



The Hero In You Foundation presents

Rocket's SENSE OF SAFETY & Beyond!

ACTIVITY BOOK

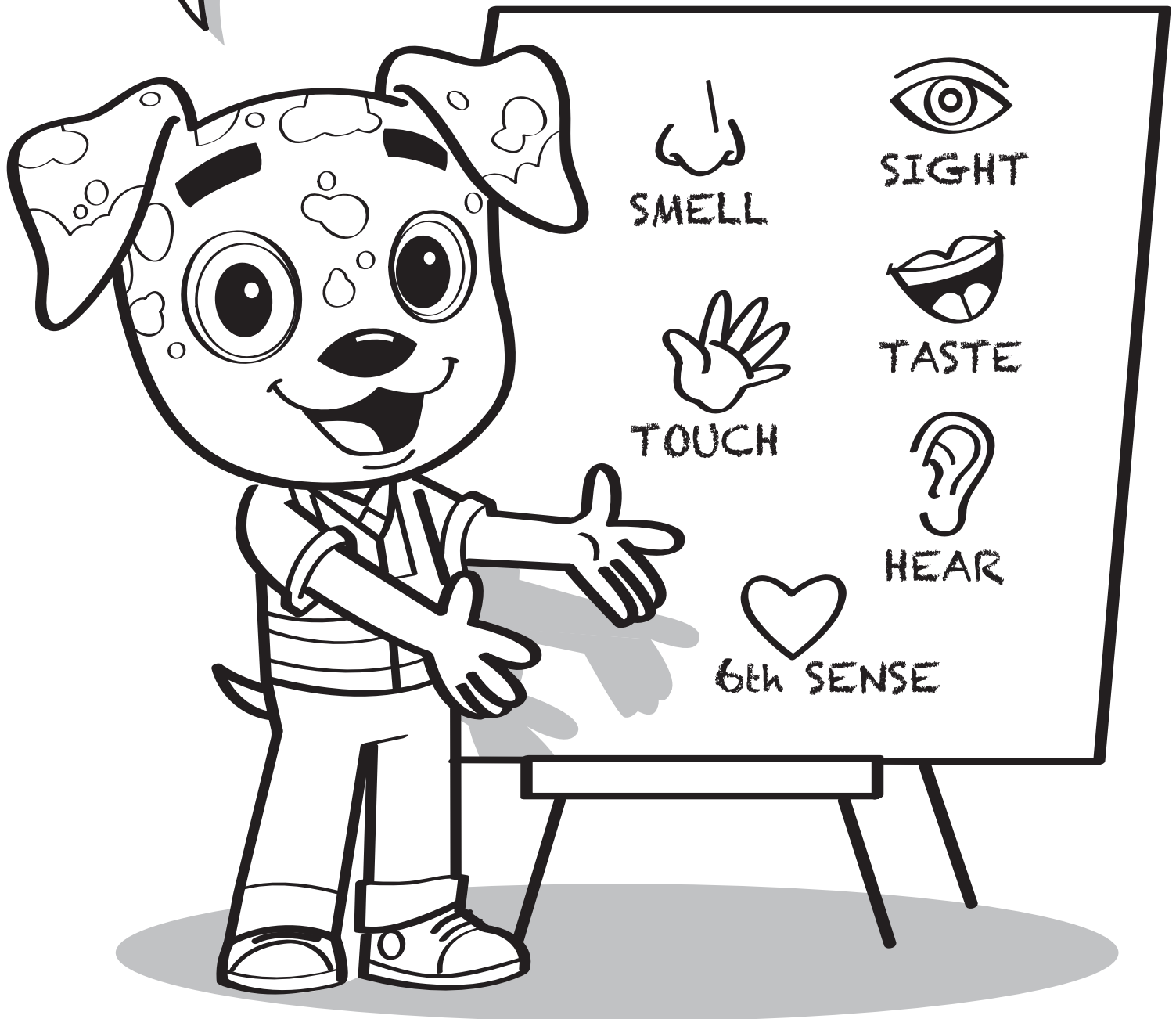


In Partnership with



Hi I'm Rocket.

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



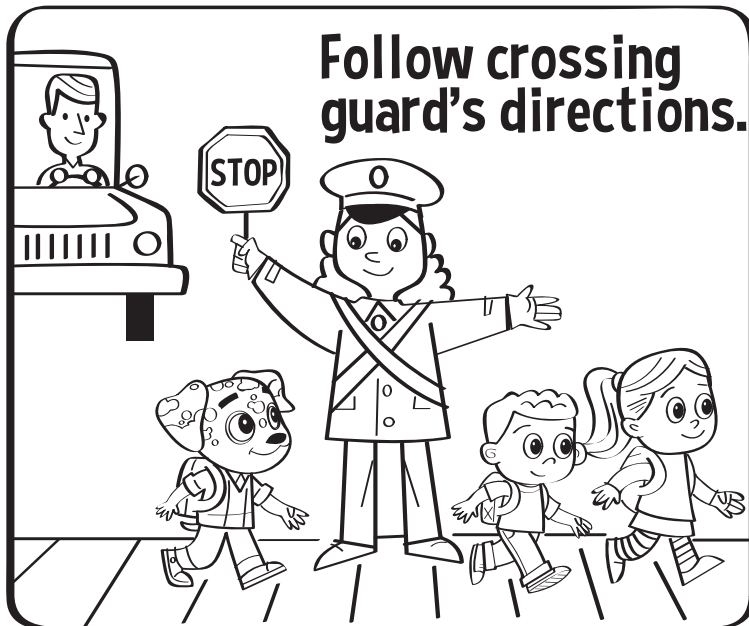
Complete all the activities in this book and become a member of Rocket's Sense of Safety & Beyond! team.

STAY WITH YOUR BUDDY

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



CROSSING THE STREET SAFELY



KNOW YOUR STREET SIGNS ?



Pedestrian Crosswalk



STOP



School Zone



Traffic Light



DON'T WALK



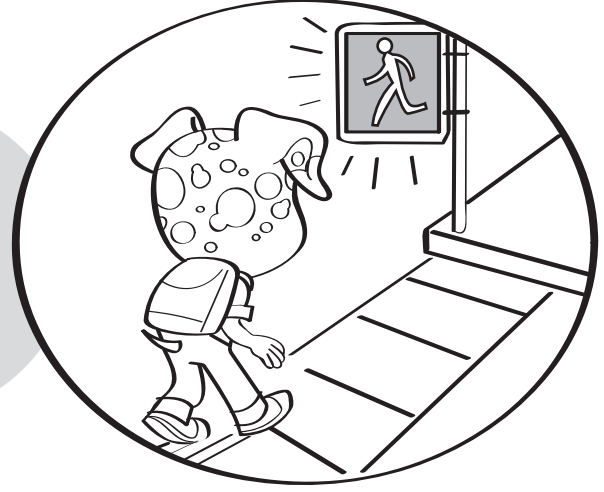
WALK

SAFE or UNSAFE

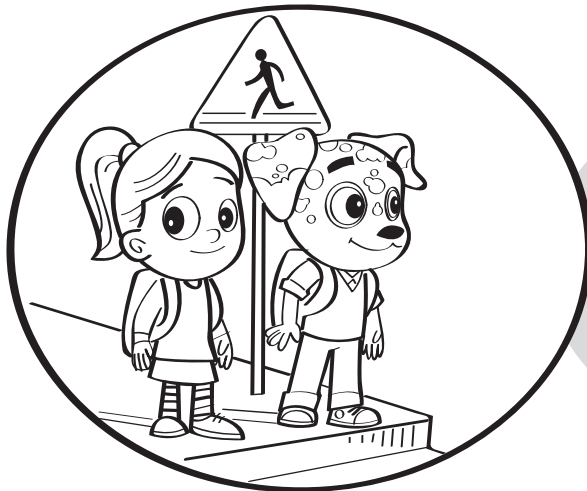
Draw a line from "Safe or Unsafe" that describes each picture.



