



The Hero In You Foundation presents

Rocket's

USE YOUR SENSES

ACTIVITY BOOK

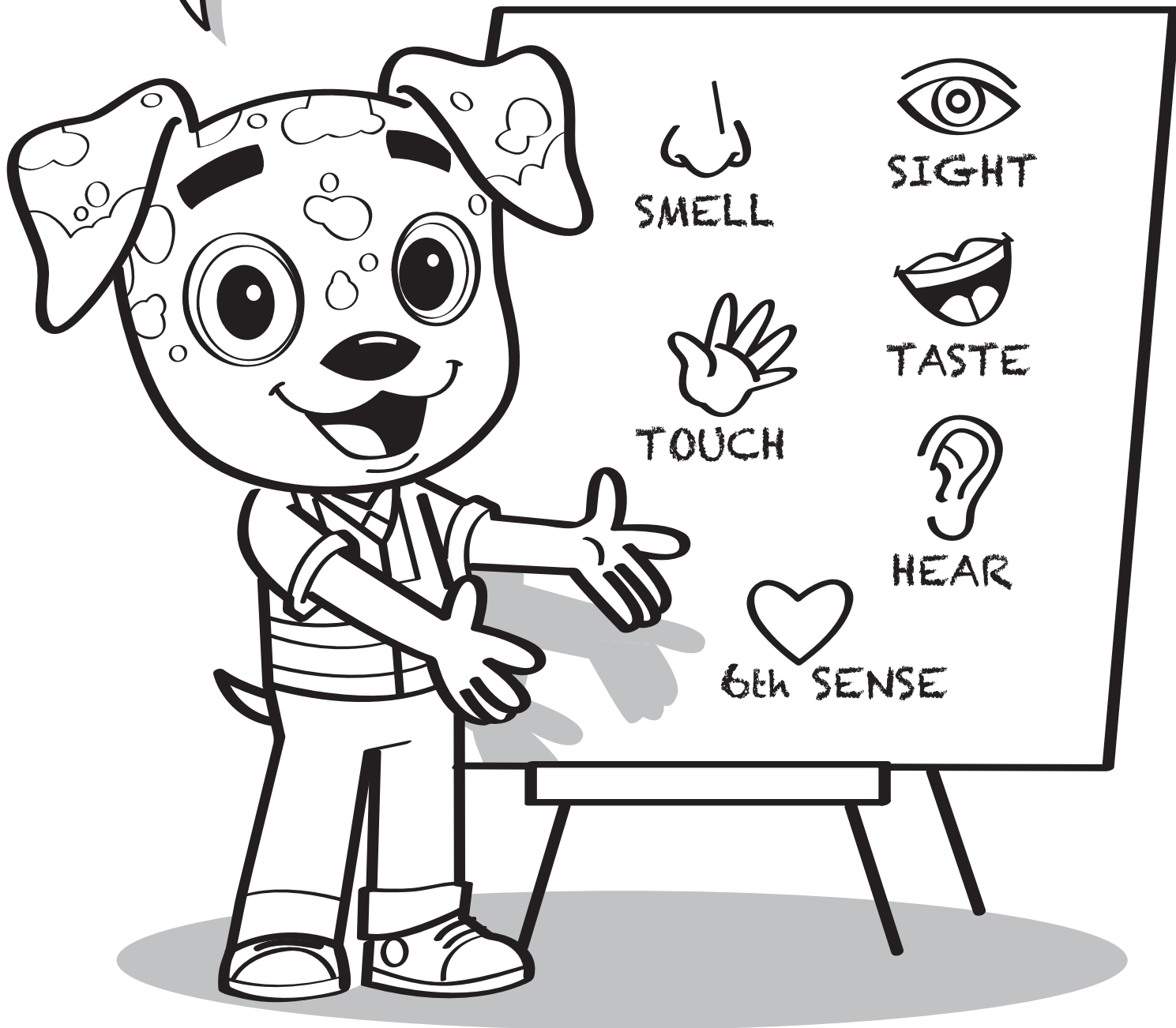


In Partnership with



Hi I'm Rocket.

Today we're going to talk about using your senses to keep you healthy and safe.



Complete all the activities in this book and become a member of Rocket's Use Your Senses team!

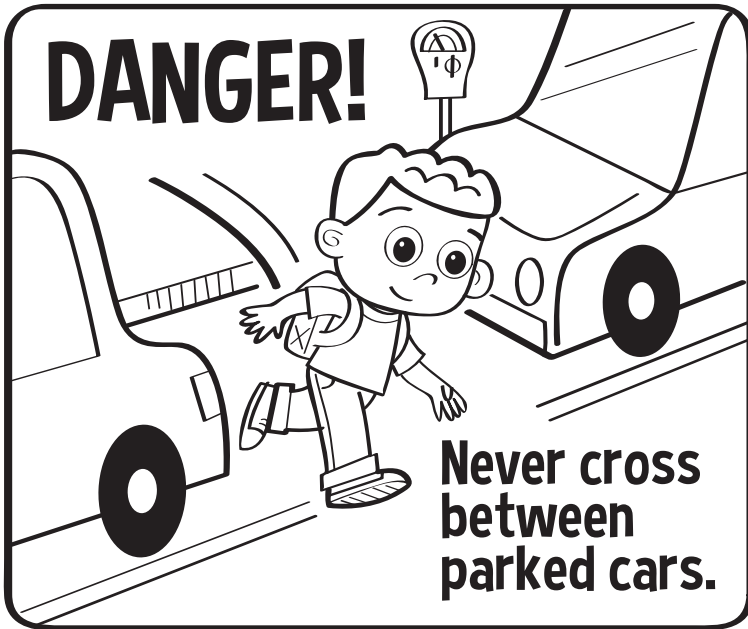
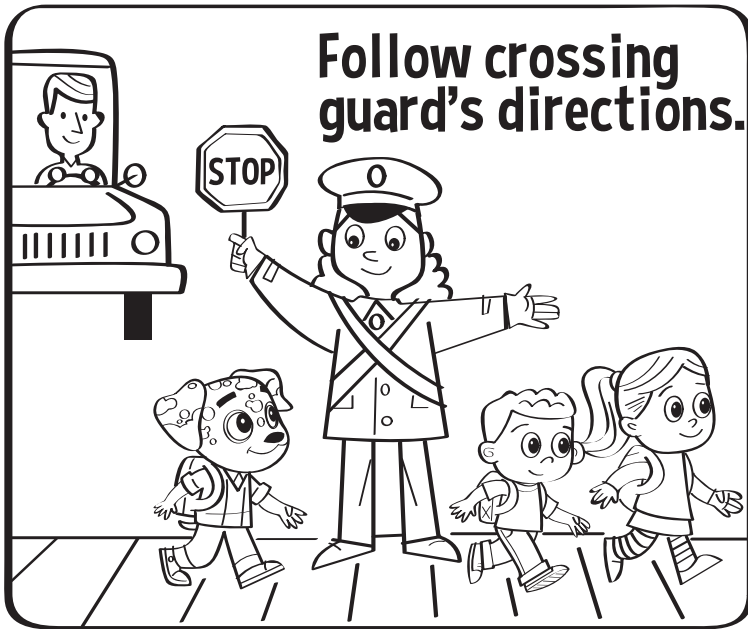
STAY WITH YOUR BUDDY

Always have a buddy and be a buddy. Watch out for each other.



... draw you and your buddy
at the park. Then, color this page.
Use your sense of sight.

CROSSING THE STREET SAFELY



KNOW YOUR STREET SIGNS ?



Pedestrian Crosswalk



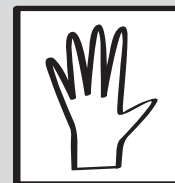
STOP



School Zone



Traffic Light



DON'T WALK



WALK

SAFE or UNSAFE

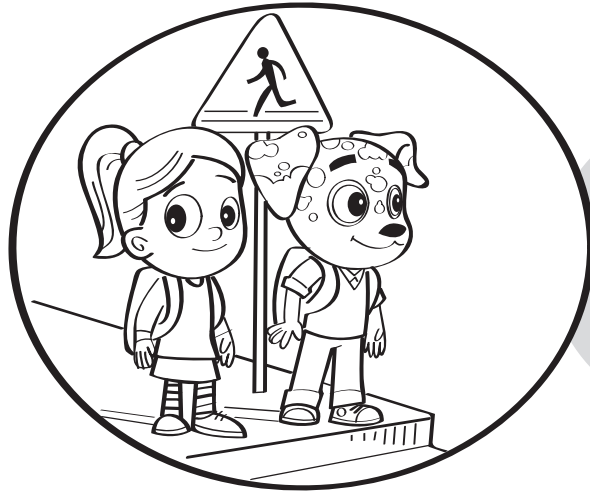
Draw a line from "Safe or Unsafe" that describes each picture.



