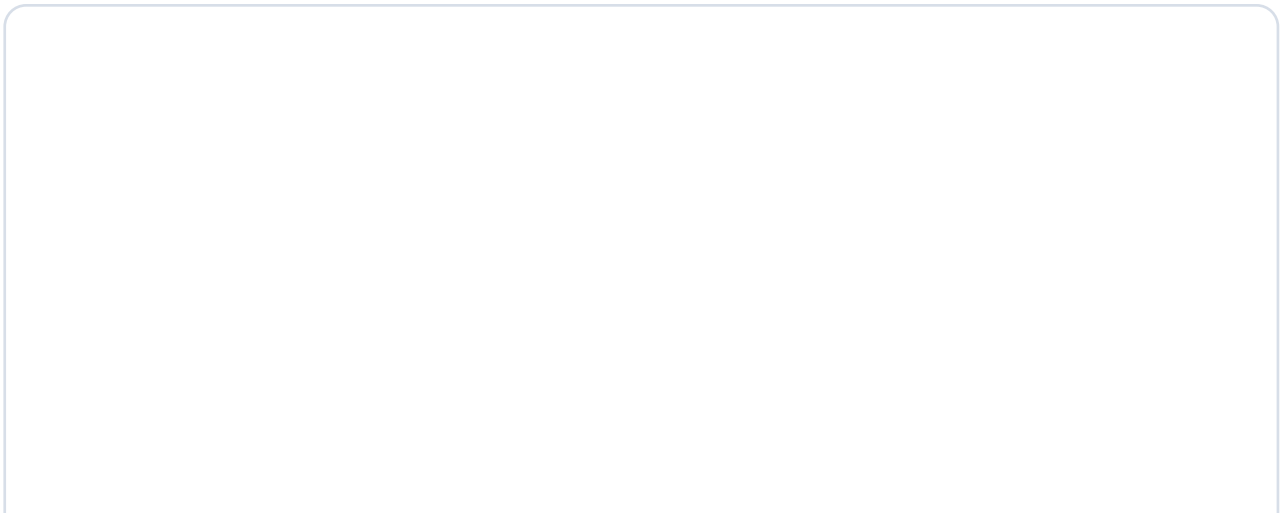
Waiting at the edge



Crossing the zebra

3 My handprint promise

Press your hand in the box and draw around it. This is the hand you will always hold when you are near a road.



Sheet 2 - Stop, look, listen practice card

FOR THE TEACHER

Use as a classroom wall card and as a take-home sheet after the crossing practice session.

Name: _____ Class: _____ Date: _____

1 Draw the four steps in order

Draw yourself doing each step: stop at the edge, look left, look right, then cross holding a hand.

1. Stop

2. Look left

3. Look right

4. Cross with an adult

2 Tick what we do near a road

An adult reads each line aloud. Tick the box if it is safe.

- ☐ I hold an adult's hand.
- ☐ I stop at the edge of the road.
- ☐ I do not run on the road.
- ☐ I do not play near parked vehicles.
- ☐ I wear my helmet when I sit on a two-wheeler.

3 Draw your road to school

Draw the road you take to school. Add the signal, the zebra crossing and the person who brings you.

A note for parents

Dear parent or guardian, this month your child learned three road safety habits at school: stop-look-listen, always hold an adult's hand near a road, and what the red, amber and green lights mean. Children of this age copy adults far more than they follow instructions, so the habit only sticks if it is repeated at home. A few minutes on your daily walk or ride is all it takes.

Five things to do at home this month

- 1 Hold your child's hand every single time you are near a road, even on a quiet lane. Never let them walk on the road side of you.
- 2 Say the steps out loud while crossing - stop, look left, look right, look left again - so your child hears the habit.
- 3 Put a properly fitting helmet on your child before every two-wheeler ride, however short, and wear yours.
- 4 Let your child spot and name the traffic signal colours on the way home. Praise every correct answer.
- 5 Never let your child stand in front of you on a two-wheeler or travel unbelted in a car.

CUT ALONG THE DOTTED LINE - BRING BACK TO SCHOOL

Our family takes the Suraksha Pledge

We promise to hold hands near every road, to stop and look before we cross, and to wear a helmet on every two-wheeler ride - every journey, every day.

Child's name and class

Parent or guardian signature

Term planner and teacher notes

MONTH	LESSON OR ACTIVITY	TAKE-HOME HABIT
June	Lesson 1 - Signal colours	Name the lights on the way home
July	Sheet 1 - Colour the signal	Handprint promise on the fridge
August	Lesson 2 - Hold hands, always	Hold hands on every road
September	Lesson 3 - Stop, look, listen	Say the four steps aloud
November	Sheet 2 - Practice card	Draw the road to school
January	Road Safety Week assembly	Family pledge card

Notes for the teacher

- Keep sessions to 15-20 minutes. Repetition matters far more than new content at this age.
- Use the same three rules all year. Changing the message weekly confuses young children.
- Never show crash images or frightening stories to this age group. Keep the tone warm and positive.
- Tape a zebra crossing on the corridor floor once and leave it there - children will practise on their own.

Bring a Suraksha volunteer to your school

Schools can request a volunteer-led session, placard kits and the School Road Safety program at no cost. Write to contactus@surakshaindia.org or visit surakshaindia.org/partner with your class strength and preferred dates.