Name: _____ Date: _____

Fit Your Helmet Just Right

Circle group

A helmet keeps your head safe on a bike. It must fit well. Here is how.

First, put it on level. It sits low on your forehead. Next, snap the strap under your chin. Last, check it. One finger should fit between the strap and your chin.

Shake your head. The helmet should stay. If it wobbles, ask a grown-up to make it snug.

Questions

1. What does a helmet keep safe?

_____

_____

2. Where does the helmet sit?

_____

_____

3. Where do you snap the strap?

_____

_____

4. What do you do if the helmet wobbles?

_____

_____

5. Why do you shake your head?

_____

_____

Words to know

helmet: a hard hat that protects your head
level: flat and even, not tilted
strap: a band that holds something on
snug: fitting close and not loose

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

Name: _____ Date: _____

Fit Your Helmet Just Right

Triangle group

A helmet keeps your head safe when you ride a bike. But it must fit well. Follow these steps.

First, put the helmet on level. It should sit low on your forehead, not tipped back. Next, snap the strap under your chin. Last, check the fit. You should be able to slip just one finger between the strap and your chin.

Then shake your head. The helmet should stay put. If it wobbles, ask a grown-up to make it snug. Wear it every time you ride, even for a short trip.

Questions

1. What does a helmet keep safe?

_____

_____

2. Where should the helmet sit on your head?

_____

_____

3. Where do you snap the strap?

_____

_____

4. What should you do if the helmet wobbles?

_____

_____

5. Why do you shake your head after you put it on?

_____

_____

Words to know

helmet: a hard hat that protects your head
level: flat and even, not tilted
strap: a band that holds something on
snug: fitting close and not loose

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

Name: _____ Date: _____

Fit Your Helmet Just Right

Square group

A helmet protects your head whenever you ride a bike, but it only works well if it fits properly. Follow these steps to get it right.

First, place the helmet on your head so that it sits level and low across your forehead, never tipped back. Next, fasten the strap snugly under your chin. Finally, test the fit. You should be able to slide just one finger between the strap and your chin.

Then give your head a good shake. The helmet should stay where it is. If it wobbles, ask a grown-up to tighten it for you.

Questions

1. What does a helmet protect?

_____

_____

2. How should the helmet sit on your head?

_____

_____

3. Where do you fasten the strap?

_____

_____

4. What should you do if the helmet wobbles?

_____

_____

5. Why should you shake your head after fitting the helmet?

_____

_____

Words to know

helmet: a hard hat that protects your head
level: flat and even, not tilted
strap: a band that holds something on

snug: fitting close and not loose

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

For the teacher: Fit Your Helmet Just Right

Each student sheet carries a shape, not a level. The same topic and facts, written three ways.

Circle: Fit Your Helmet Just Right

Easier · 65 words · Flesch-Kincaid grade 0.2

1. Your head.
2. Low on your forehead, level.
3. Under your chin.
4. Ask a grown-up to make it snug.
5. To see if the helmet stays in place.

Triangle: Fit Your Helmet Just Right

This passage · 92 words · Flesch-Kincaid grade 1.1

1. Your head.
2. Low on your forehead, level and not tipped back.
3. Under your chin.
4. Ask a grown-up to make it snug.
5. To check that the helmet stays in place.

Square: Fit Your Helmet Just Right

Harder · 99 words · Flesch-Kincaid grade 3.5

1. Your head.
2. Level and low across your forehead, never tipped back.
3. Snugly under your chin.
4. Ask a grown-up to tighten it.
5. To test that the helmet stays in place and does not wobble.