



The Hero In You Foundation presents

Rocket's SENSE OF SAFETY & Beyond!

ACTIVITY BOOK

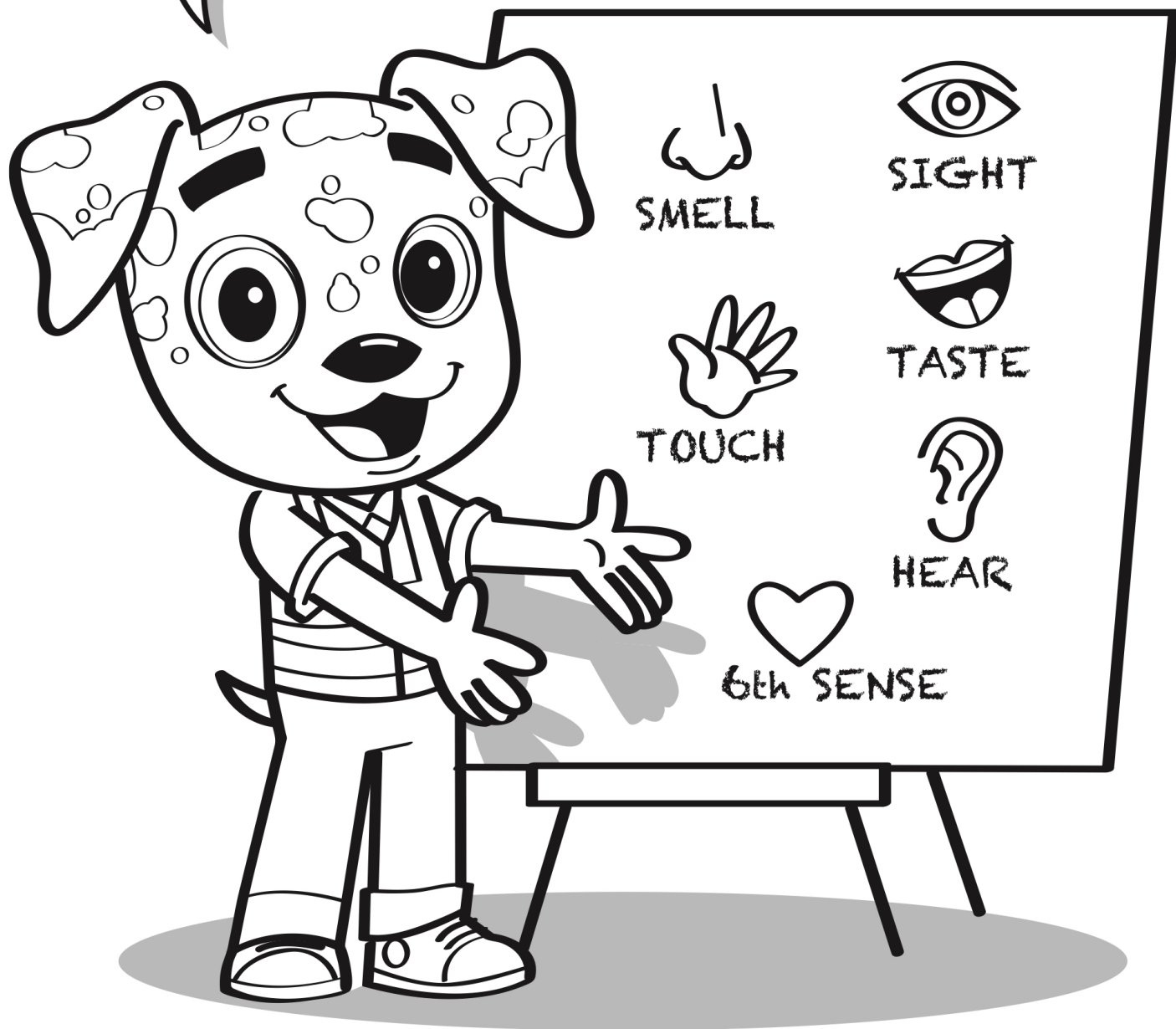


In Partnership with



Hi I'm Rocket.

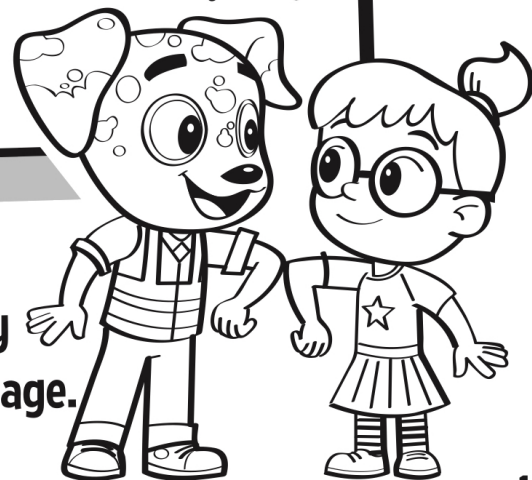
Today we're going to talk about using your senses to keep you healthy and safe.



