

PARENT GUIDE - Activity 1

STAY WITH A BUDDY and BE ABLE TO DESCRIBE YOUR BUDDY -- using your Eyes and Mouth



Discuss with your children the following:

- It's important to have a buddy.
- A buddy is someone in your class, like a friend. Together you WATCH OUT for each other as you walk to and from school, on the playground, or in the community.
- You should also know what your buddy looks like in case you get separated.

Questions to ask your children:

- Why is it important to always have a buddy? (watch out for each other)
- Who are some of your buddies?
- Can you describe them? What color hair, eyes, clothing? How tall? How old are they?
- What senses did you use to describe your buddy? (sight=eyes; taste/mouth to talk).

PARENT GUIDE - Activity 2

KNOW YOUR ROAD SIGNS -- using your Eyes, Ears



Discuss with your children the following:

All children need to learn traffic safety rules:

- Wear a helmet when riding a bike.
- Use the crosswalk and follow the crossing guard's instructions.
- Always look LEFT-RIGHT-LEFT to check for traffic, before crossing.
- Know traffic signals: cross on green, stop on red.
- Listen for sirens and traffic.
- Pay attention, no cell phones or music so you can see and hear cars.
- Never cross the street between parked cars, it's very dangerous. Cars cannot always see you.

Questions to ask your children:

- What should you always wear on your head when riding a bike?
- What does a crossing guard do? (they tell you when it is safe to cross)
- What should you always do before crossing any street, even with a traffic light? (look LEFT-RIGHT-LEFT)
- Which senses do you use to cross the street safely? (eyes and ears)

PARENT GUIDE - Activity 3

LOOKING FOR LANDMARKS TO FIND YOUR WAY

-- using your Eyes



Discuss with your children the following:

- Landmarks are buildings and things in your city that do not move. They are helpful to children so they can find their way through their neighborhood.
- Noticing landmarks such as schools, hospitals, police or fire stations, parks, restaurants, markets will assist students in building a “mental map” of their location so they can always find their way back.

Questions to ask your children:

- What is a landmark? (buildings, things that don't move)
- Why are they important to notice? (help find your way back)
- What landmarks do you pass on the way to school?
- Why is it important to know the sequence of the landmarks as you pass them? (find your way back to where you started).
- Is a school a landmark? Is a bird a landmark? Why? (No. it moves) Is a gas station a landmark? Is a car a landmark (No. it moves)?
- What sense do you use to see the landmarks? (eyes)

PARENT GUIDE - Activity 4

SAFE PLACES AND SAFE PEOPLE

-- using your Eyes, Ears, 6th Sense



Discuss with your children the following:

- It is important to learn the difference between a safe and unsafe person, and a safe and unsafe place. This will help your children make safe choices when walking to and from school or in their neighborhood.
- If they get lost or separated and find that they are alone and need help, they can find the safest place or person to help.

Questions to ask your children:

- Who are safe people in your life that can help you? (trusted adults, parents, teachers, police, doctors).
- Are there any unsafe people you've seen or met?
- How do you feel when you are around or see an unsafe person?
- What makes a place safe? (Well lit store, security cameras) What makes a place unsafe? What might you hear, see, smell or feel in an unsafe place?
- Where are some safe places you can go in your neighborhood?
- If you had a choice: Is it safer to walk closer to a police officer or by people arguing? Is it smarter to ask a family with children for help rather than a lone person? Is it safer to walk near a well-lit market with cameras or a trash can? Is it safer to be near a hospital or a construction zone? What senses did you use? (Eyes, Ears, 6th Sense)

PARENT GUIDE - Activity 5

FINDING EXITS -- using your Eyes



Discuss with your children the following:

- An exit is the way out of a classroom, a stadium, a theater, a restaurant or your home. An exit can be a door, a window, or a gate.
- One of the first things you should do when you enter a place is look for your ways out. You should always find at least two ways out, in case you need to get out fast.
- You may have to leave quickly if there is a fire or any kind of emergency. Remember, not all exits have signs.

Questions to ask your children:

- What is an exit?
- Can you spell the word "exit"?
- When you first enter a place, what should you look for? (Exits)
- What might you hear, see or smell in a classroom, movie theater, stadium, restaurant that would be a clue that you need to go to your closest exit fast? (see or smell smoke, hear sirens)

PARENT GUIDE - Activity 6

USE YOUR VOICE - using your Eyes, Ears

Discuss with your children the following:

- If your child sees someone who needs help, or your child needs help they can use their powerful voice to yell.
- It's important to stay CALM at all times.



Questions to ask your children:

- When should you yell for help? (when you or someone needs help)
- What information might you tell your teacher or police officer about what happened?
- Sometimes help can take a little while to reach you. How should you act while you're waiting for help to arrive? (Stay calm)
- Why is staying calm important, even in scary emergencies? (You make better decisions when you are calm)
- What are some ways we can stay calm? (slow deep breaths, take your time and don't rush, sing)

PARENT GUIDE - Activity 7

HELP IS ON THE WAY

-- using Eyes, Mouth (voice)



Discuss with your children the following:

- Police officers are people your children can trust. They are your friends and are also very brave and protect us.
- They can help you in many ways: a car accident, someone is injured or lost.
- Their job is to help people everywhere. LOOK for police officers if you need help.

Questions to ask your children:

- When you need help, who can you trust? (police, teachers, parents)
- Do you know any police officers? Can men and women be police officers? What do police officers wear? (Both men/women can be police officers; uniforms)
- Why are police officers important? (Help and protect people)
- What kinds of questions would a police officer ask you after you call for help? (details of what happened, your name, location)
- Do you know where your local police station is located?

PARENT GUIDE - Activity 8

GET AWAY FROM DANGER -- Using your Eyes

Discuss with your children the following:



- There are many dangerous things that children should never play with or touch. Some of these items are: weapons, knives, medicine, matches, needles, broken glass, and trash.
- These items can harm or seriously injure a child.

Questions to ask your children:

- What is a dangerous object?
- How could you get hurt if you play with or touch a dangerous object?
- If you see a dangerous object in real life, what should you do? (don't touch it, tell an adult)
- What senses do you use if you see a dangerous object? (eyes, mouth/voice)

PARENT GUIDE - Activity 9

DIALING 9-1-1 -- Using your Eyes, Ears, Touch



Discuss with your children the following:

- It's very important that all children
- know how and when to call, and what to say, when dialing 9-1-1 in a real emergency.
- The friendly 9-1-1 operator will ask your child their name, address, and phone number, as well as details about what has happened.
- It's important to stay calm.

Questions to ask your children:

- When should you call 9-1-1?
- Why is 9-1-1 only for emergencies? What are different types of emergencies? (serious injury, car accident, burglary,
- What is your full name, address and phone number?
- Do you know how to dial 9-1-1? When you call 9-1-1, who answers the phone? (friendly man or woman). What kinds of questions do they ask?
(your name, address and what happened)
- When you call 9-1-1 should you be excited or stay calm and give the information? (calm)
- What senses do you use? (touch to dial 9-1-1, mouth; ears and eyes to report details of what happened)