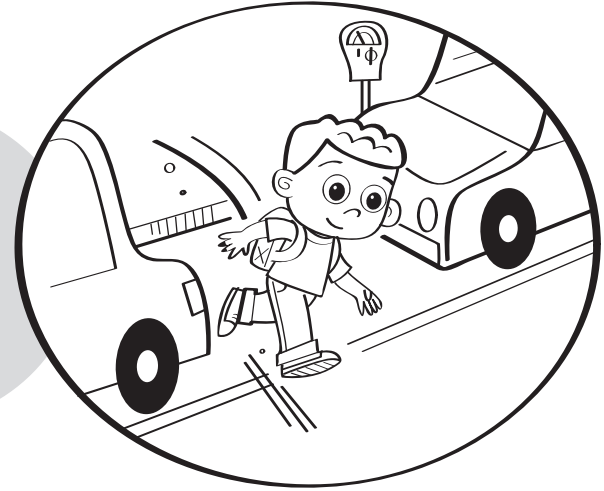
SAFE
UNSAFE



SAFE
UNSAFE



SAFE
UNSAFE



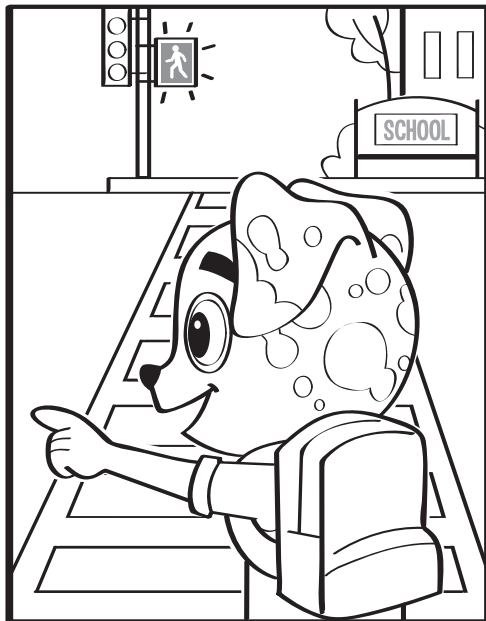
 ... color the pictures and signs on both pages.

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

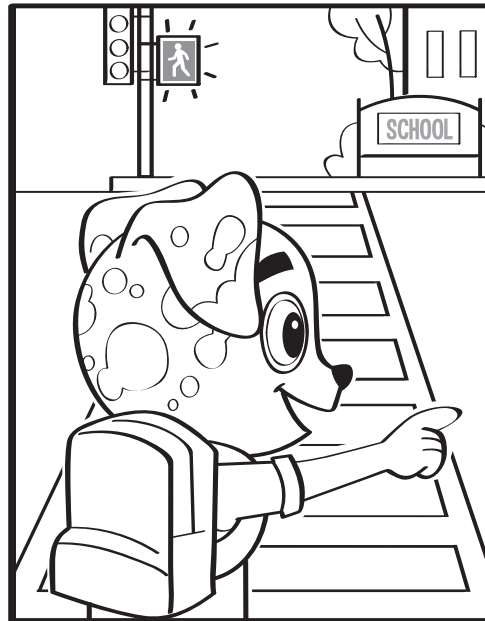
LEFT - RIGHT - LEFT



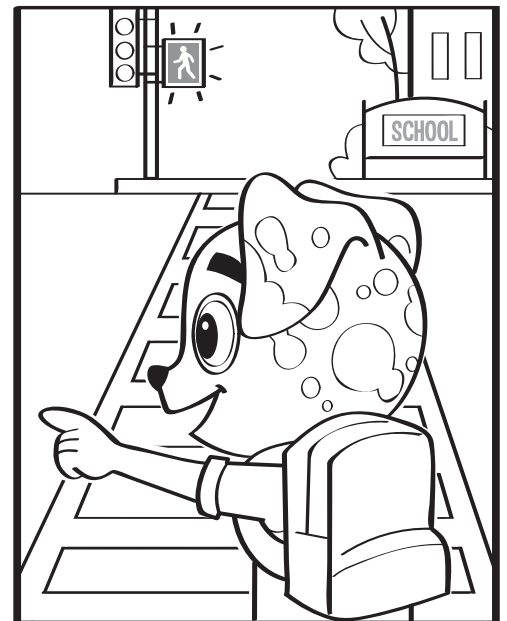
Always look **LEFT**,
then **RIGHT**,
and then **LEFT** again
before crossing a street.
Remember to use the crosswalk.



Look LEFT first...



...then RIGHT...



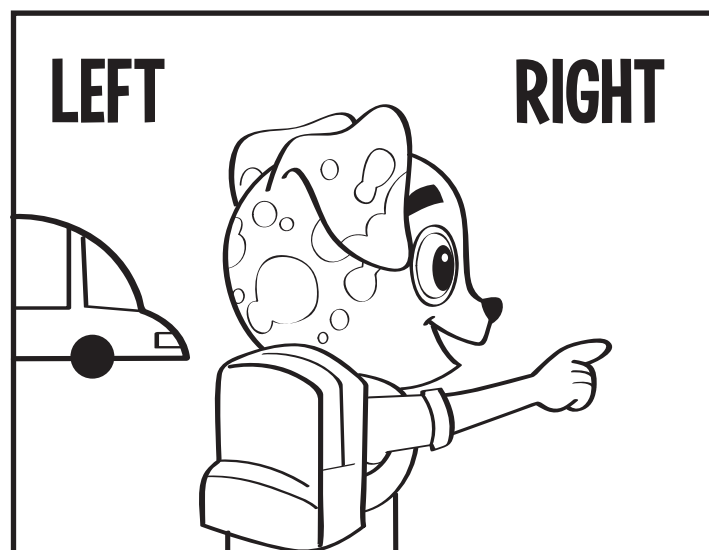
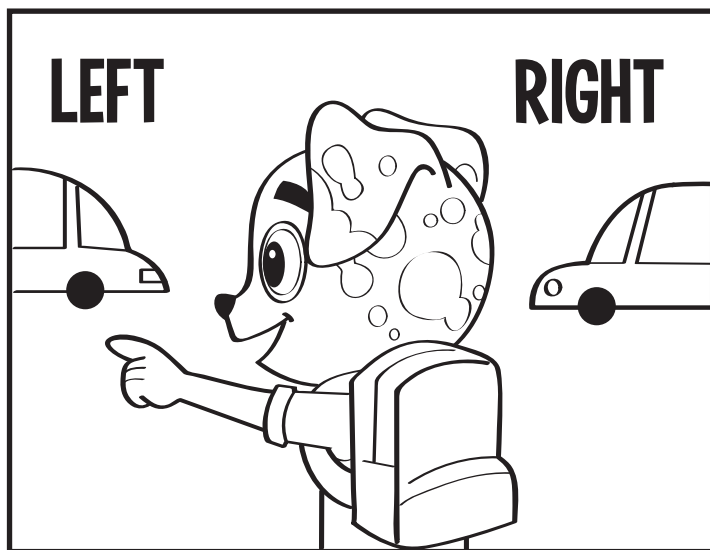
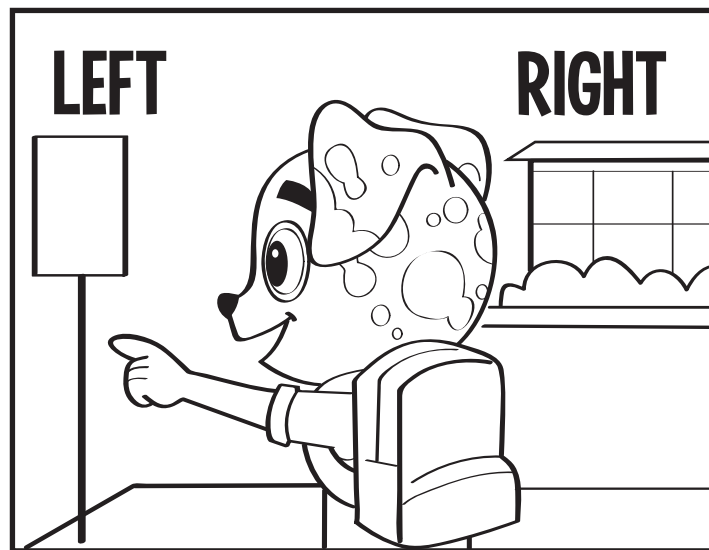
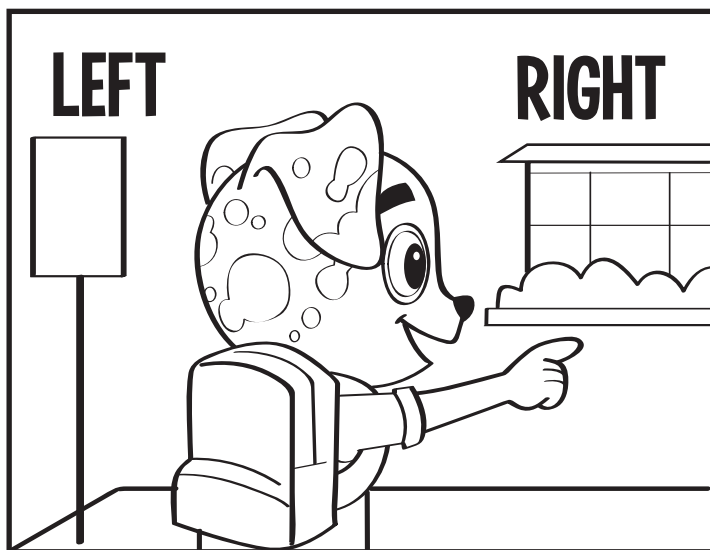
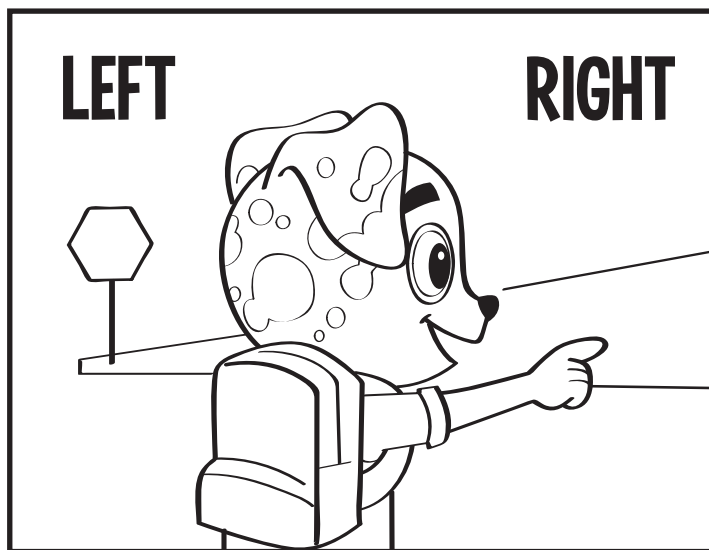
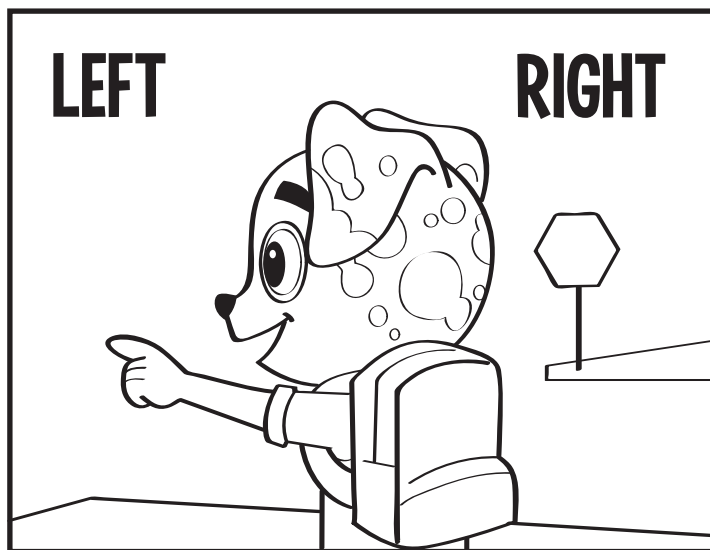
...then LEFT again!