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

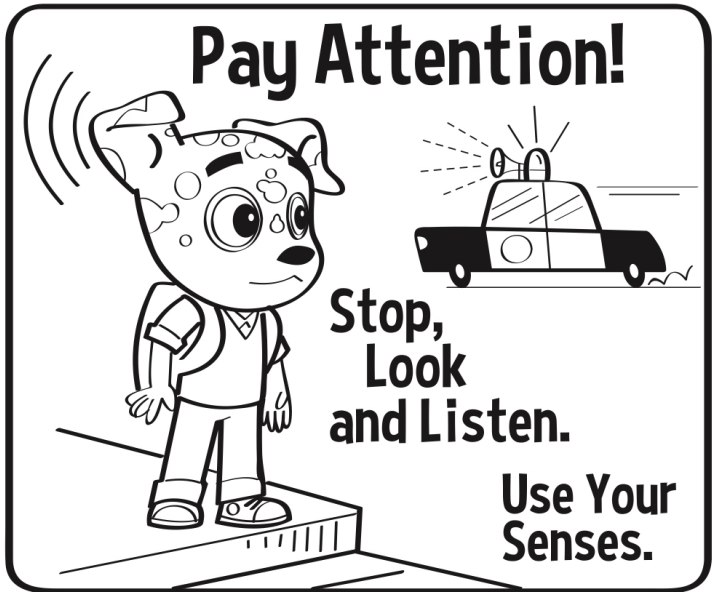
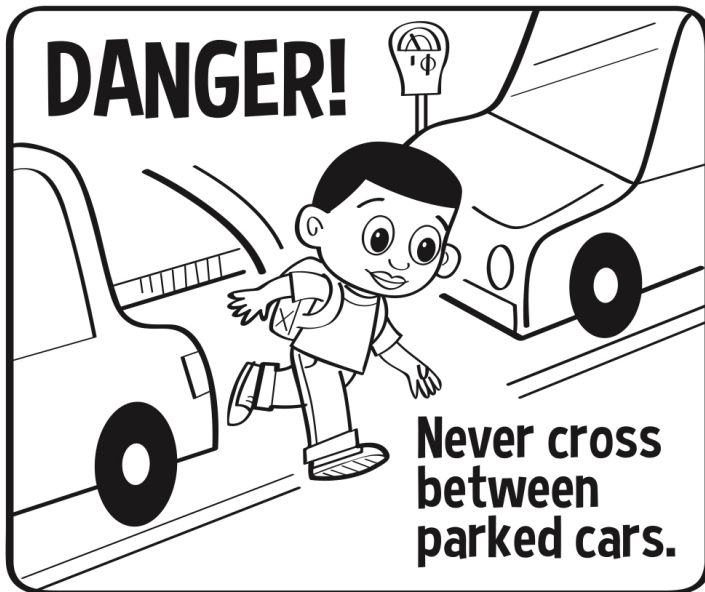
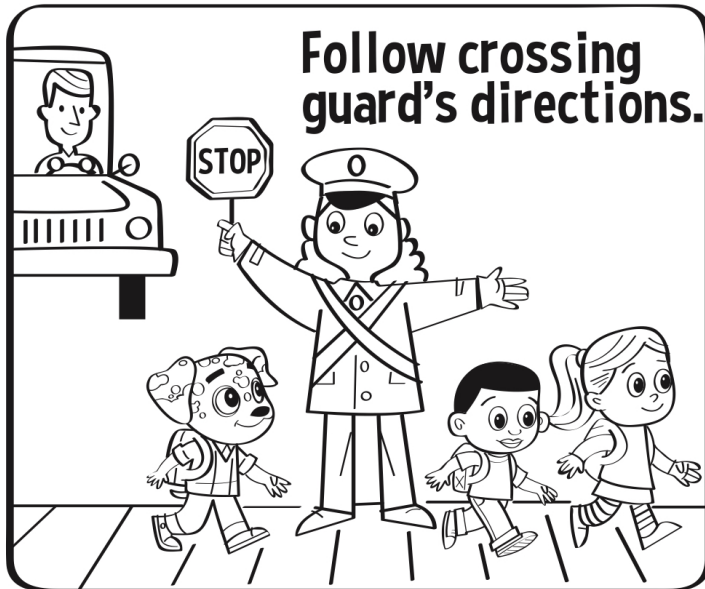
STAY WITH YOUR BUDDY

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



... 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

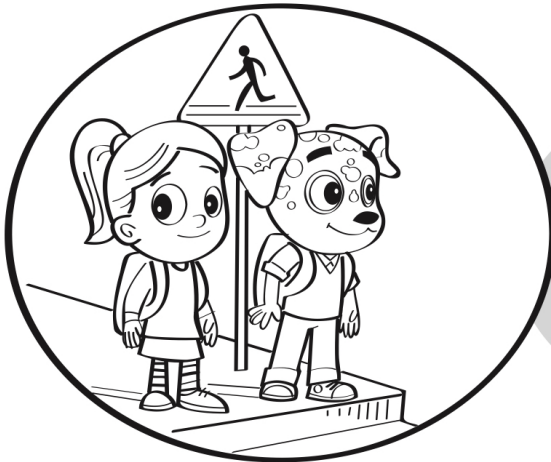
Draw a line from "Safe or Unsafe" that describes each picture.



SAFE
UNSAFE



SAFE
UNSAFE



SAFE
UNSAFE



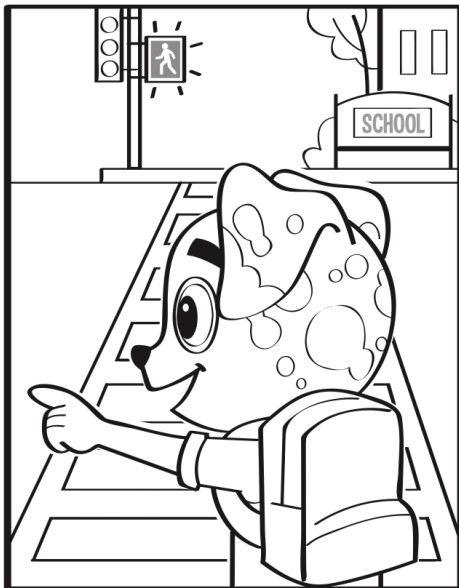
... color the pictures and signs on both pages.