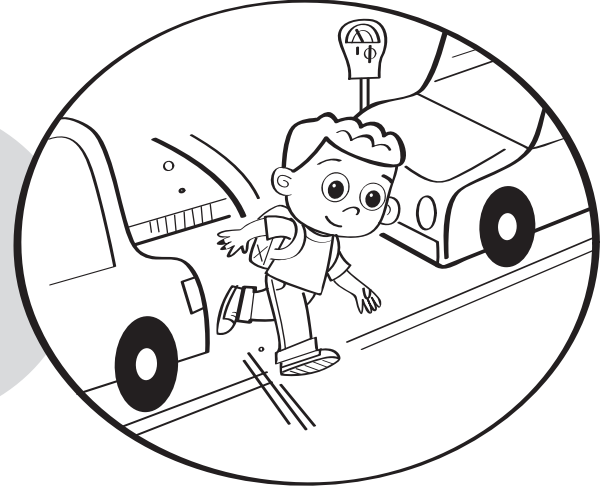
SAFE
UNSAFE



SAFE
UNSAFE



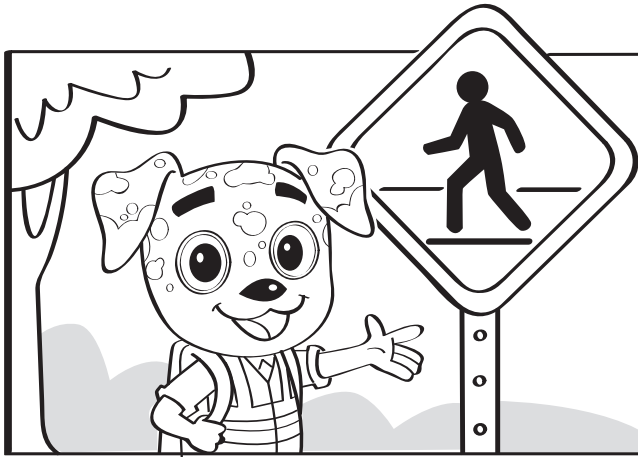
SAFE
UNSAFE



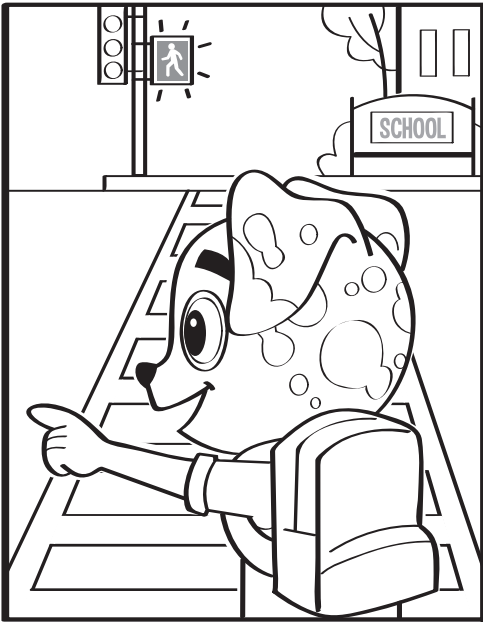
... color the pictures and signs on both pages.

Senses used while crossing -  look for traffic and  listen for traffic

LEFT - RIGHT - LEFT



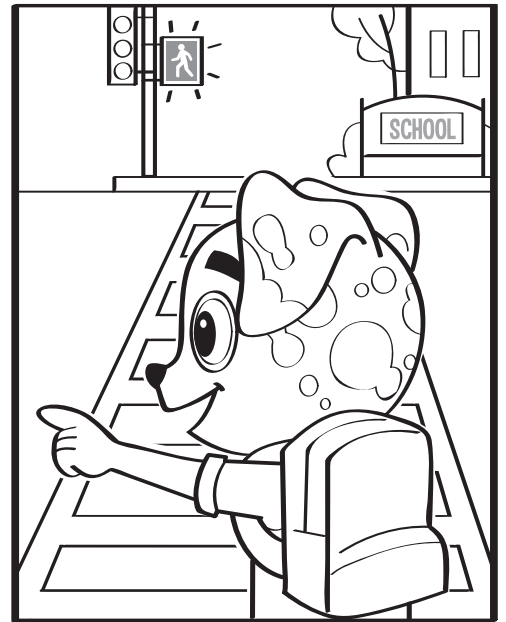
Always look **LEFT**,
then **RIGHT**,
and then **LEFT** again
before crossing a street.
Remember to use the crosswalk.



Look **LEFT** first...



...then **RIGHT**...



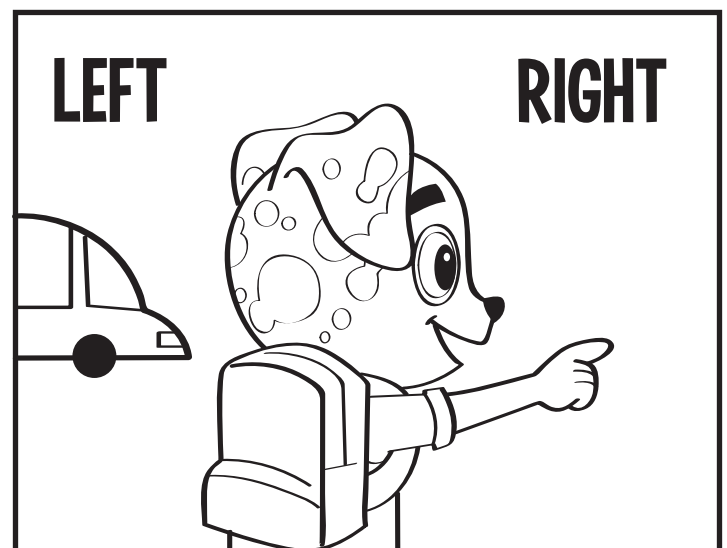
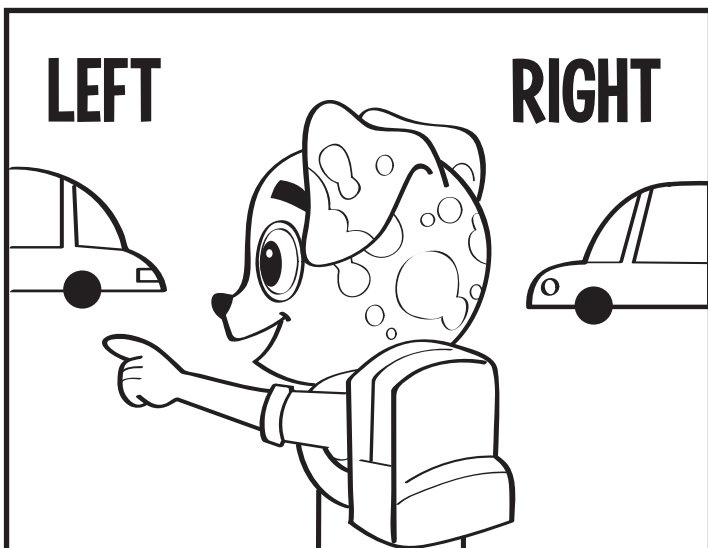
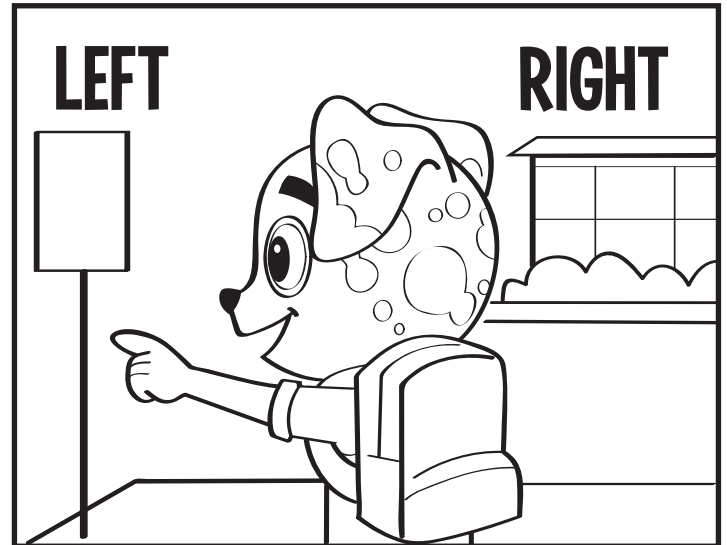
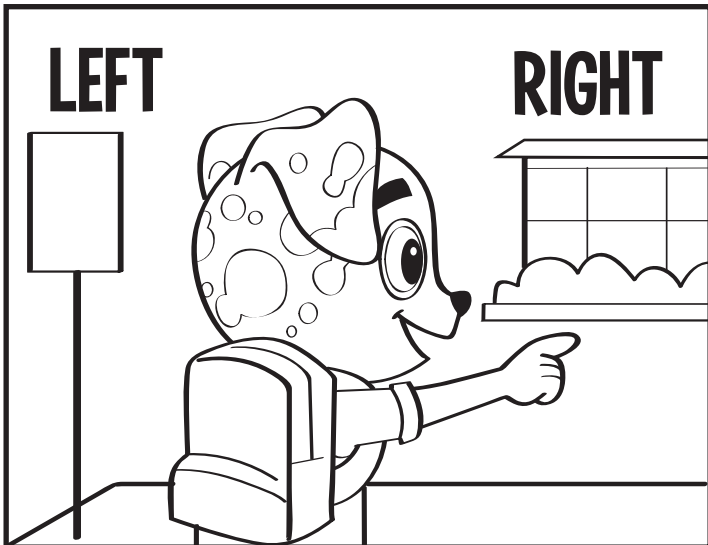
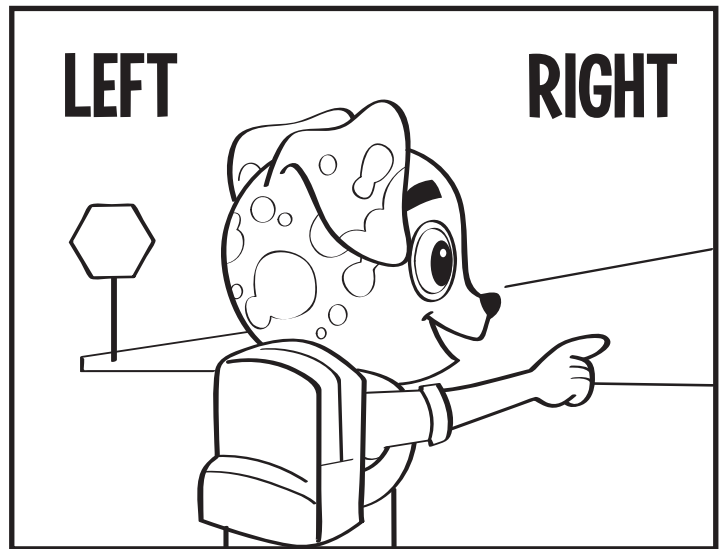
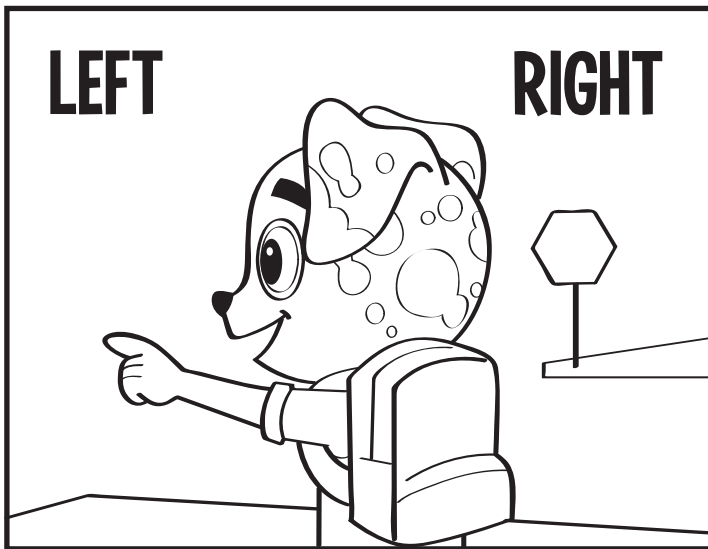
...then **LEFT** again!