...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.

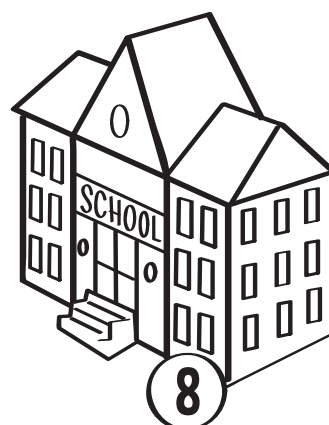
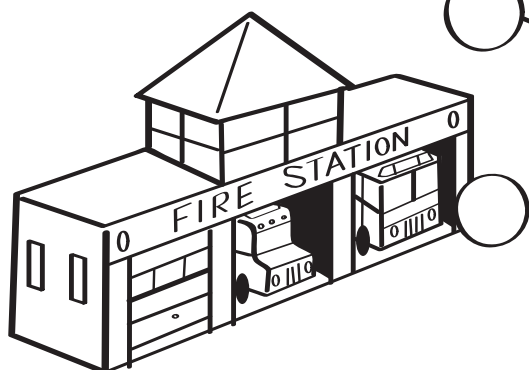
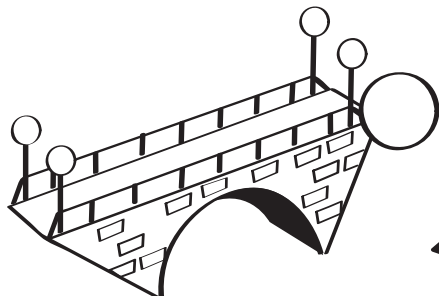
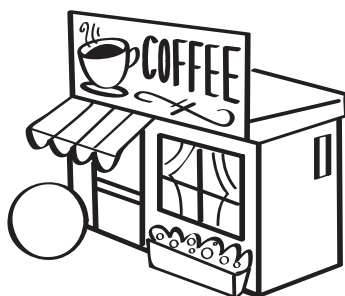


... color this page.

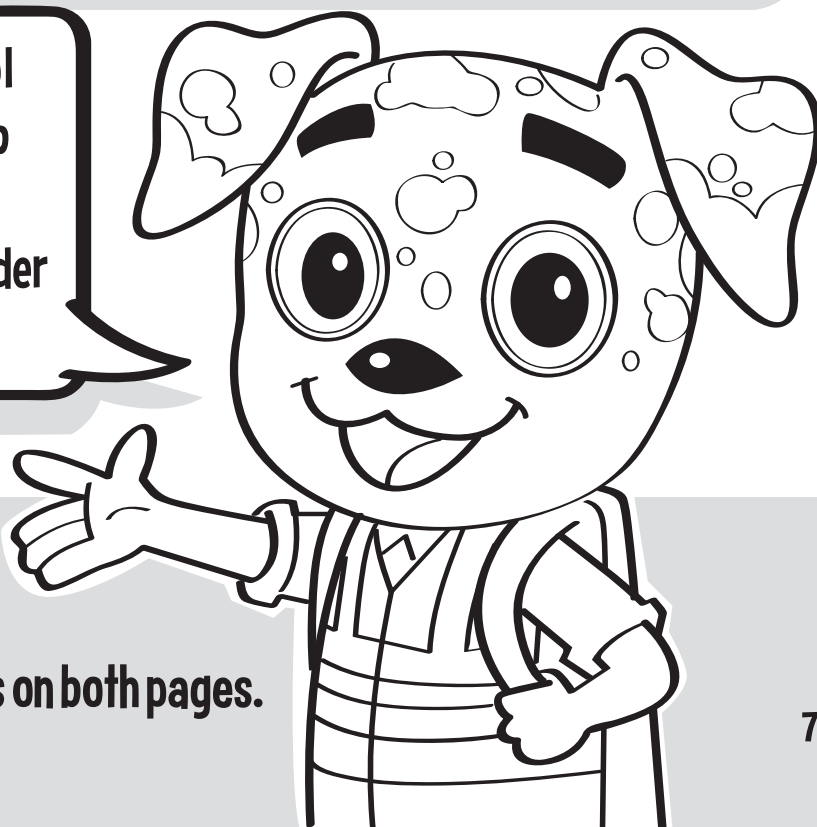
KNOW YOUR LANDMARKS

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.