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

LEFT - RIGHT - LEFT



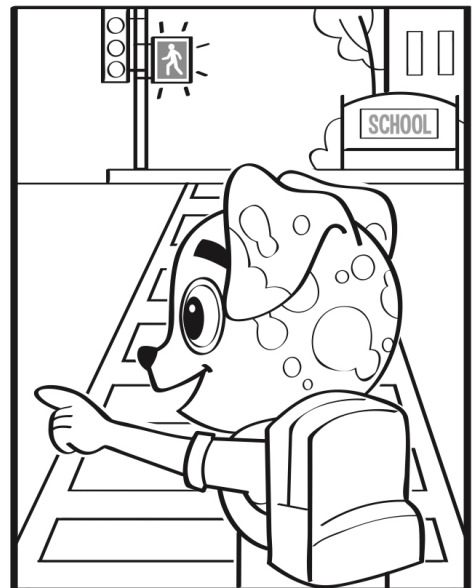
Always look **LEFT**,
then **RIGHT**,
and then **LEFT** again
before crossing a street.
Remember to use the crosswalk.



Look **LEFT** first...



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



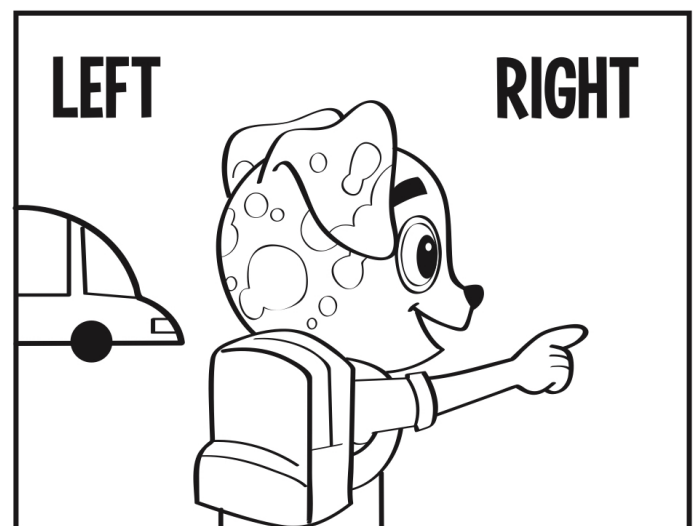
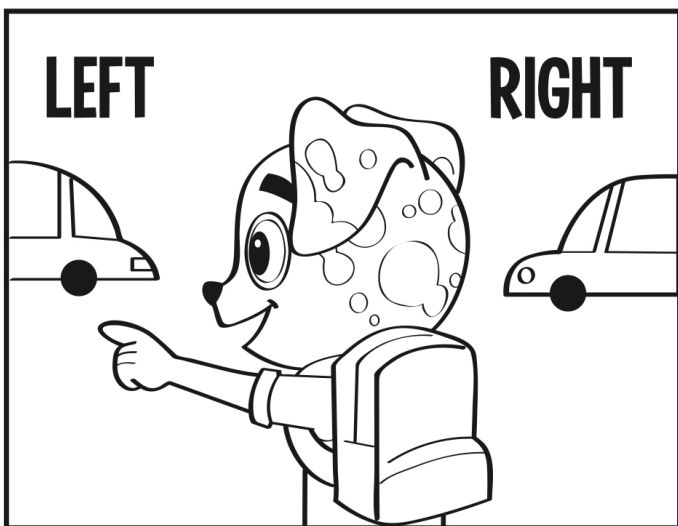
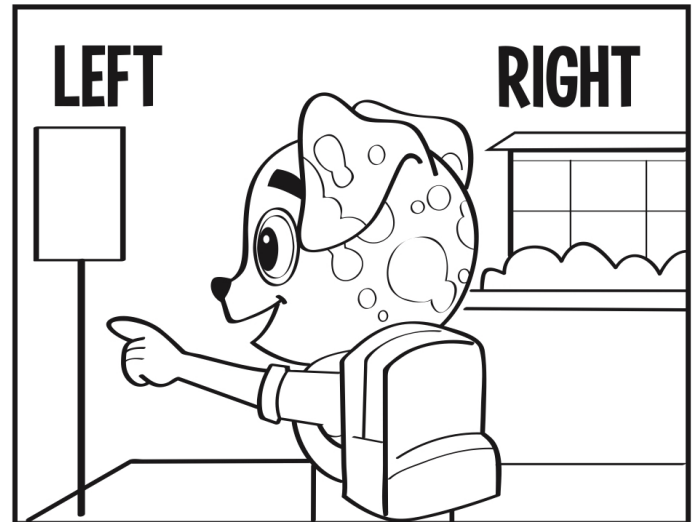
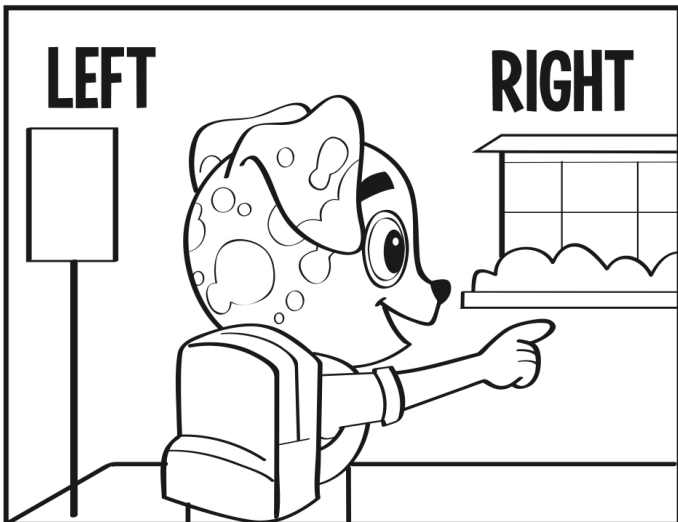
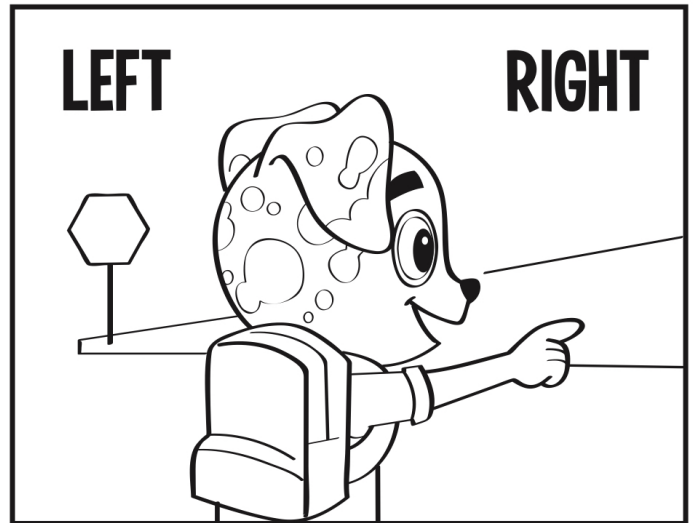
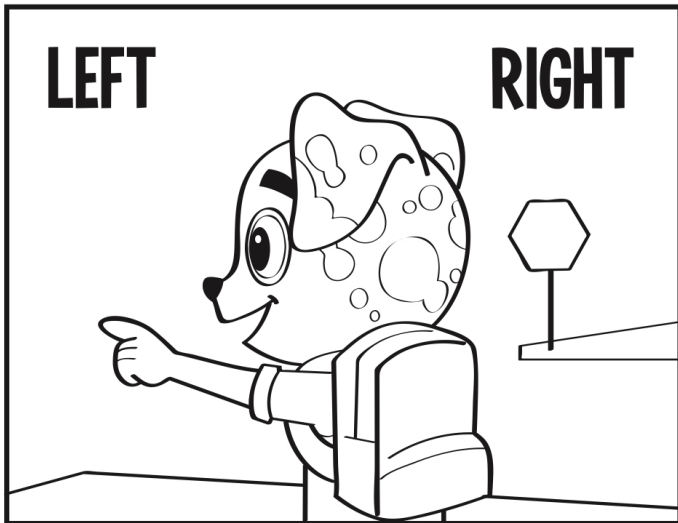
...then **LEFT** again!