...and continue to pay attention as you cross.



Senses used while crossing -  look for traffic and  listen for traffic

Rocket knows his left and right, do you?



Circle which way Rocket is looking.

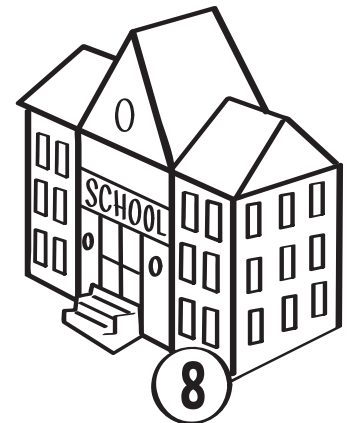
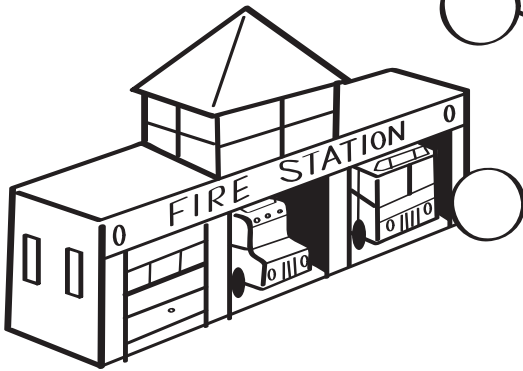
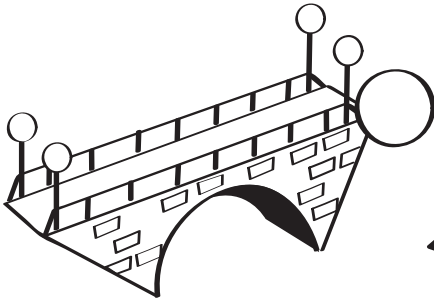
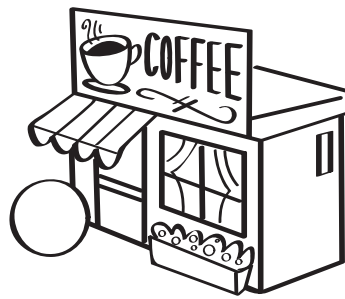


... color this page.

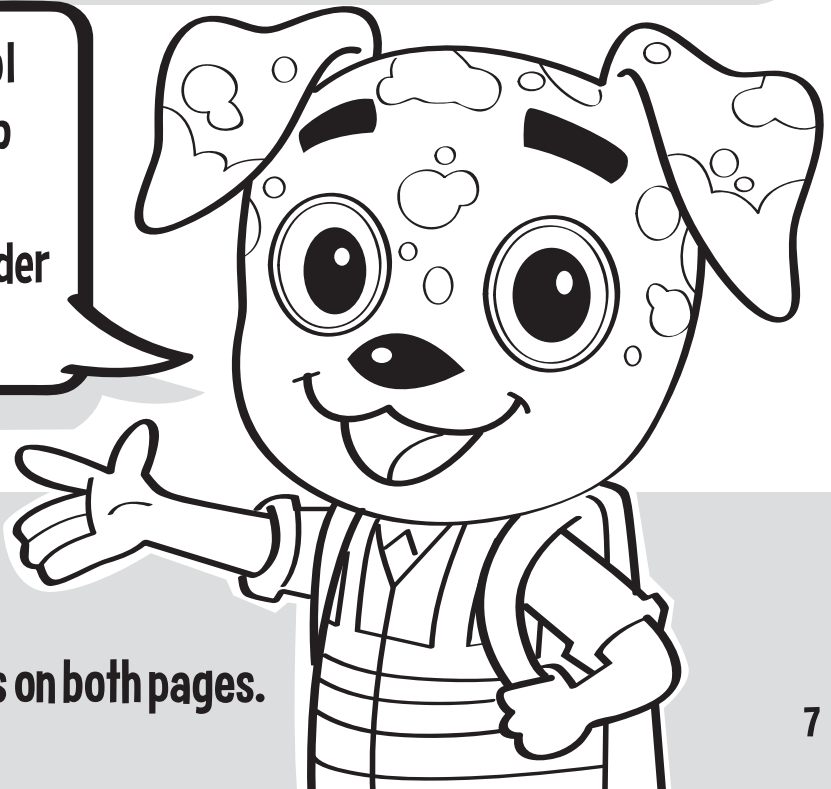
KNOW YOUR LANDMARKS

Remembering Buildings and Places makes it easier to know where you are and how to get back.





When I walk from home to school
I see lots of landmarks that help
me remember where I am.
Put the landmarks in numerical order
from home to school.