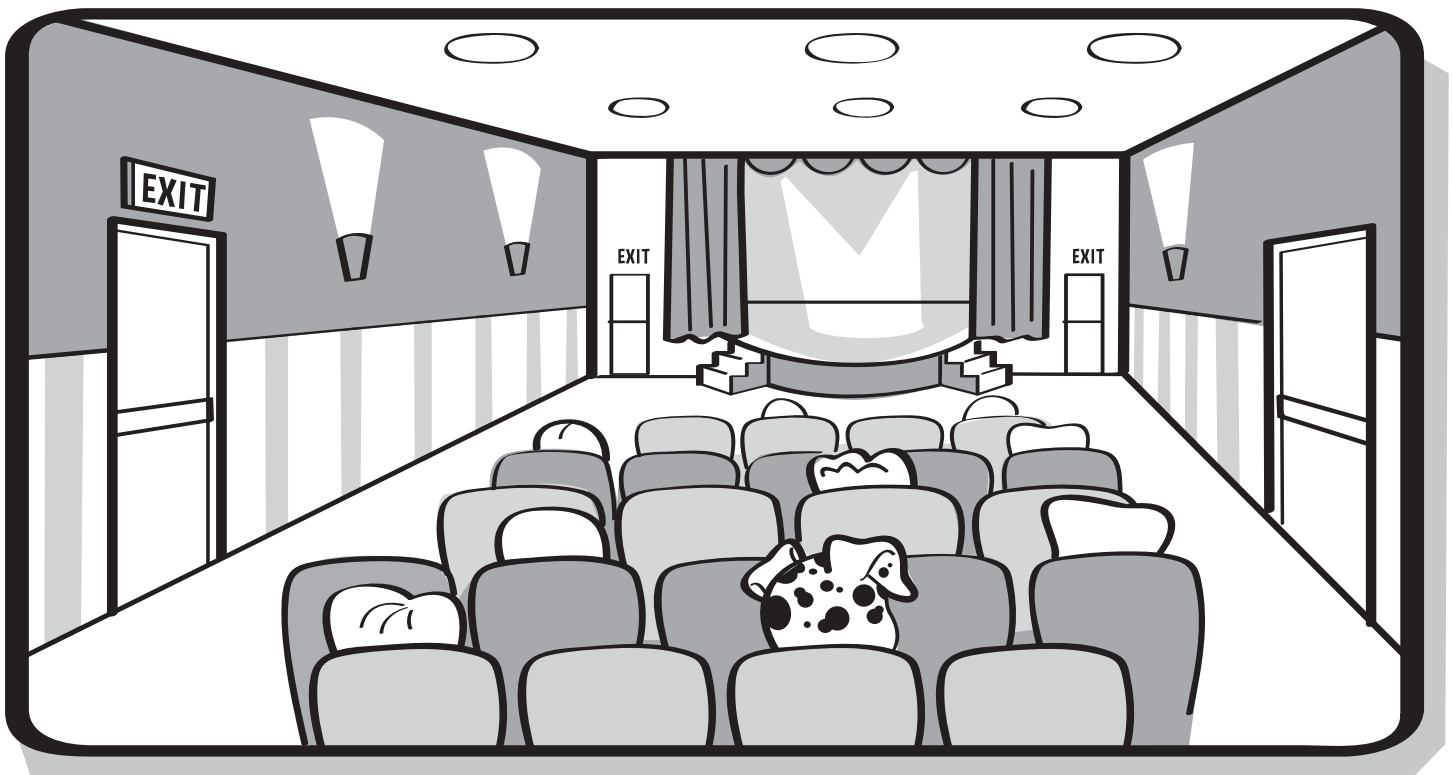
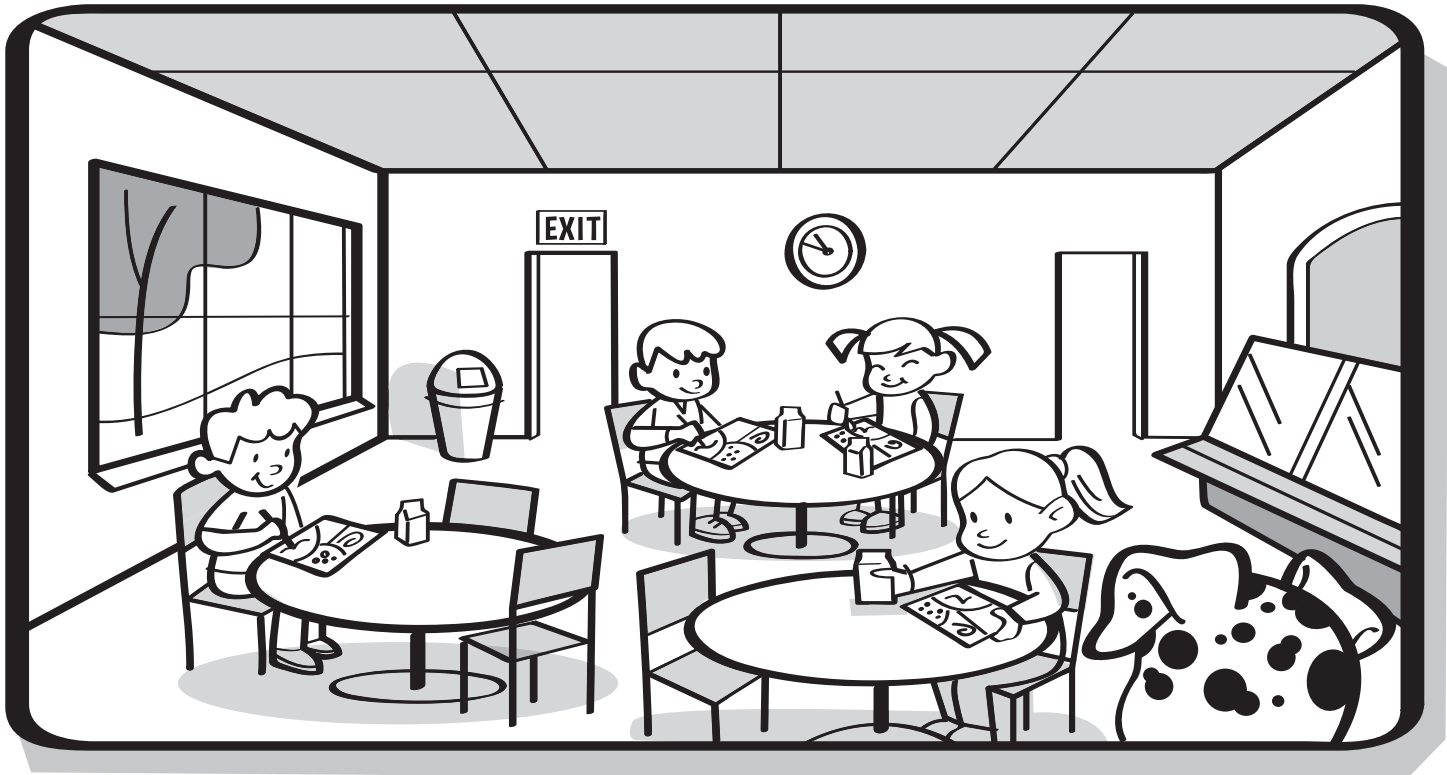
Use your sense of sight to remember. 