...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?



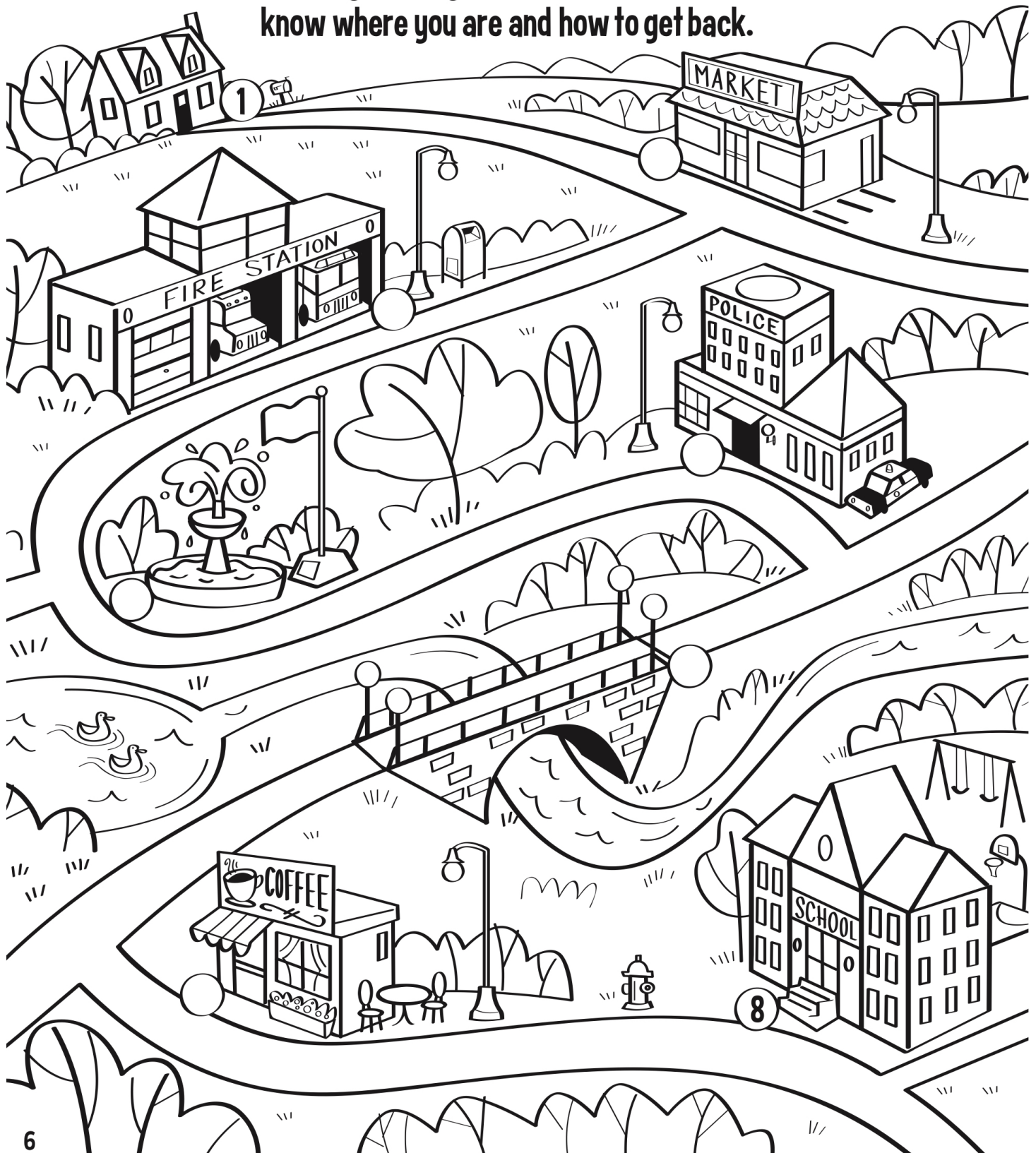
Circle which way Rocket is looking.

