



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