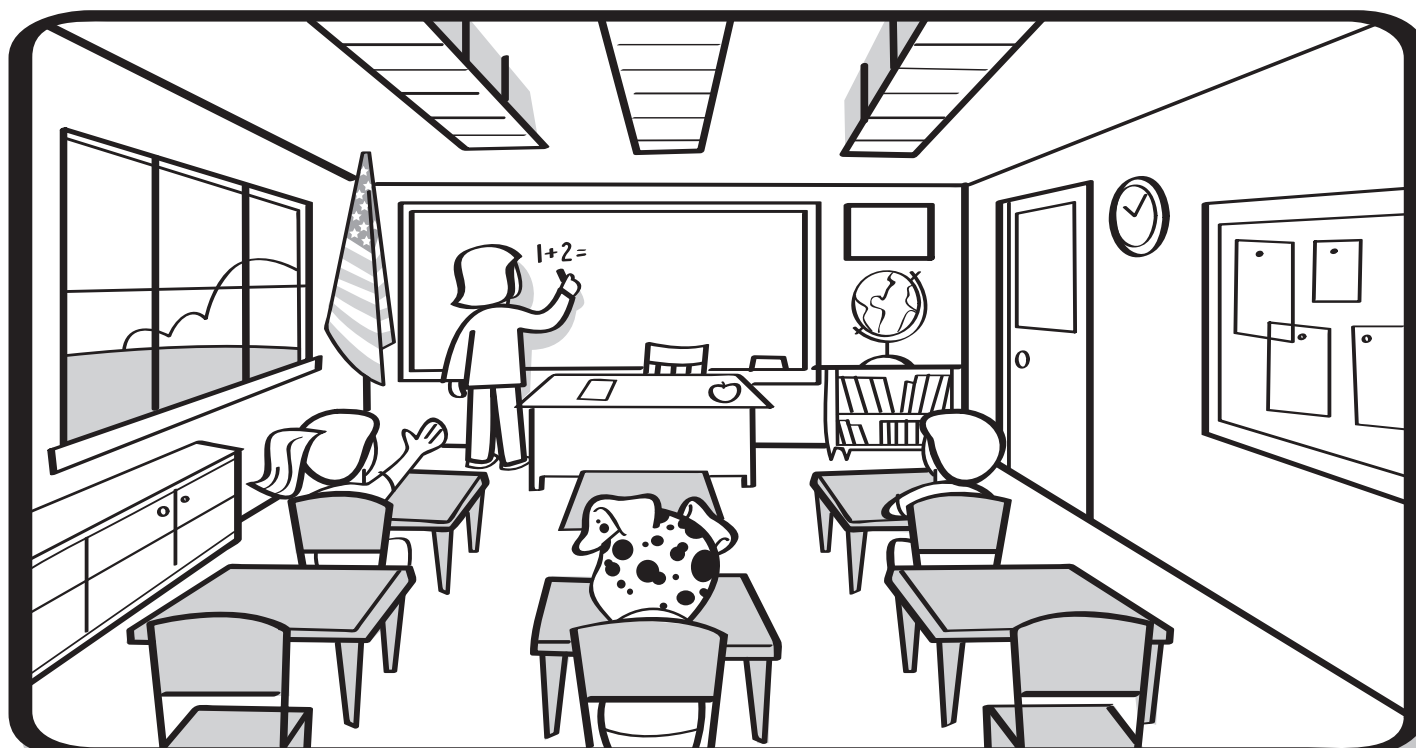
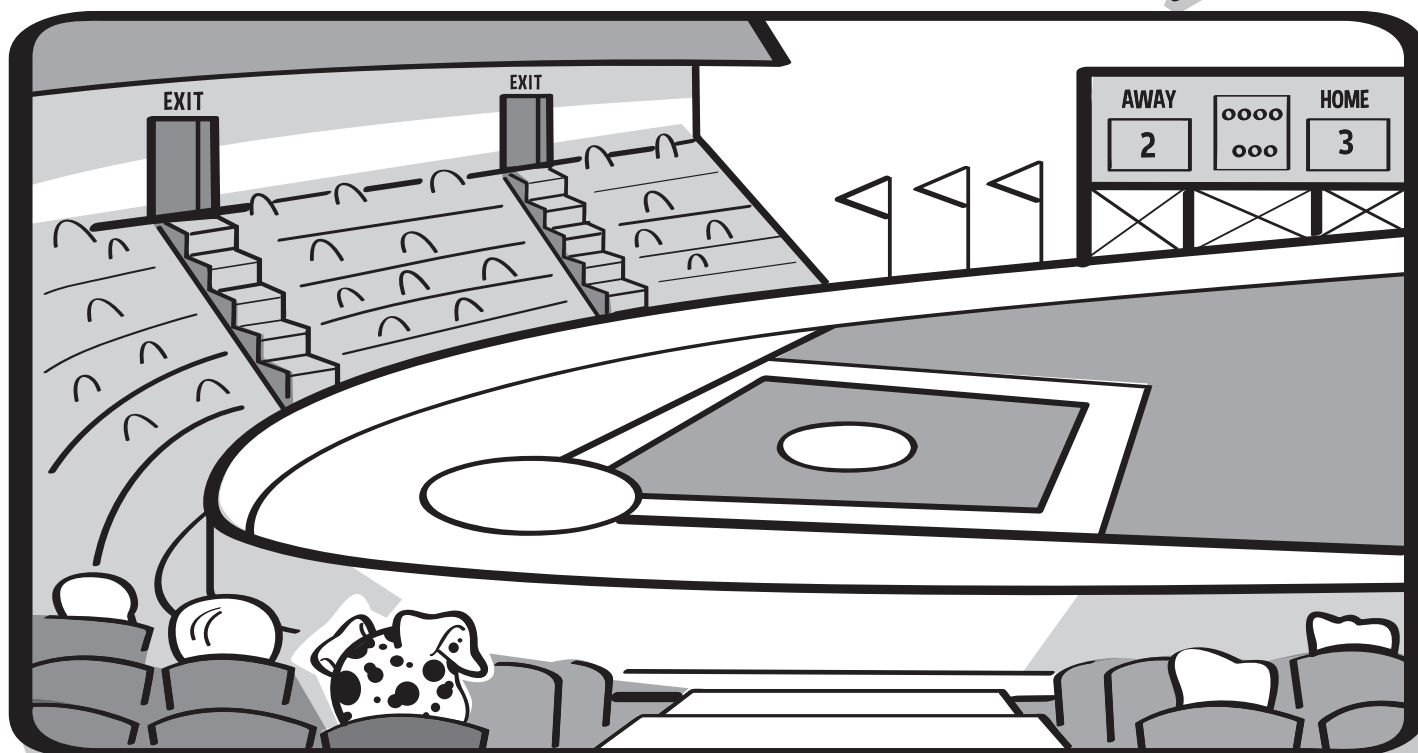
... color the landmarks on both pages.

LOCATE YOUR EXITS

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

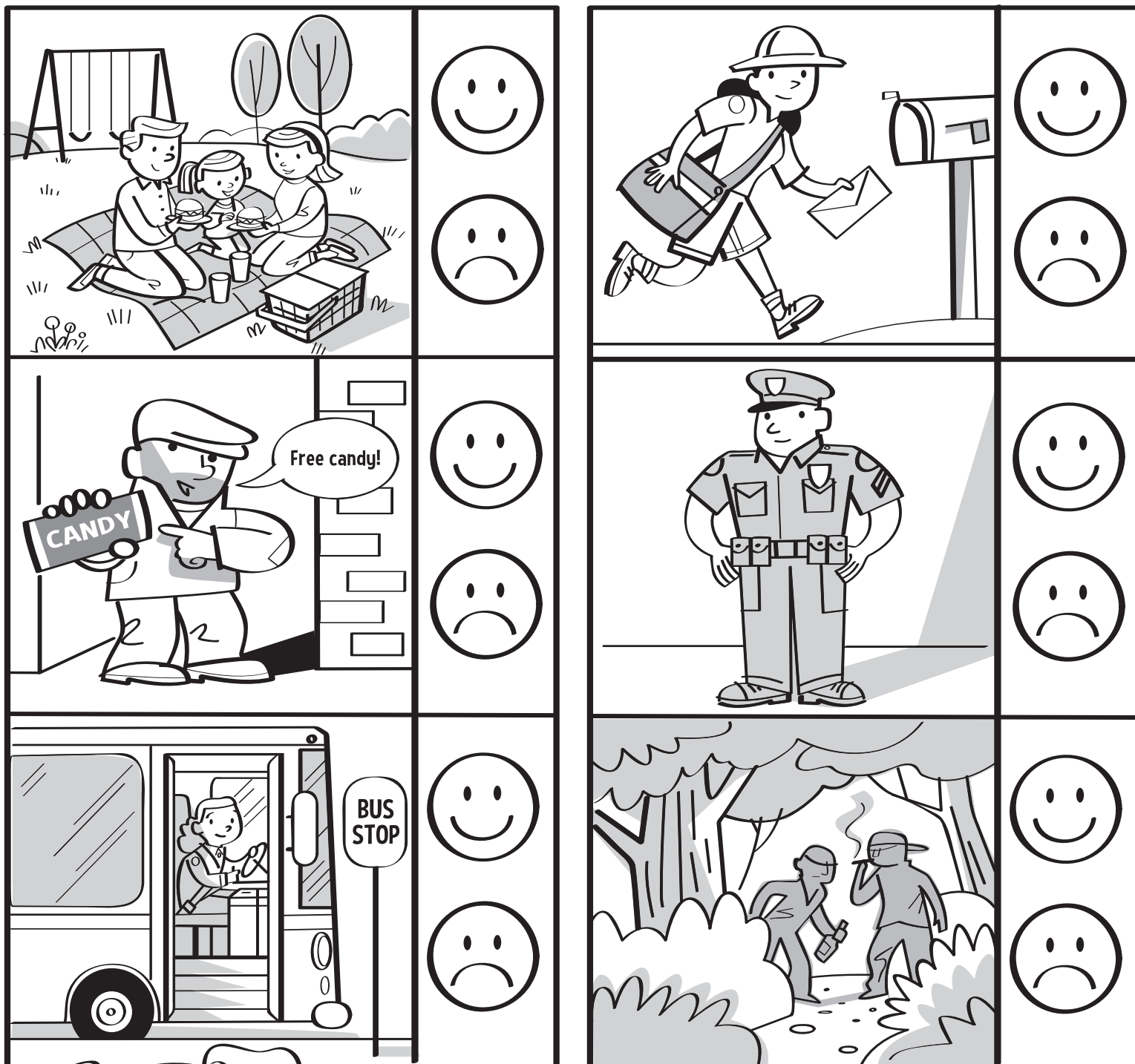


Draw a line from Rocket to his two closest exits.
Some exits don't have signs.