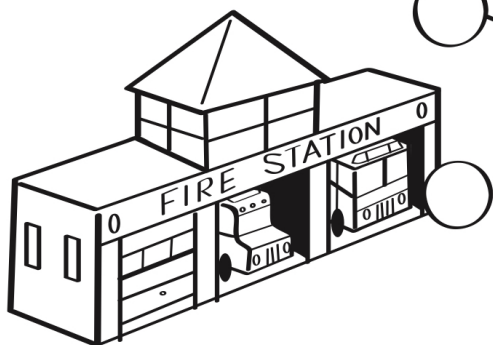
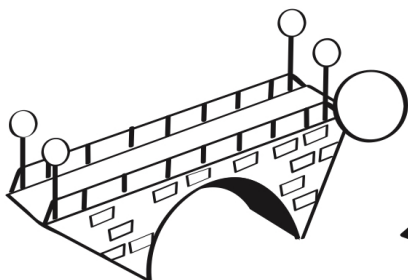
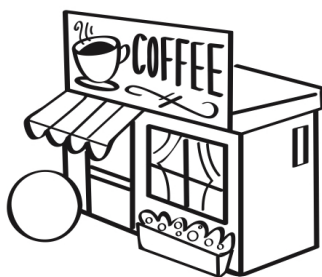


... color this page.

KNOW YOUR LANDMARKS

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



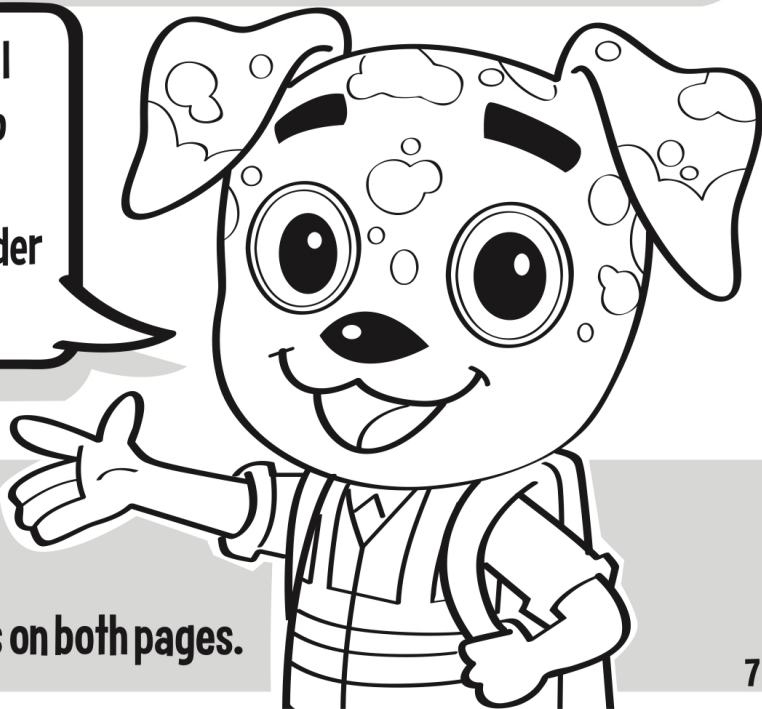


When I walk from home to school
I see lots of landmarks that help
me remember where I am.
Put the landmarks in numerical order
from home to school.

Use your sense of sight to remember. 