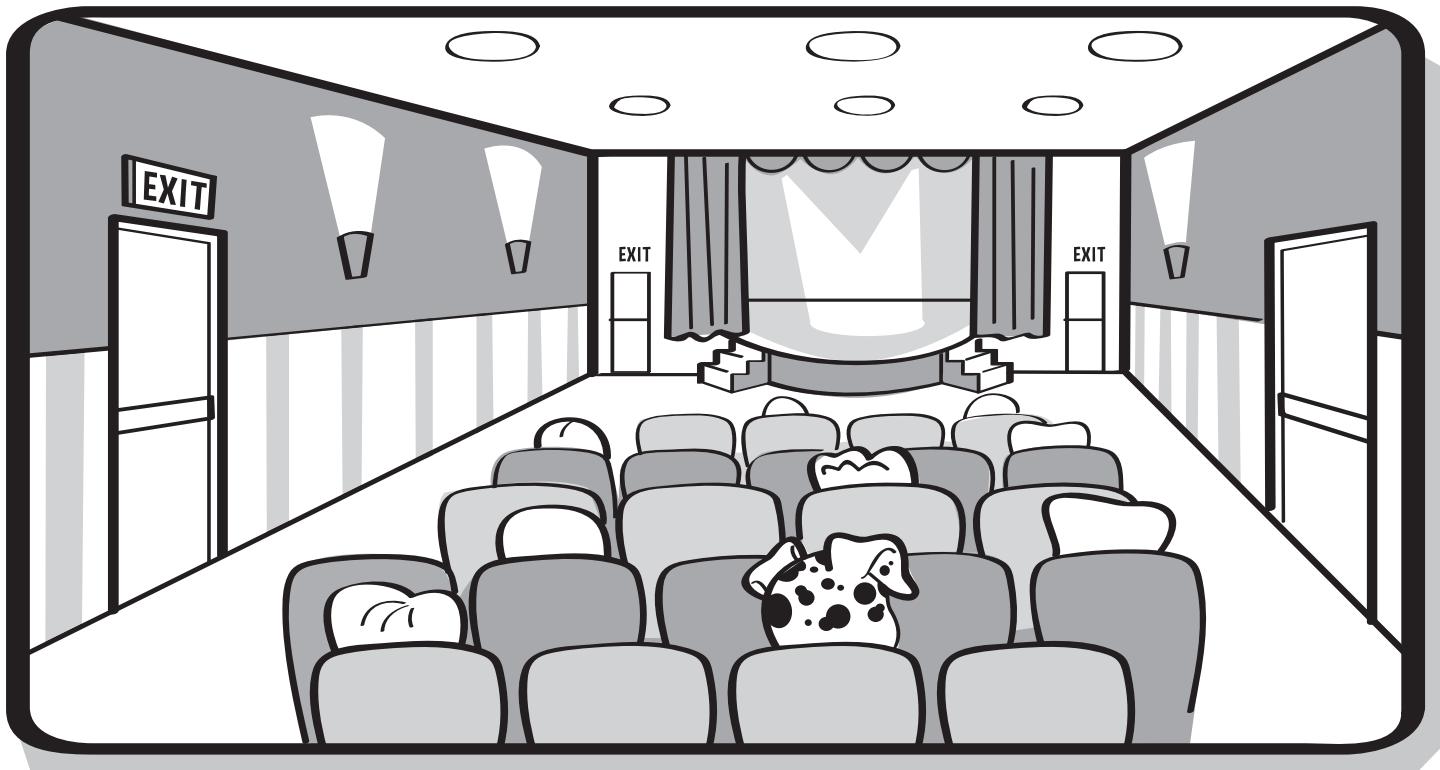
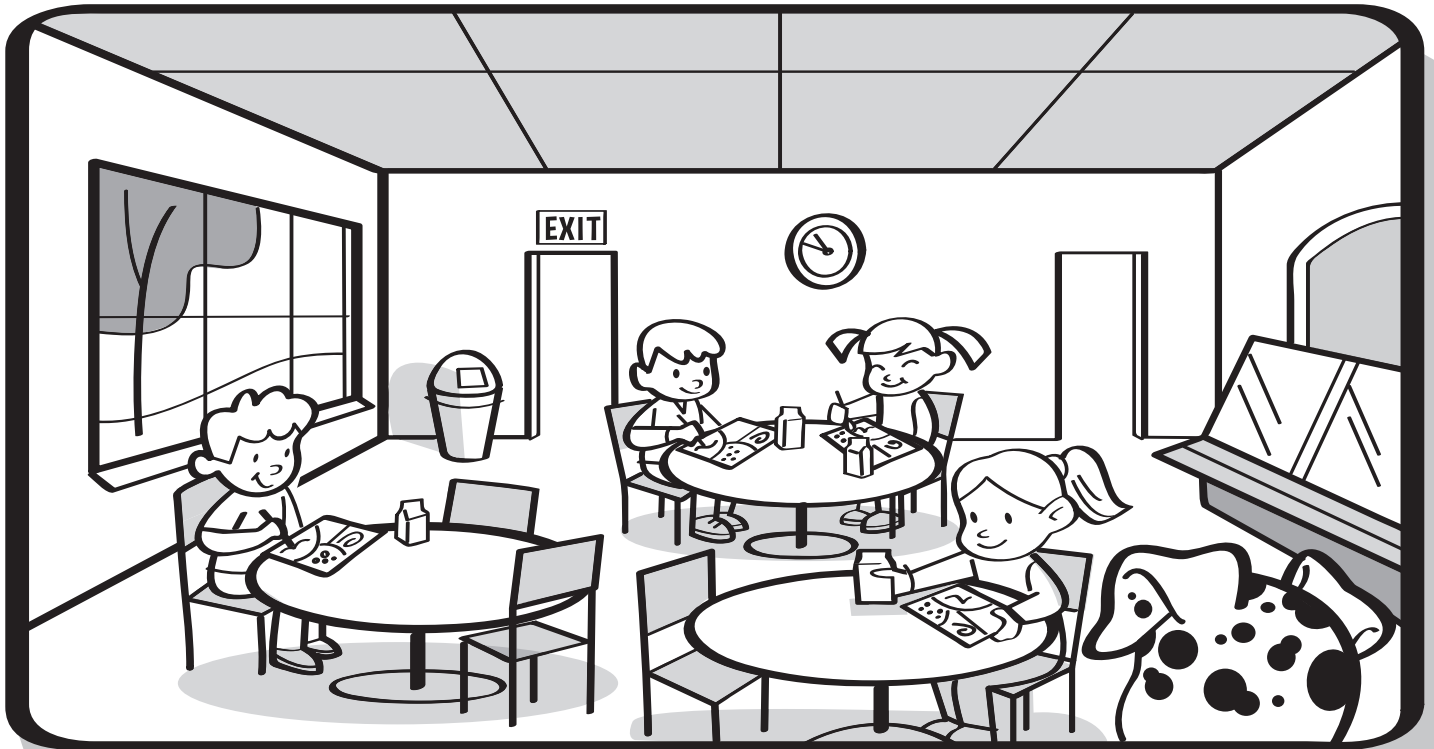
Use your sense of sight to remember. 



