Find Safe People and Places: Lesson 1
Hopping Activity

Big Idea: Be aware of safe people and places.

Duration: 15 minutes

Materials: Teacher word list

Discuss:
- It is important to find safe people and safe places anywhere you go.
- Discuss finding safe people (Safe people are people you can trust. Finding a safe person is important in case we need help. We may need help if we are lost, separated, hurt, or see a dangerous event. Safe people may wear uniforms, name tags, or working at a safe place)
- Discuss finding safe places (Safe places are well-lit, there are signs, there are many people, the people wear name tags, badges, or uniforms)

Questions:
- Who are some safe people in your community?
- How do you know they are safe?
- Where are some safe places in your community?
- How do you know they are safe?

Directions:
- Instructor will randomly select words from the Teacher Word Reading Page to read to students.
- Instruct students to line up and indicate where you would like them to hop.
- Tell students if you say a word that is a safe person or place they will hop FORWARD.
- If you say an unsafe person or place they will hop BACKWARD.
- Correct and discuss safe and unsafe people and places as needed.
- Repeat for desired time.

Review:
- Review how to find safe people and places. (safe people often wear uniforms, hats, badges, name tags, or vests. Safe places are well-lit, have signs, and are often larger buildings such as police or fire stations, schools, or hospitals.)

Health Standard 3.2.1: Identify trusted adults and professionals who can help promote health
## Safe People and Places: Lesson 1

### Hopping Activity: Teacher Word list

<table>
<thead>
<tr>
<th>Safe People</th>
<th>Police Officer • Firefighter • Doctor • Nurse • Teacher • Crossing guard • Parent / caregiver / grandparent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unsafe People</td>
<td>Person with a weapon • Person throwing rocks • Person punching someone • Person stealing a bicycle • Stranger on the street</td>
</tr>
<tr>
<td>Safe Places</td>
<td>Police Station • Fire Station • School • Hospital • store with bright lights and cameras • Library • After School Youth Group • House of Worship • Post Office</td>
</tr>
<tr>
<td>Unsafe Places</td>
<td>dark alley • construction site • area with a lot of trash and funny smell • house on fire • dark store with broken windows • middle of the street with red light</td>
</tr>
</tbody>
</table>

Health Standard 3.2.1: Identify trusted adults and professionals who can help promote health