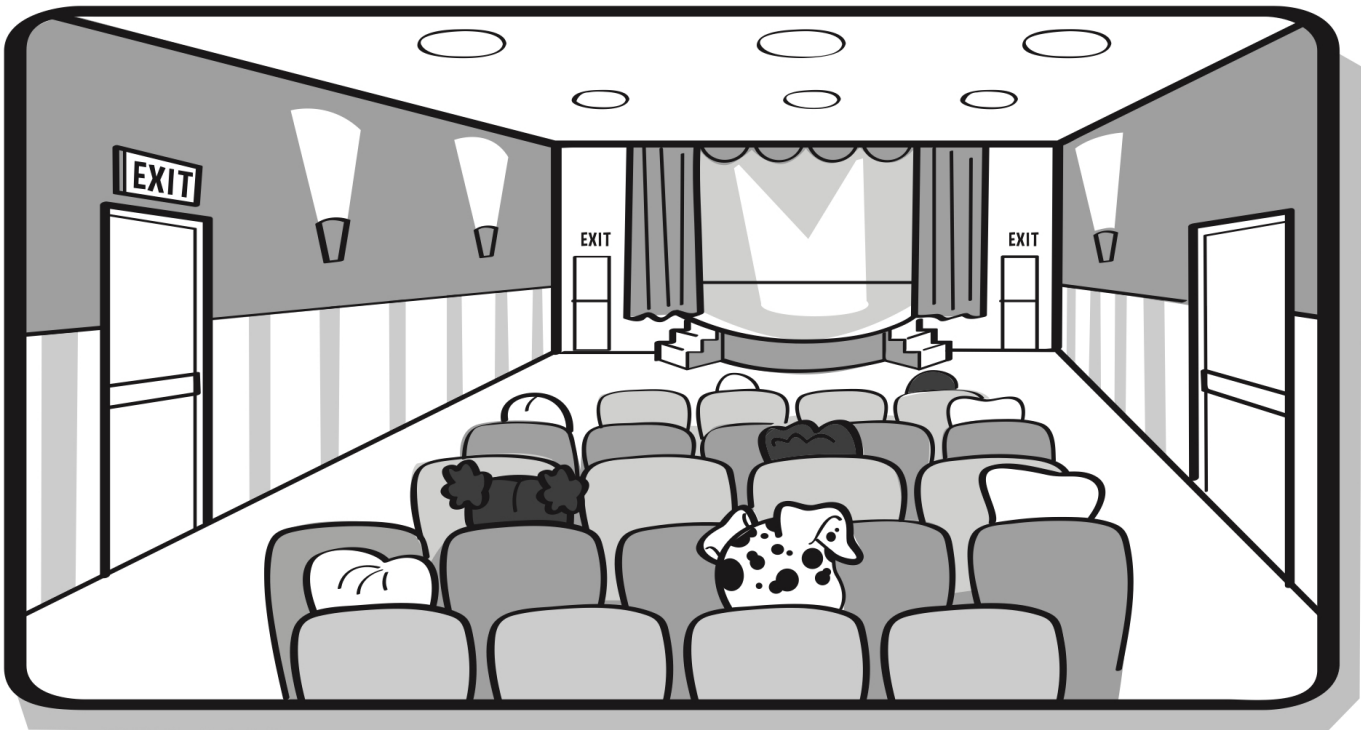
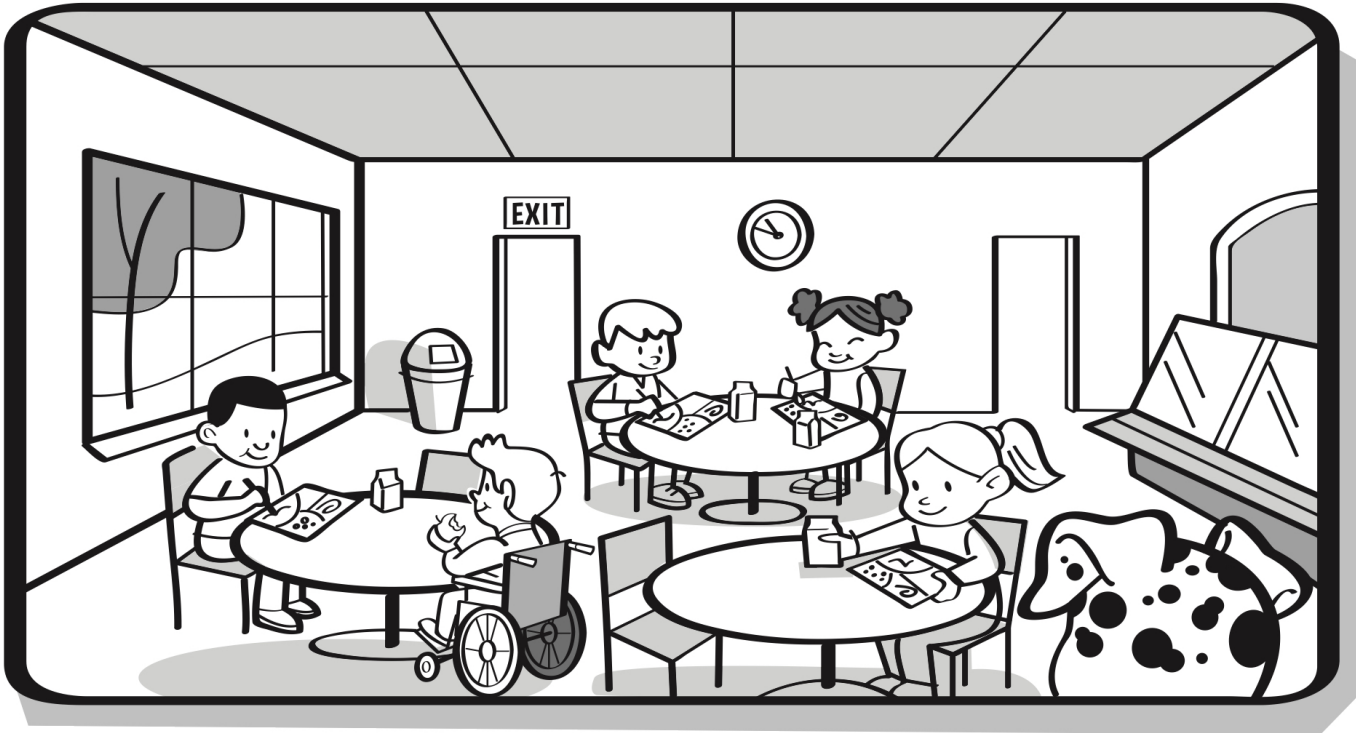


... color the landmarks on both pages.