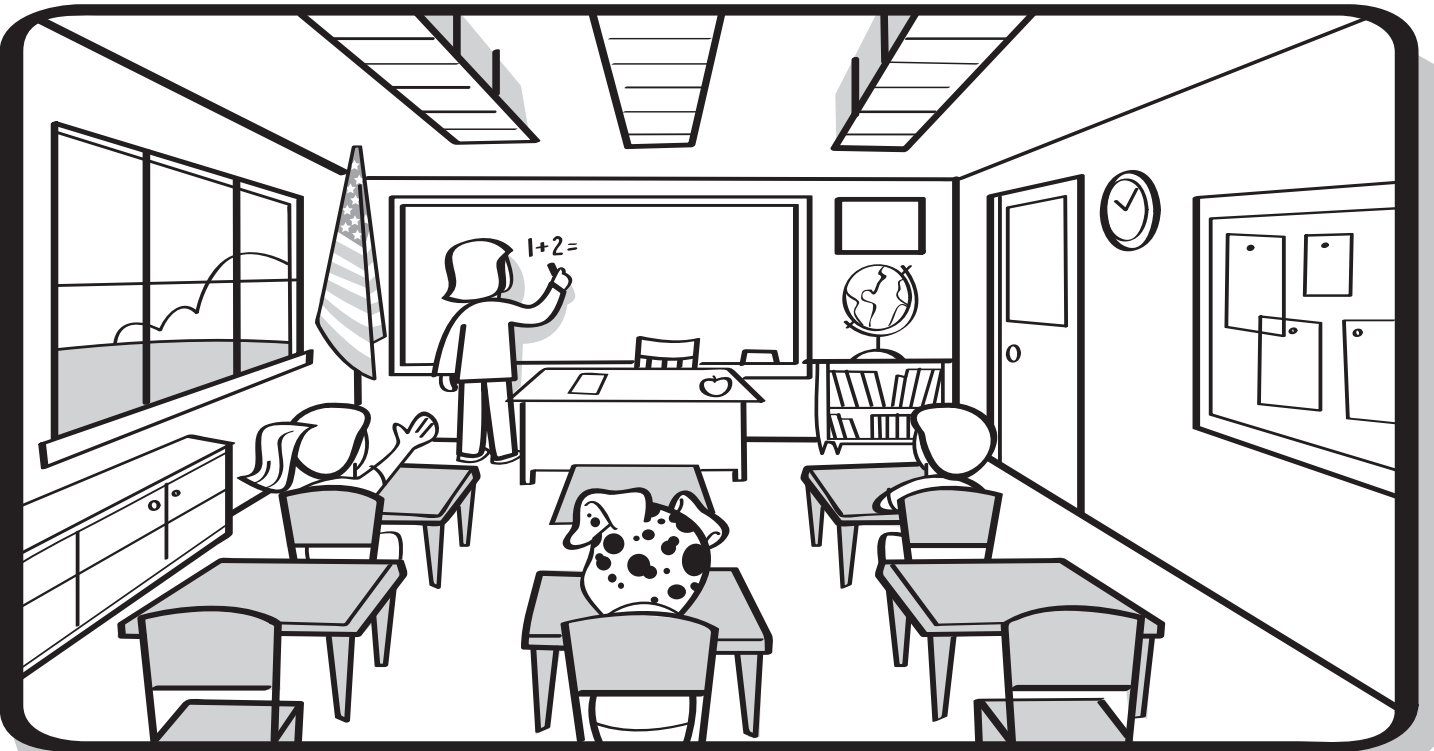
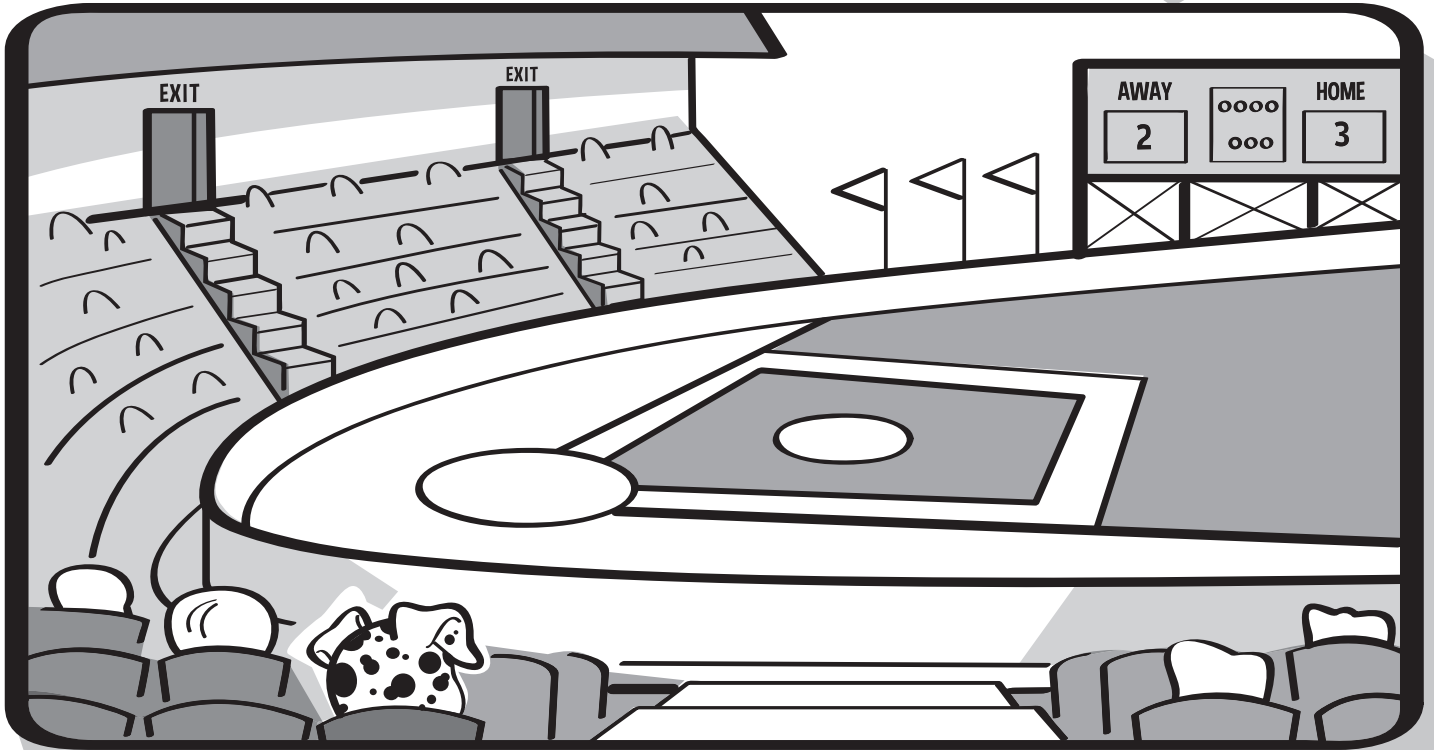
••• color the landmarks on both pages.

LOCATE YOUR EXITS

Always look for more than one exit.
Not all exits are doors.

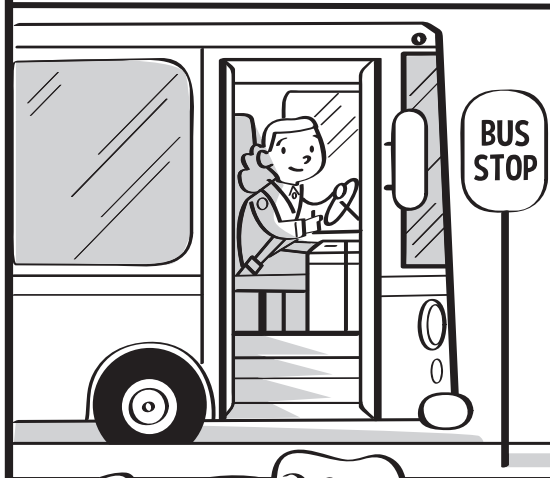
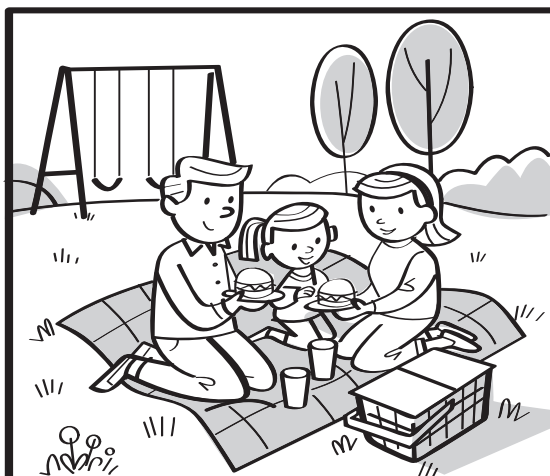


Draw a line from Rocket to his two closest exits.
Some exits don't have signs.