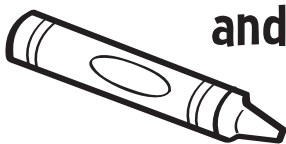


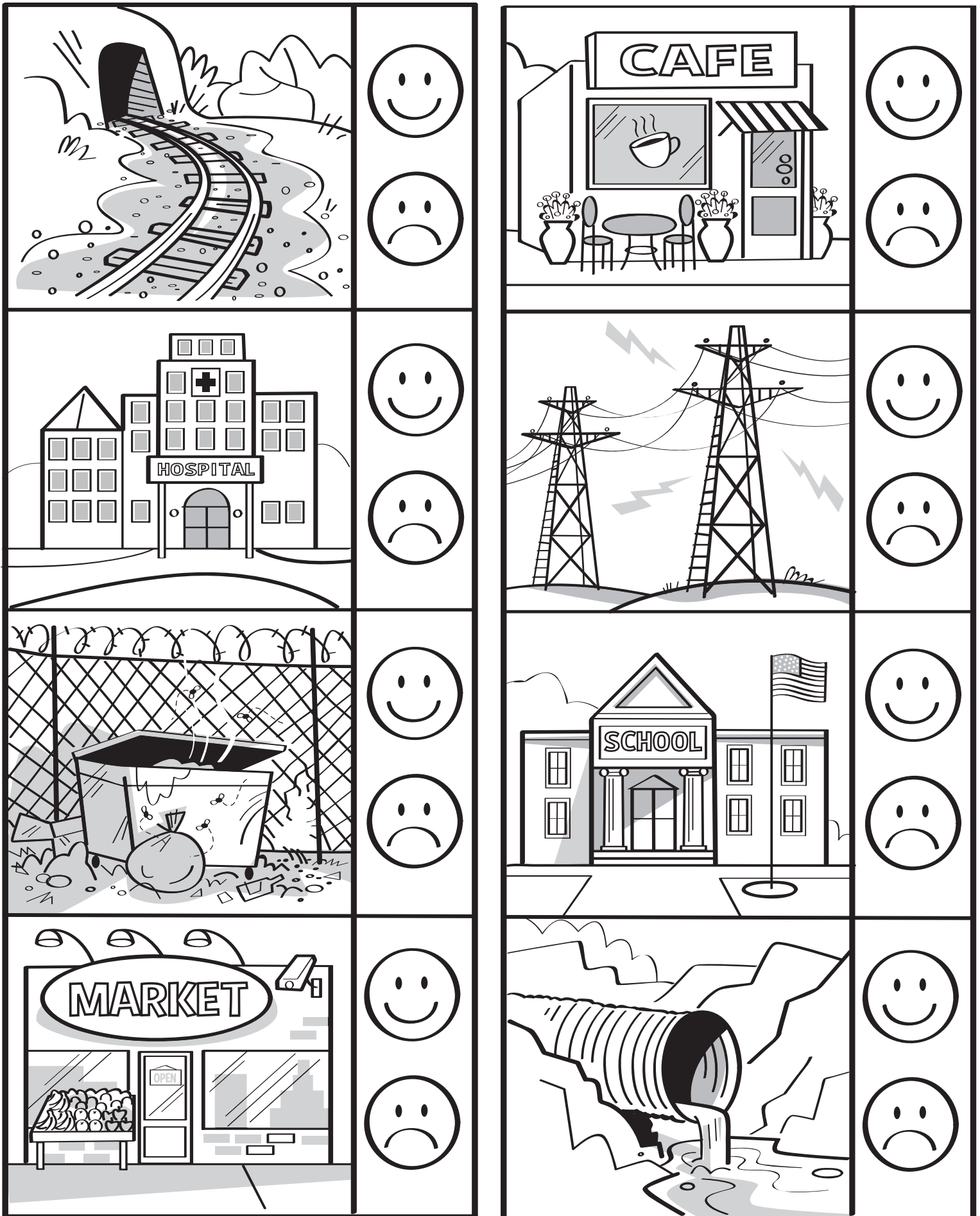
FIND SAFE PEOPLE AND PLACES

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**.



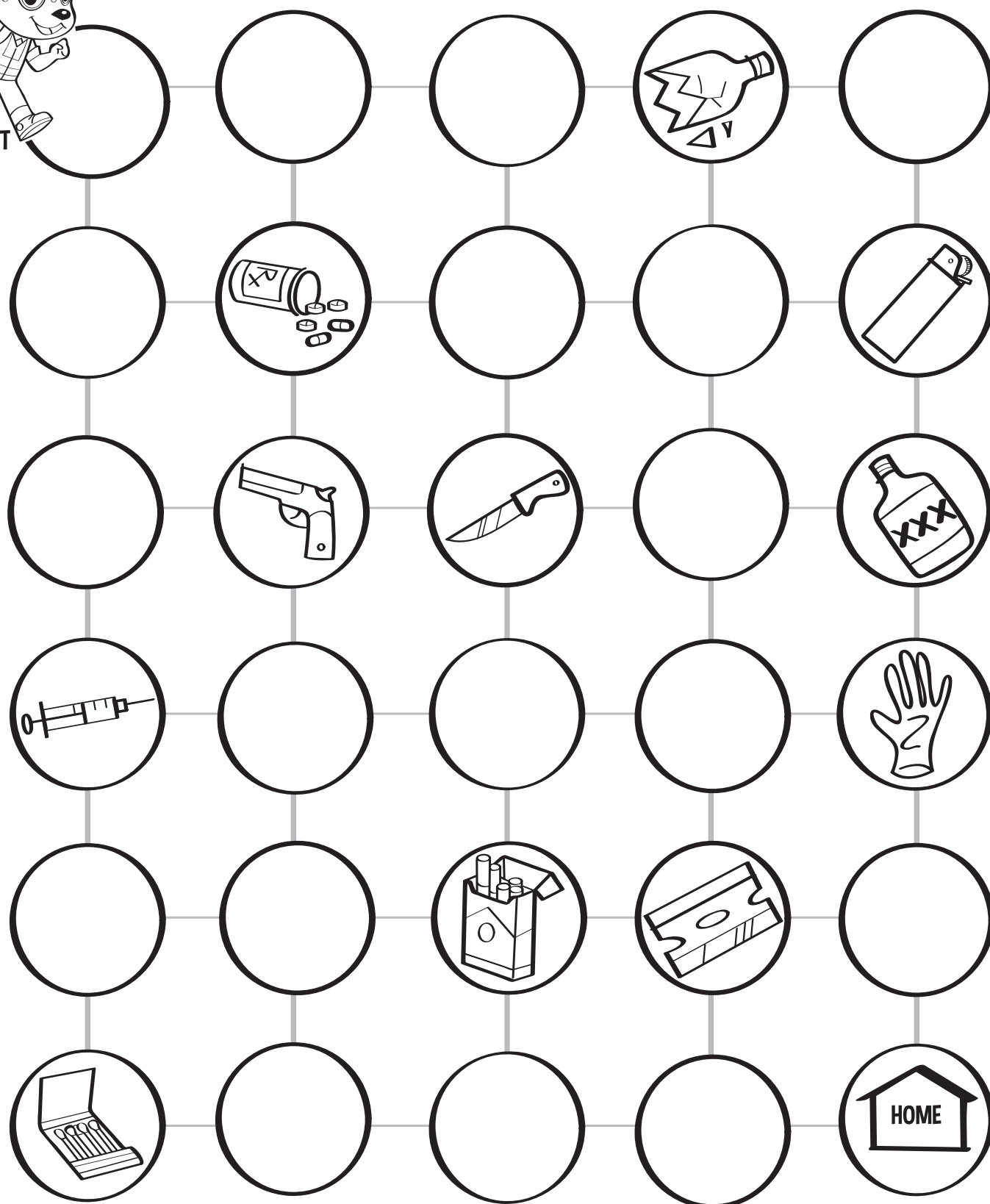


Color the smiley face if places are **SAFE** and the sad face if **NOT SAFE**.



