

Beyoncé



Prince



Frida Kahlo



Lionel Messi



David Bowie



Everyone uses some form of transportation every day, even celebrities. Imagine you could talk to these famous people and characters—what would they have to tell you about traffic safety?



Match each individual to the fictional statement on the right that sounds like something they might say.

*Answers on the other side!*

Albert Einstein



Harry Potter



Rihanna



Ruth Bader Ginsberg



Lebron James



Yoda



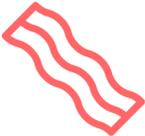
Edgar Allan Poe



### Celebrity Quotes

- A. 20 is plenty for my little red corvette, and not even purple rain can stop me from biking to school.
- B. Don't forget to bring your umbrella, ella, ella when it's raining.
- C. My friends and I always use the *Lumos* spell to light our way to the bus stop.
- D. Ground Control to crossing guard: we can be traffic heroes!
- E. Legally, every corner is a crosswalk. I accessorize with a bright, reflective collar when walking to help drivers see me.
- F. When riding my bike, I always make sure to pass on the left, on the left.
- G. I don't travel on the court, but in between games I always wear my helmet when I ride my bike.
- H. Look both ways before crossing, you will.
- I. Travel the way you want to go because you know yourself best.
- J. Once upon a midday dreary, as I skated, weak and weary, over many a hill and puddled path, I forgot my raincoat. Nevermore!
- K. A bicycle kick is my specialty on the field but I prefer rollerblades for getting around.
- L. E-scooter = mobile capacity squared!

Physical activity is important to keep our minds and bodies healthy. Different activities use various amounts of energy, or calories, that we collect from the food we eat. Check out the chart below to see how many calories you might use for these activities.

activity	5 min	10 min	20 min	30 min	45 min	60 min
 walking	 13 calories 1 cup celery	 25 calories 5 olives	 50 calories 1 slice bacon	 75 calories 1 pear	 113 calories 1 slice swiss cheese	 151 calories 12 oz cola
 biking	 16 cal 2 dill pickles	 30 calories 1 stalk broccoli	 61 calories 1 apple	 91 cal 1 fried egg	 137 cal 20 oz sports drink	 183 cal 2 Tbsp peanut butter
 running	 38 cal 50 blueberries	 76 cal 1 cup pineapple	 152 cal 20 almonds	 229 cal 1 beef taco	 344 cal 16 oz iced mocha	 458 cal frosted donut
 skateboarding	 19 cal 1 cup eggplant	 38 cal 1 kiwi	 76 cal 1 slice toast	 114 cal 1 cup milk	 172 cal 12 oz energy drink	 229 cal 1 cup rice
 sitting in a car	 4 cal 1 grape	 7 cal 1 large strawberry	 15 cal 1 cracker	 22 cal 1 carrot	 34 cal 1 cup green beans	 45 cal 1 cup watermelon



Think about how you usually travel to school. How many calories do you use? How many calories would you use if you walked to the bus stop? What if you skateboarded all the way to school? The trip to and from school might be a great opportunity to fit some physical activity into your day!