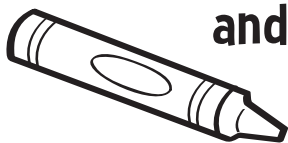


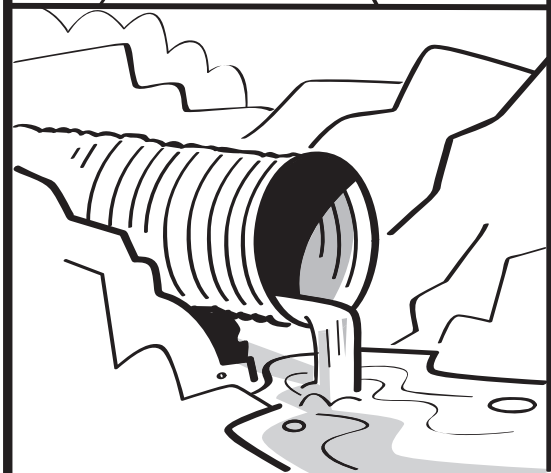
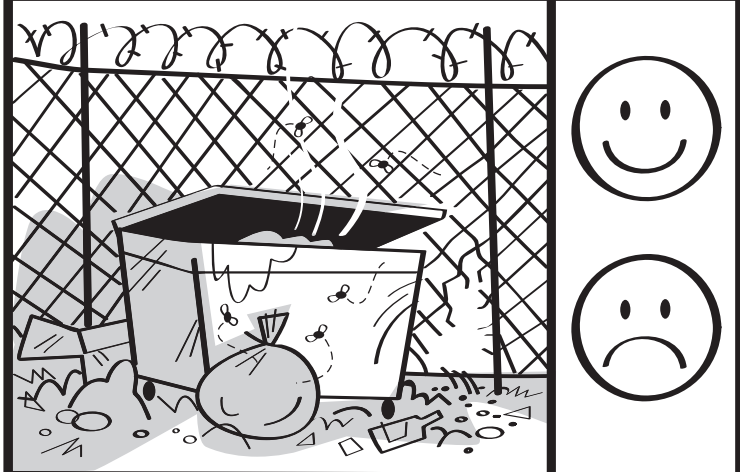
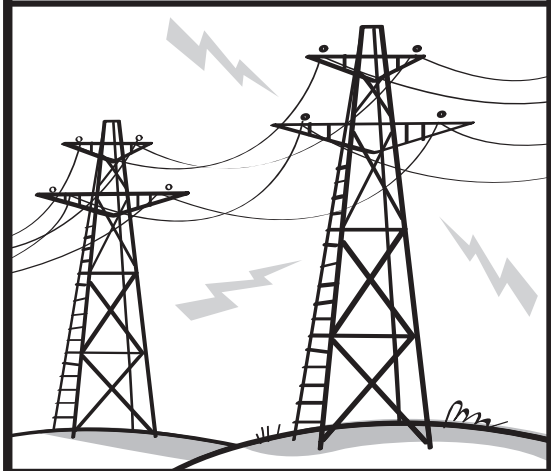
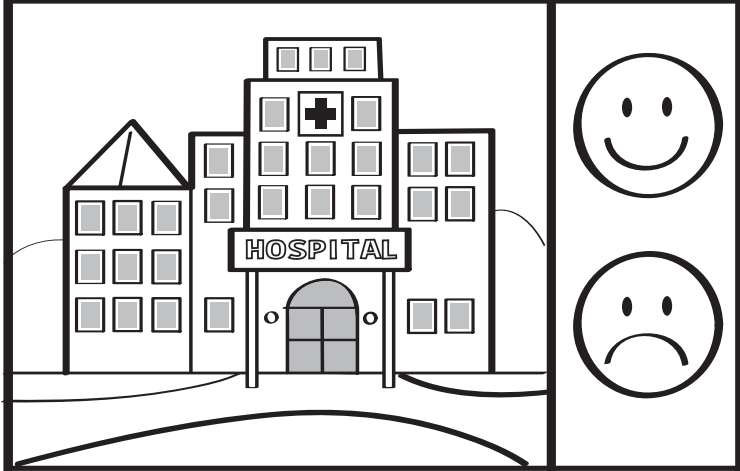
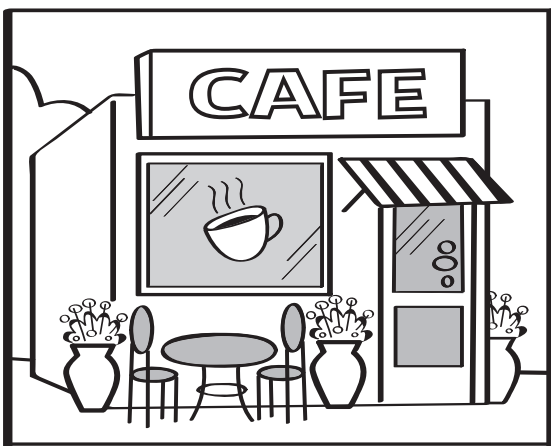
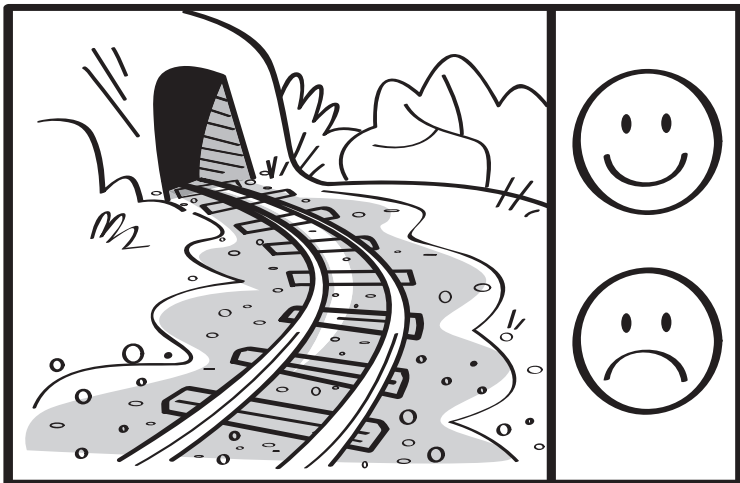
FIND SAFE PEOPLE AND PLACES

There are people and places that are safe and others that are not safe.



Color the smiley face if people are **SAFE** and the sad face if **NOT SAFE**.



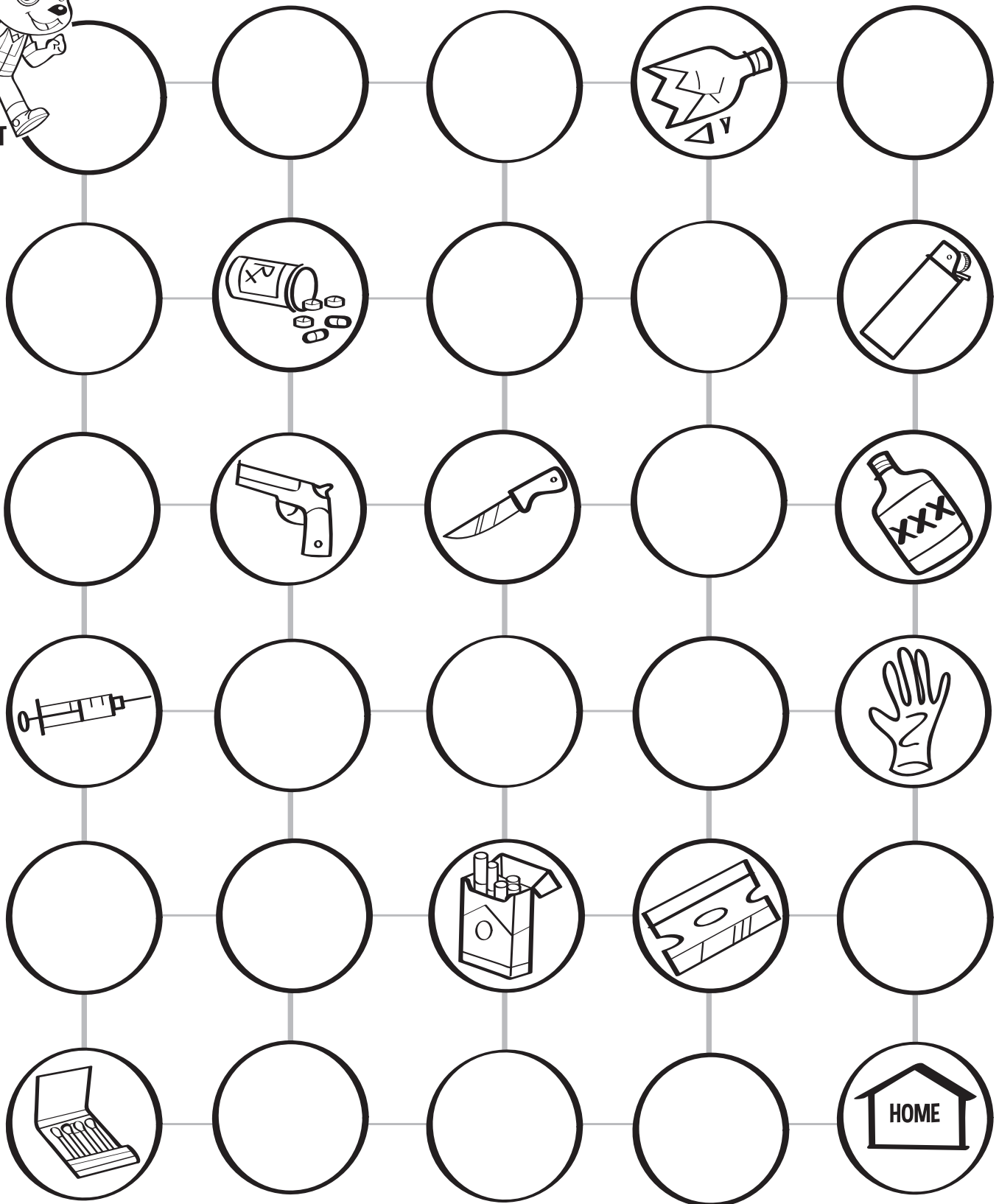


Color the smiley face if places are SAFE and the sad face if NOT SAFE.



GET AWAY FROM DANGER

Find Rocket's safe path home by coloring and connecting the dots while avoiding dangerous objects.  



KEEPING YOU SAFE

Police officers are always ready to help if you need it.



KEEP YOUR HANDS TO YOURSELF

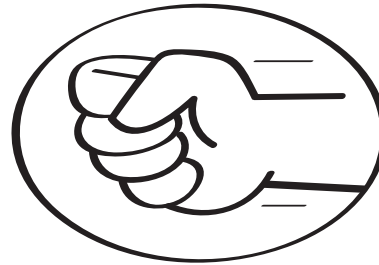


Never touch, hit or push anyone.

Tell your teacher, parent or trusted adult if someone does that to you.

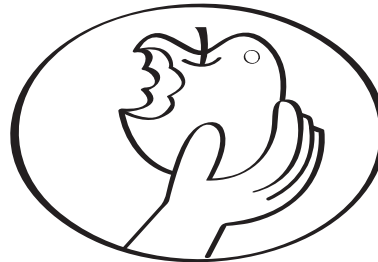
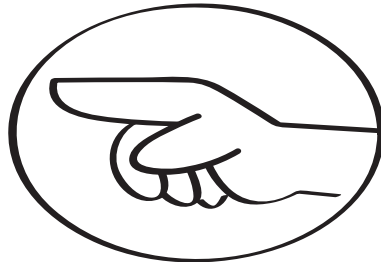
Put an **X** on pictures that show using your hands doing the wrong thing.

