



Be Safe Be Seen Assembly Lesson Plan

Be Safe Be Seen is a road safety campaign designed to highlight the importance of being visible on the roads once the clocks change. This lesson plan demonstrates to children how by wearing something reflective and bright allows them to be far more visible as a pedestrian or cyclist.

The Be Safe Be Seen lesson can be delivered by teaching staff or pupils.

- Ask the children if they know what is happening at the end of October. Explain to them how difficult it is as a driver to see pedestrians and cyclists if they are dressed in dark colours and that they are more at risk of being injured by a car.
- Ask the children if they know the names of the fabrics fluorescent and reflective and explain how the fabrics work in terms of helping them stay safe.
- Pick 6 children to bring their coats into the assembly. The coats need to be a variety of colours picking some dark and some lighter ones. Ask the children to come to the front of the hall and put their coats on.
- All lights need to be put out and blinds drawn if possible to make the room dark. Discuss with the children how they cannot be seen and use the torch to show how they would look in the headlights of a car.
- Put the lights back on and give out a variety of different reflective items – Discs for coats, hi viz vests, reflective arm bands etc.
- Again turn out the lights and use the torch to show how much more visible they are.
- Turn the lights back on, thank the children and ask them to remove their coats and sit back down.
- The assembly can be backed up with class room based activities, I have attached various links below.
- This workshop can be delivered in a class room setting to a smaller number of children.

Resources needed:

Torch

Variety of reflective and fluorescent items

Six children with their coats (these need to be a variety of colours)

Additional worksheets and workshops for Be Safe Be Seen can be found [online](#).