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.



... color this page.

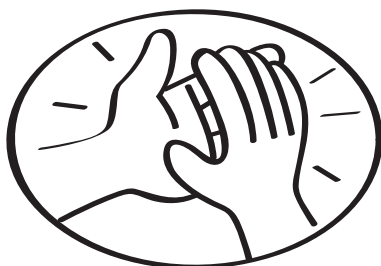
KEEP YOUR HANDS TO YOURSELF



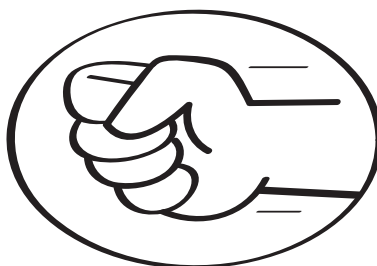
Never touch, hit or push anyone.
Tell your teacher, parent or trusted adult if someone does that to you.

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

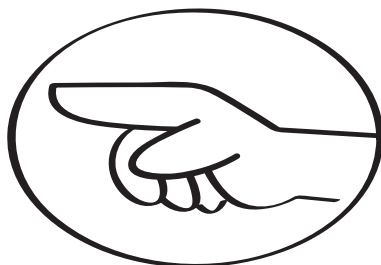
Clapping



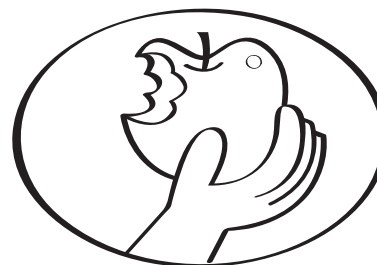
Hitting



Poking



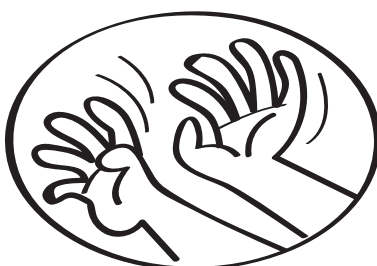
Eating



Writing



Tickling



Touching things that aren't yours



Using computer



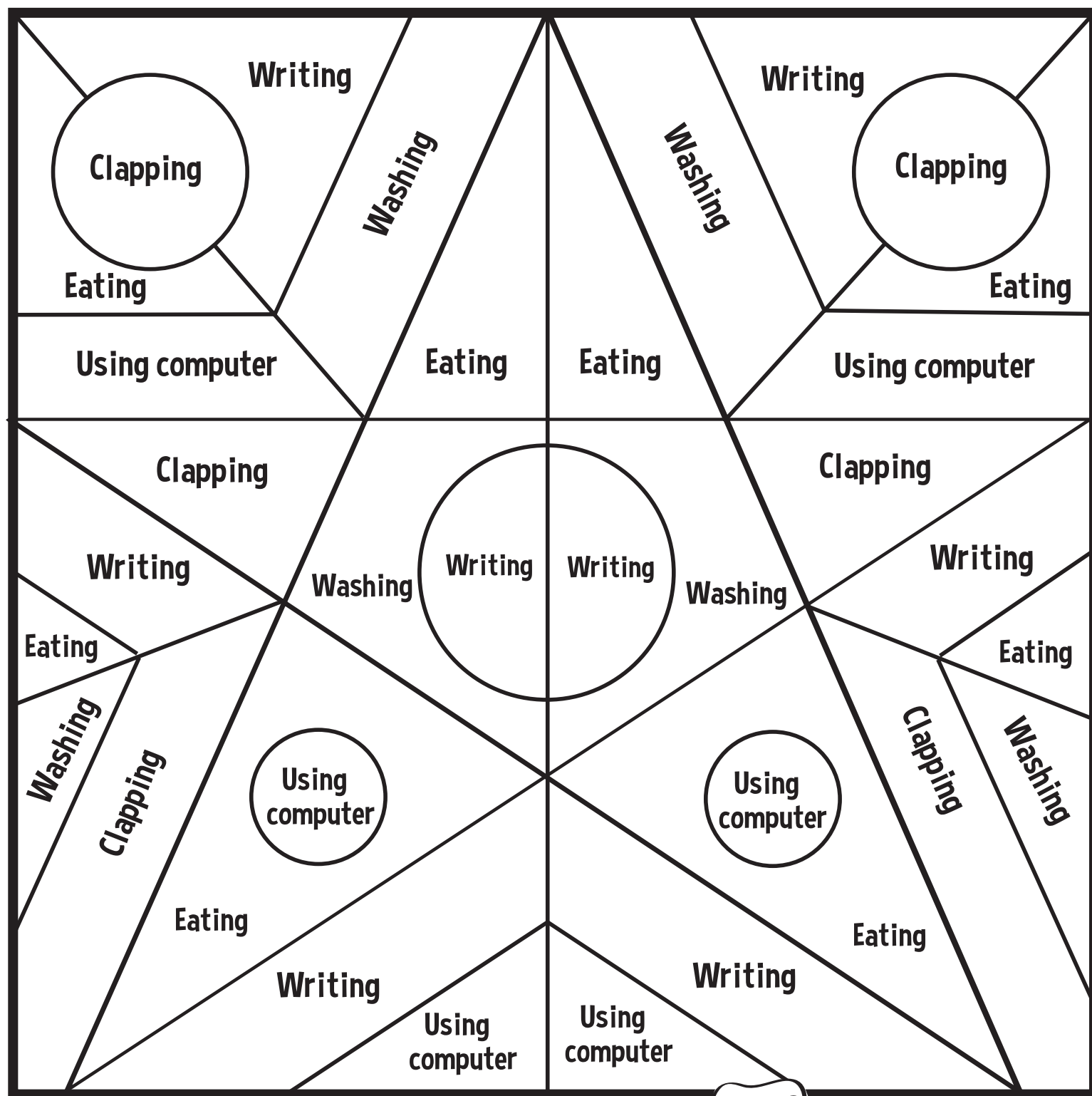
Washing



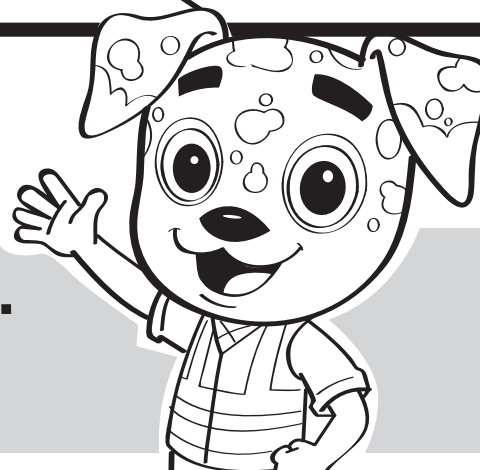
Pushing



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?



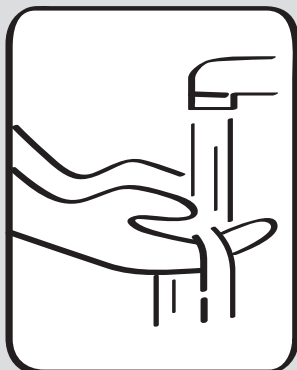
... color both pages.



5 STEPS TO CLEAN HANDS

Wash those germs away!

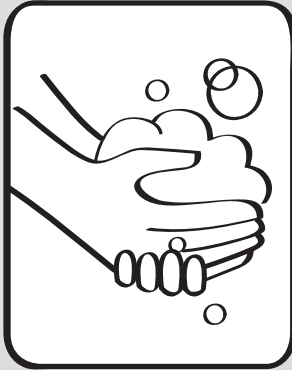
1. WET



2. SOAP



3. SCRUB



4. RINSE



5. DRY



Number the correct step for each picture.











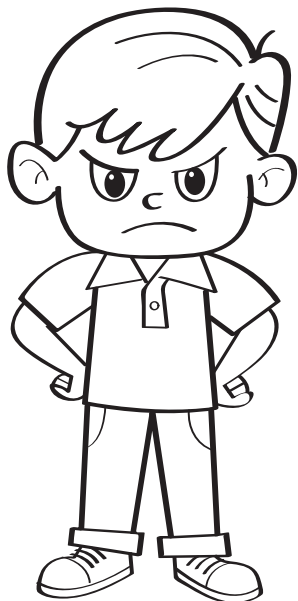


Sing Happy Birthday two times for squeaky clean hands.
Wash for 20 seconds.



