



Name _____

Patrick cycles his bicycle at home and to school. He is a very good cyclist and doesn't think he needs to wear a helmet. Help Patrick understand how important it is to always wear a helmet by filling in the blanks below.

A helmet protects your _____ when you fall. Helmets come in all different _____, colours and patterns.

A helmet has a hard shell on the _____ and thick foam on the inside. There are _____ on both sides which clip together to make sure the helmet stays on your head.

If you fall off your bicycle and _____ your head on the road, the helmet can stop your head from getting _____. The hard _____ skids on the road so that you do not hurt your neck. The _____ cushions the blow and stops your brain from getting damaged.

Even the best cyclist can fall off their bicycle. A dog could run in front of you and make you _____ off your bike. A car could _____ into you. Stones or oil on the road could make your bicycle _____.

This can happen _____ or anywhere -nobody ever plans to have an _____!

If you are _____, you will always wear your bicycle helmet anytime you are cycling your bicycle. Remember to always follow the _____ of the road too!

Missing words

accident	fall	hit	shell	straps
anytime	foam	hurt	sizes	smart
crash	head	outside	skid	rules