Clapping



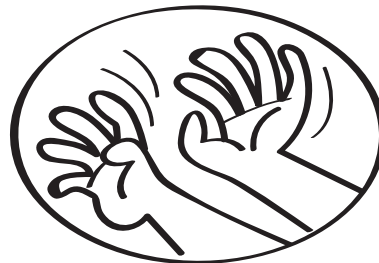
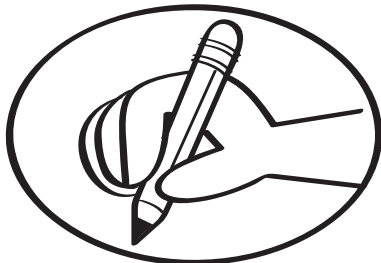
Hitting

Poking



Eating

Writing



Tickling

Touching things that aren't yours



Using computer

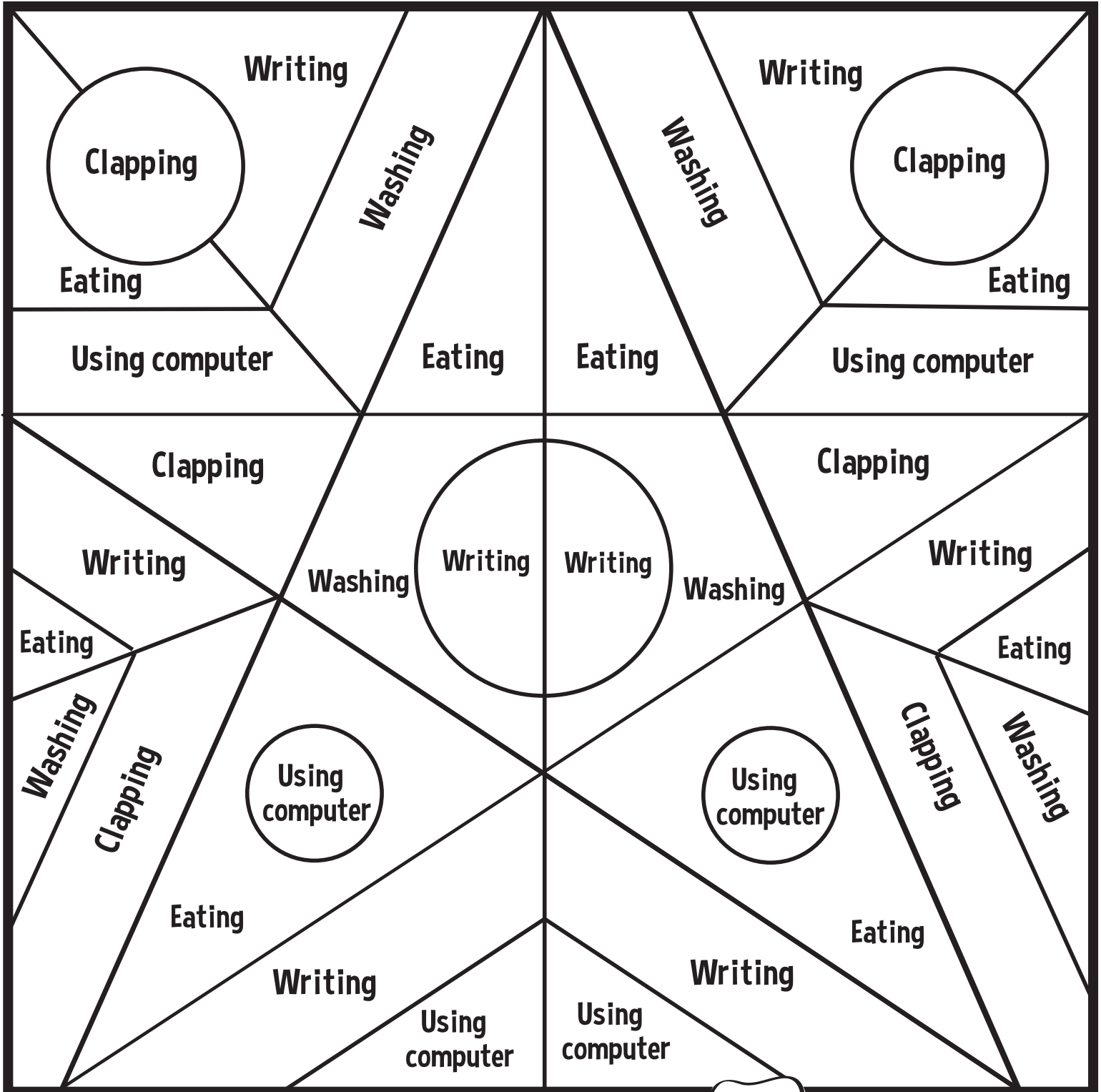
Washing



Pushing



Find the matching words in the puzzle below and color them the same color.
Use a different color for each word match to create a bright mosaic!



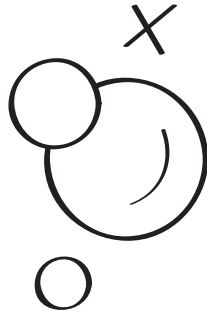
... color this page.



DO YOU KNOW WHEN TO WASH YOUR HANDS?



After using the bathroom



After you sneeze or cough



After playing with toys



After playing outside



After playing with a pet



Before you eat



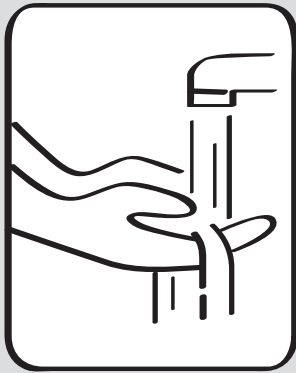
... color both pages.



5 STEPS TO CLEAN HANDS

Wash those germs away!

1. WET



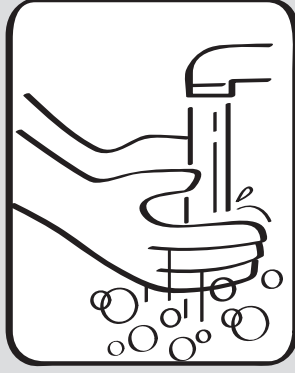
2. SOAP



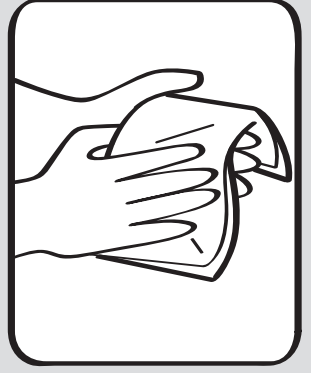
3. SCRUB



4. RINSE



5. DRY



Number the correct step for each picture.











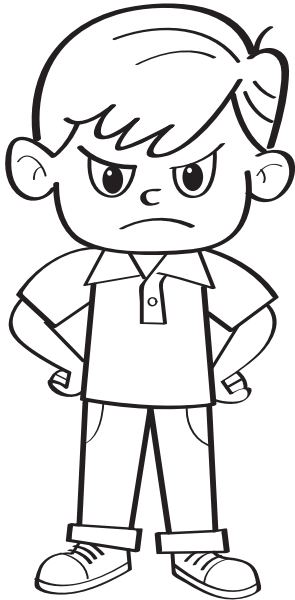


Sing Happy Birthday two times for squeaky clean hands.
Wash for 20 seconds.



SHARE YOUR FEELINGS

Don't be afraid to ask for help from your teacher, parent or a trusted adult.



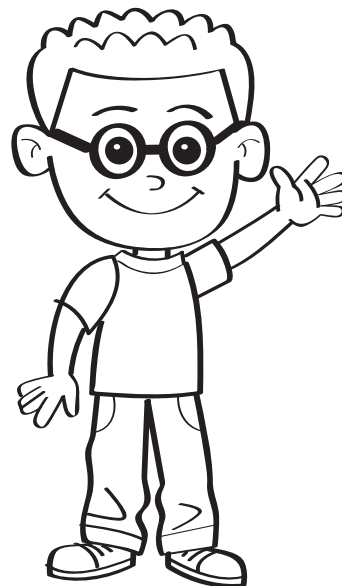
ANGRY



SCARED



SAD



HAPPY



... color this page.