SHARE YOUR FEELINGS

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



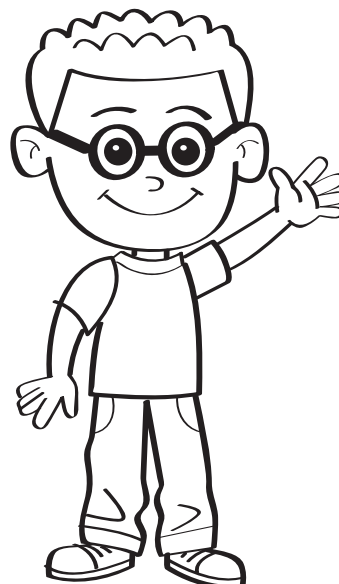
ANGRY



SCARED



SAD



HAPPY



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



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

_ _ _ _ _

_ _ _ _ _

NO BULLY ZONE !

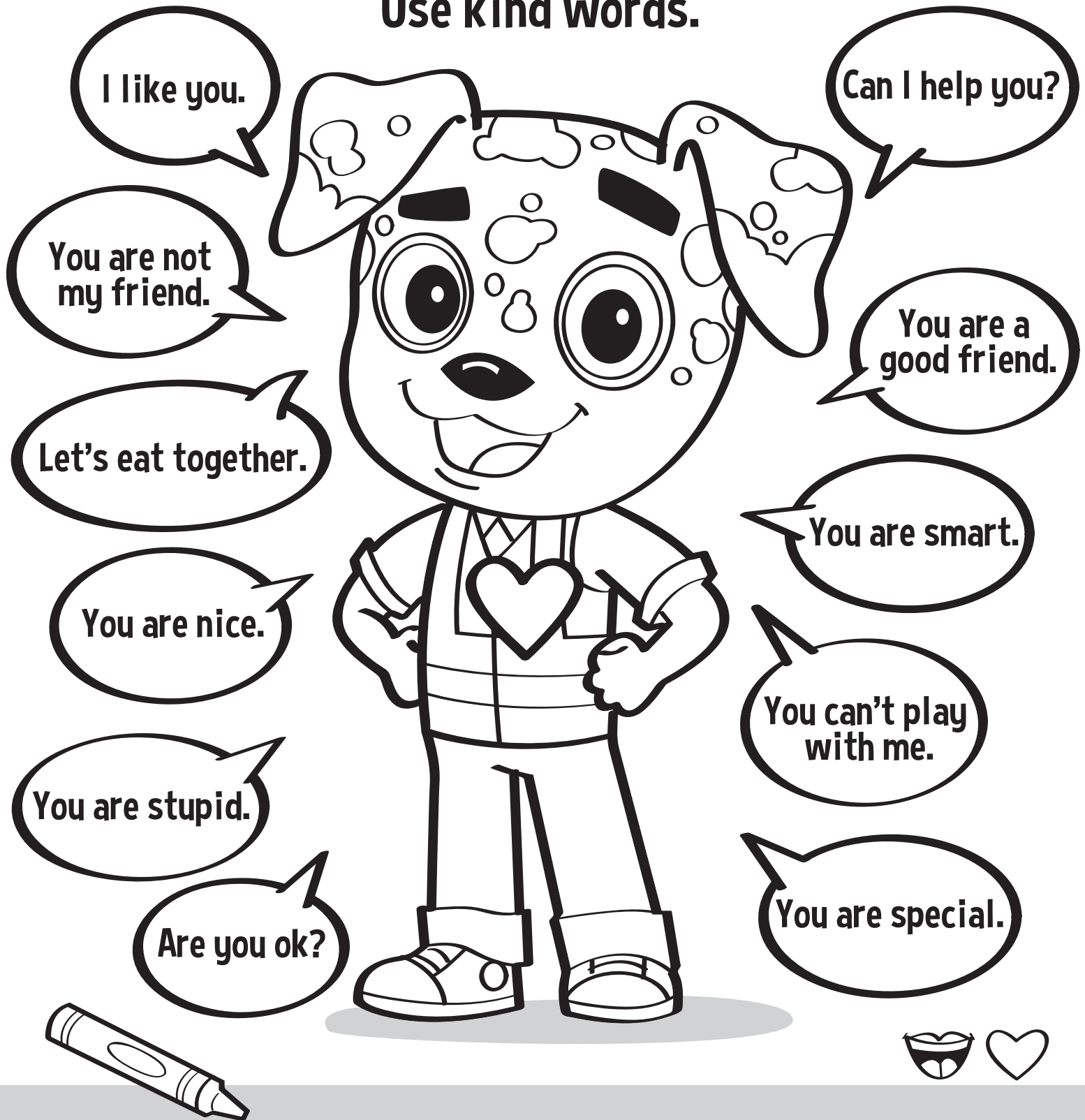
IF YOU ARE BEING BULLIED OR SEE SOMEONE BEING BULLIED
Tell a Teacher, Parent or Trusted Adult



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

Were You Kind Today?

Be nice to everyone.
Use kind words.






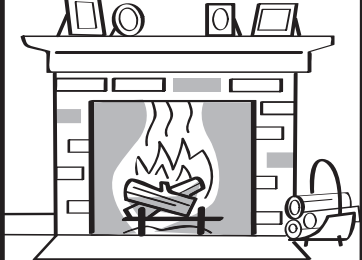
Draw a line from Rocket's heart to the nice things he says.




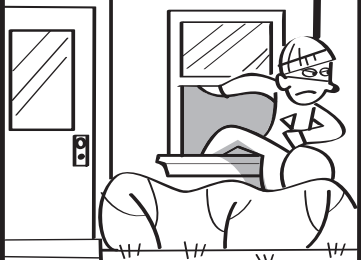
DIAL 9-1-1



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
	Y N
	Y N
	Y N
	Y N

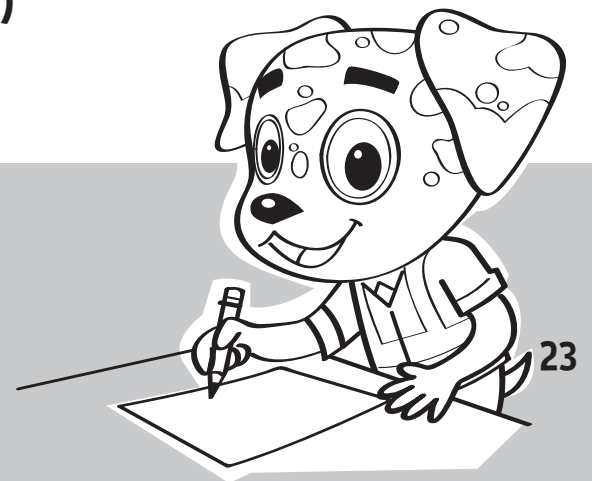
	Call 9-1-1 YES or NO
	Y N
	Y N
	Y N
	Y N



SENSE OF SAFETY & BEYOND! 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. If someone pushes or hits you or a friend, what should you do? (page 14)
11. When should you wash your hands? (page 16)
12. If you are feeling sad, angry or scared, who can you talk to? (page 18)
13. If someone is bullying you, or treating you badly, what should you do? (page 20)
14. What are some kind things you can do or say to people? (page 21)
15. For a real emergency, what number do you call for help?
 - What are examples of real emergencies? (page 22)
16. Name your senses. (inside front cover)



CONGRATULATIONS!

You're Now on Rocket's Team!

Name : _____

has completed
Rocket's Sense of Safety & Beyond!
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

The National Association of School Resource Officers (NASRO) is the world's leader in early prevention and intervention in school-based policing programs. NASRO is dedicated to providing the highest quality of training to school-based law enforcement officers and school administrators to promote safer schools, safe students and communities.

"Rocket's Sense of Safety & Beyond! Activity Book provides a solid foundation for children to be able to use their senses to avoid dangerous situations. It is also a tremendous resource for school-based law enforcement officers to use in the classroom to engage with students in a way that helps to build positive relationships between law enforcement and the communities that they serve."

Mo Canady, Executive Director, NASRO

"As a Peace Officer for the Los Angeles School Police Department it is paramount to mentor, lead and protect our students and staff safely towards graduation. Rocket's Sense of Safety & Beyond! Activity Book is a tool we use in our department that helps to create and highlight safety awareness at multiple age levels, including myself".

Sgt. Rudy Perez, LASPD, NASRO



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