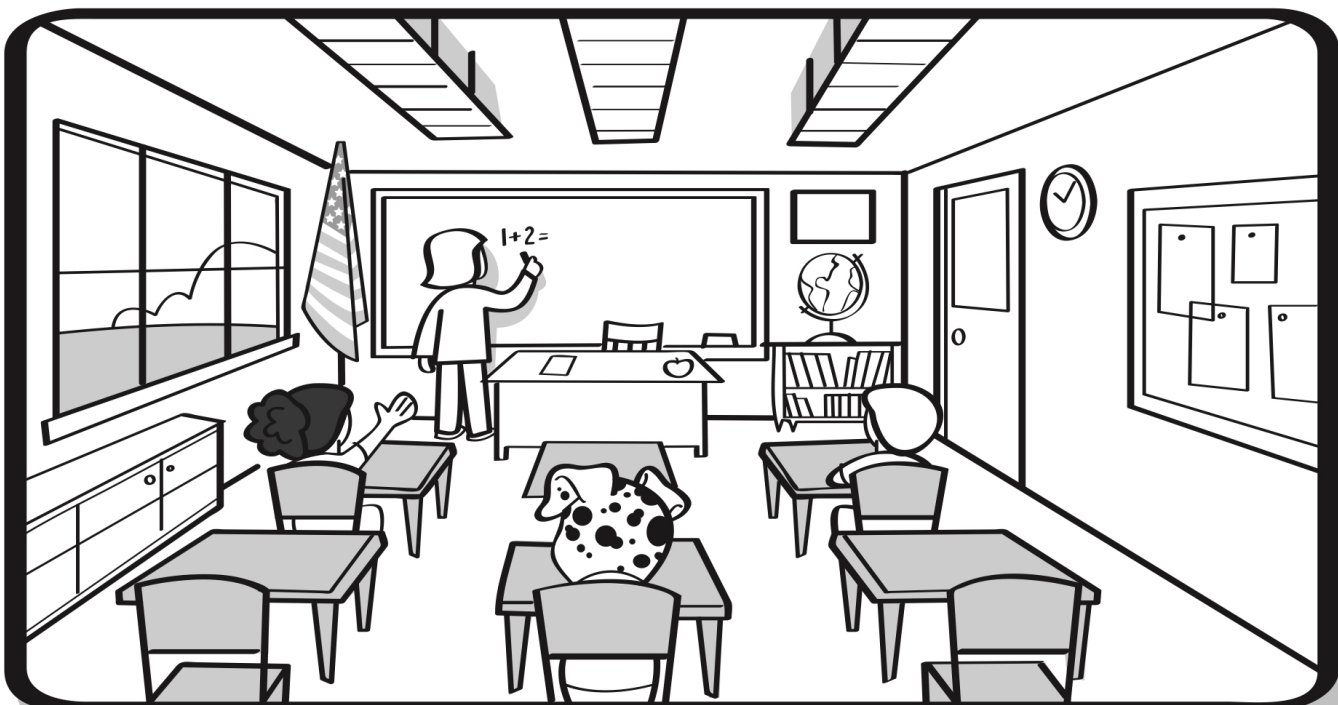
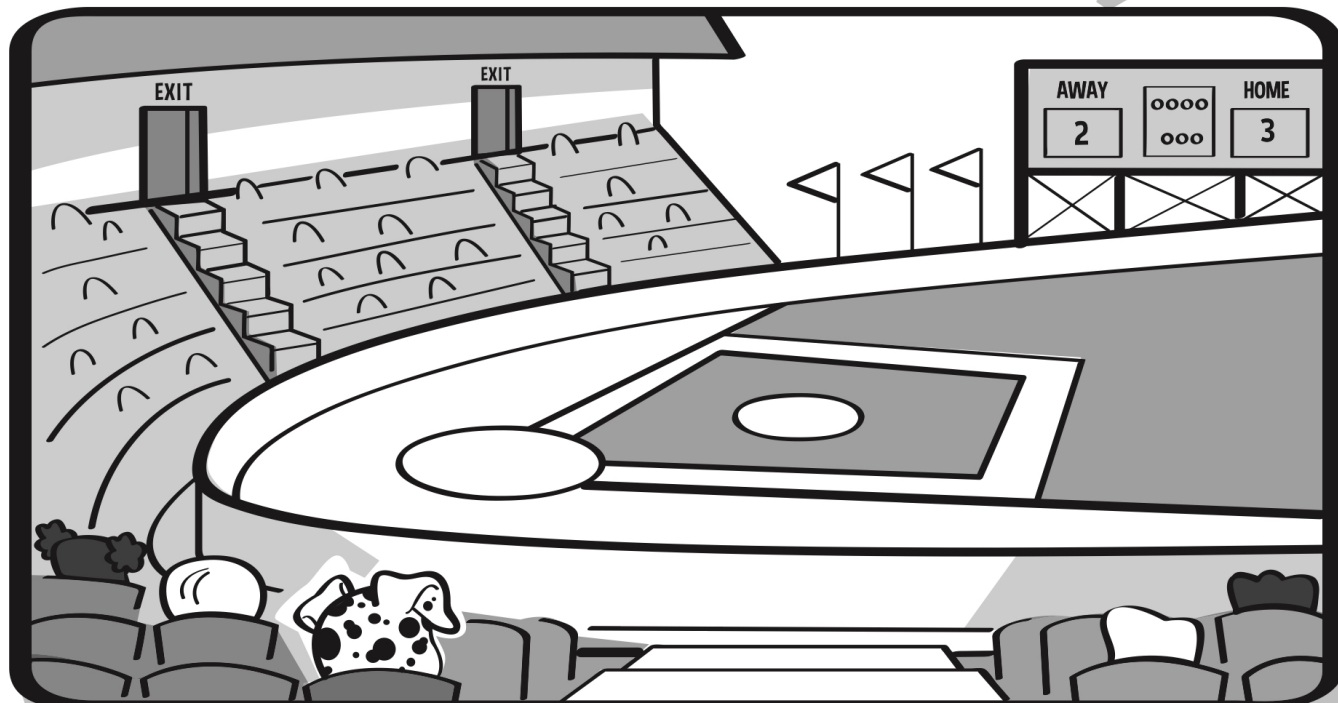


LOCATE YOUR EXITS

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.