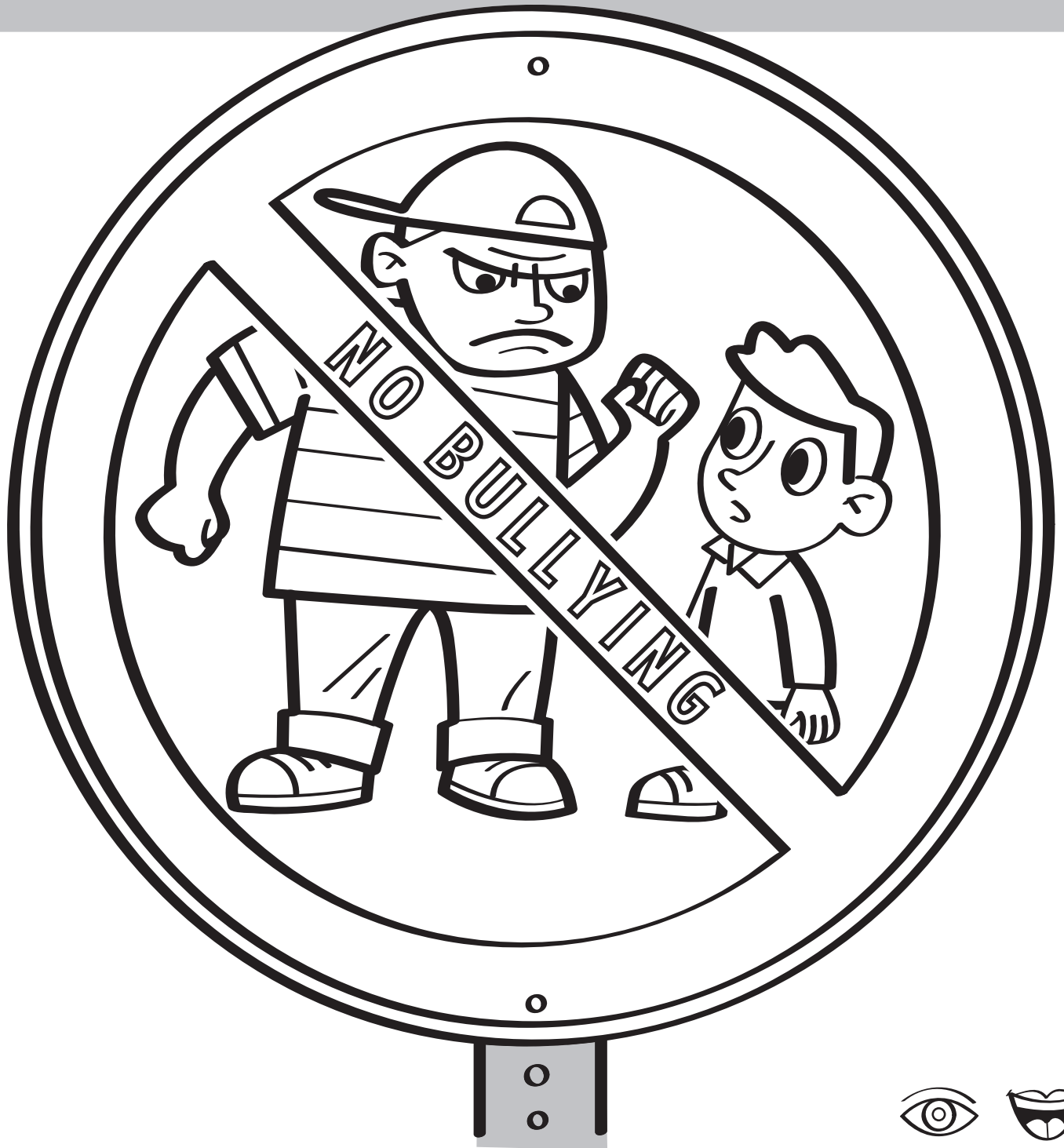
**Draw a picture of how you feel today.
Then write about how you feel and why.**



Today I feel _ _ _ _ _ because _ _ _ _ _

NO BULLY ZONE !

IF YOU ARE BEING BULLIED OR SEE SOMEONE BEING BULLIED
Tell a Teacher, Parent or Trusted Adult



••• Color the circle and the No Bullying line in red.

Were You Kind Today?

Be nice to everyone.
Use kind words.



I like you.

Can I help you?

You are not
my friend.

You are a
good friend.

Let's eat together.

You are smart.

You are nice.

You can't play
with me.

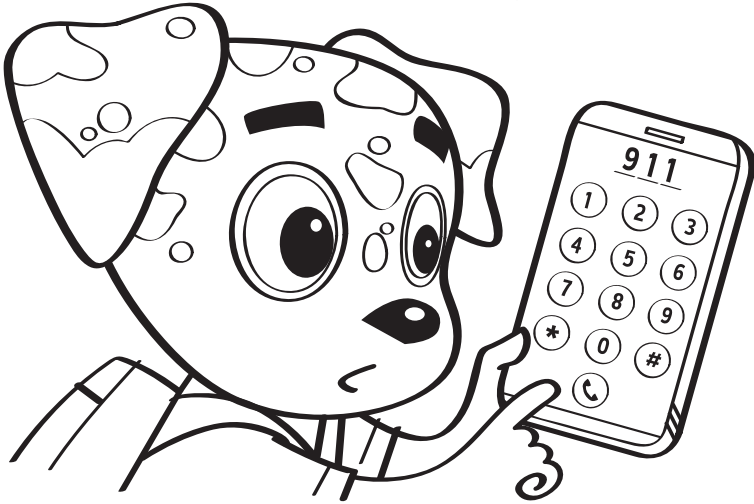
You are stupid.

You are special.

Are you ok?

Draw a line from Rocket's heart to the nice things he says.

DIAL 9-1-1



If you have a real emergency,
call 911 for help.
A friendly operator will
answer the phone.
Stay calm!

Look at the scenes and circle Yes or No if you should call 9-1-1

	Call 9-1-1 YES or NO
A cartoon boy is falling from a tree. He has stars around his head, indicating a fall or injury.	Y N
A vase is falling and has just broken on the floor, with shards and flowers scattered around.	Y N
A car is shown in a state of collision, having crashed into a wall or another car, with smoke and debris.	Y N
A fire is burning brightly in a fireplace. A fire extinguisher is visible next to the fireplace.	Y N

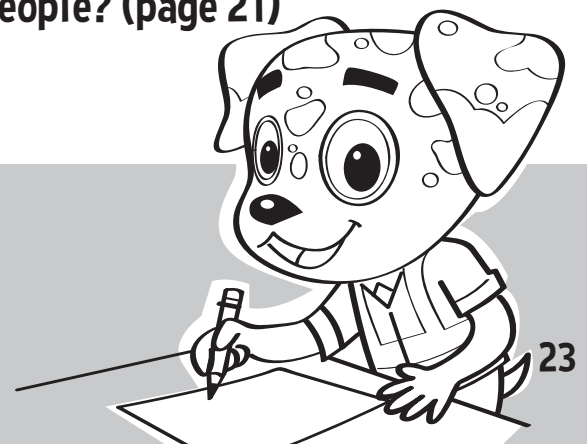
	Call 9-1-1 YES or NO
A boy is holding a large toy airplane, looking at it with interest.	Y N
A dog is looking out a window at a house in the distance. Smoke is coming out of the house, suggesting a fire.	Y N
A girl is flying a kite in a park. The kite is high in the air, and she is holding the string.	Y N
A person is sitting on a bench. A fire alarm is ringing, and a person in a hard hat is visible in the background.	Y N



USE YOUR SENSES REVIEW

Sit down with your family and answer the questions below:

1. Who are some of your buddies and can you describe them? (page 1)
2. Is it safe to walk between two cars when you cross the street? (page 2)
3. Where is a safe place to cross the street? (page 3)
4. What should you do before you cross the street? (page 4)
5. Name some of the landmarks that you pass on your way to school. (page 6-7)
6. What is an EXIT? (page 8-9)
7. Who are safe people that can help you? (page 10)
8. Is it safer to walk near a well-lit market with cameras or a trash can? (page 11)
9. Name some dangerous objects and how they can hurt you. (page 12)
10. For a real emergency, what number do you call for help?
 - What are examples of real emergencies? (page 13)
11. If someone pushes or hits you or a friend, what should you do? (page 14)
12. When should you wash your hands? (page 16)
13. If you are feeling sad, angry or scared, who can you talk to? (page 18)
14. If someone is bullying you, or treating you badly, what should you do? (page 20)
15. What are some kind things you can do or say to people? (page 21)
16. Name your senses. (inside front cover)



CONGRATULATIONS!

You're Now on Rocket's Team!

Name : _____

has completed Rocket's Use Your Senses activities.

Date _____

Signature *Rocket*



The Hero In You
foundation

EMERGENCY CONTACT LIST



MY INFORMATION:

Name: _____

Birth Date: _____

My Address: _____

My Phone #: _____

Medical Conditions: _____

Allergies: _____

Medications: _____

EMERGENCY NUMBERS:

Emergency Operator: **911** _____

Parent Phone: _____

Parent Phone: _____

Relative Phone: _____

Neighbor Phone: _____

KEEP YOUR CHILD SAFE and HEALTHY!

This book teaches your kids to use their senses to make **SMART, SAFE** decisions in everyday situations.

SKILLS INCLUDE

9-1-1

HOW TO FIND EXITS

STAYING SAFE WITH A BUDDY

FIND YOUR WAY WITH LANDMARKS

TRAFFIC SAFETY

SAFE PEOPLE AND SAFE PLACES

5 STEPS TO CLEAN HANDS

"Ensuring children are raised in a safe nurturing school community is paramount for their success. Rocket's Use Your Senses Activity Book is a valuable tool to build awareness and keep them safe.

- Alfonso C. Webb, II, Ed.D.
Senior Director,
Office of School Culture,
Climate & Safety,
Los Angeles Unified School District



The Hero In You
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