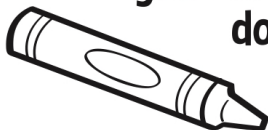


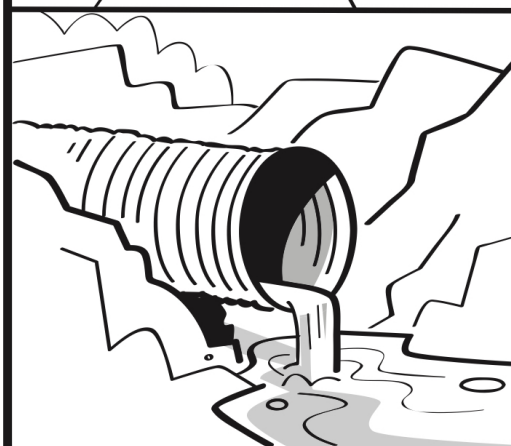
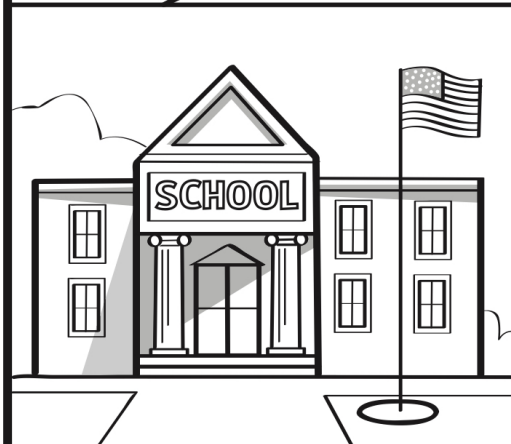
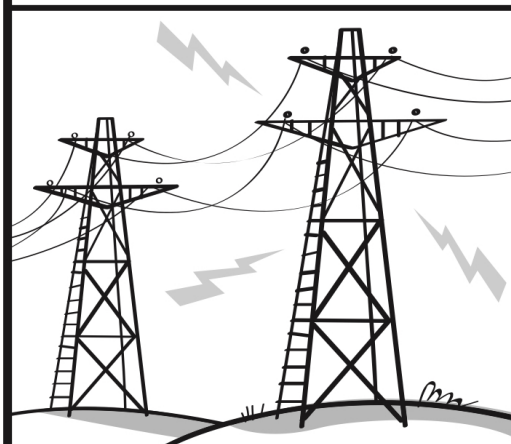
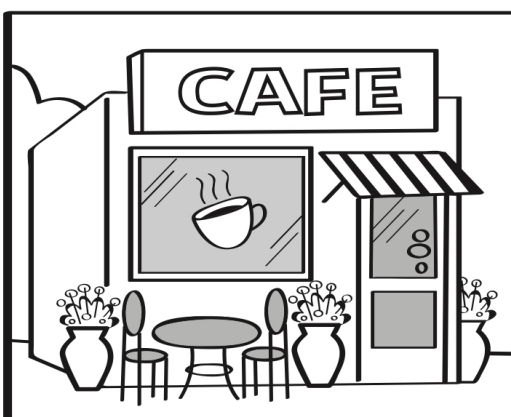
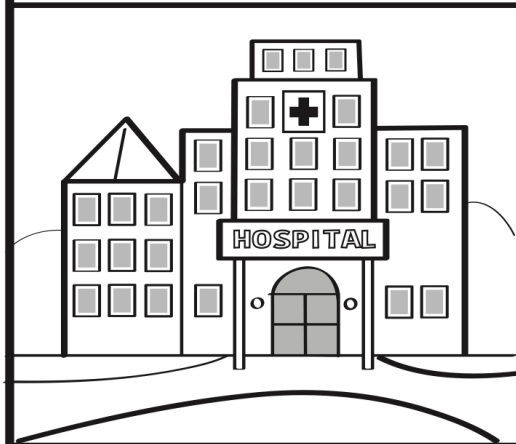
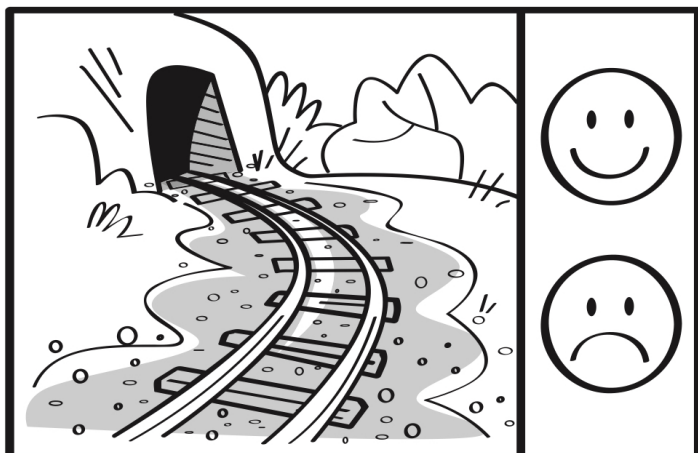
FIND SAFE PEOPLE AND PLACES

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



Color the smiley face if the person makes
you feel safe and the sad face if they
do not make you feel safe.



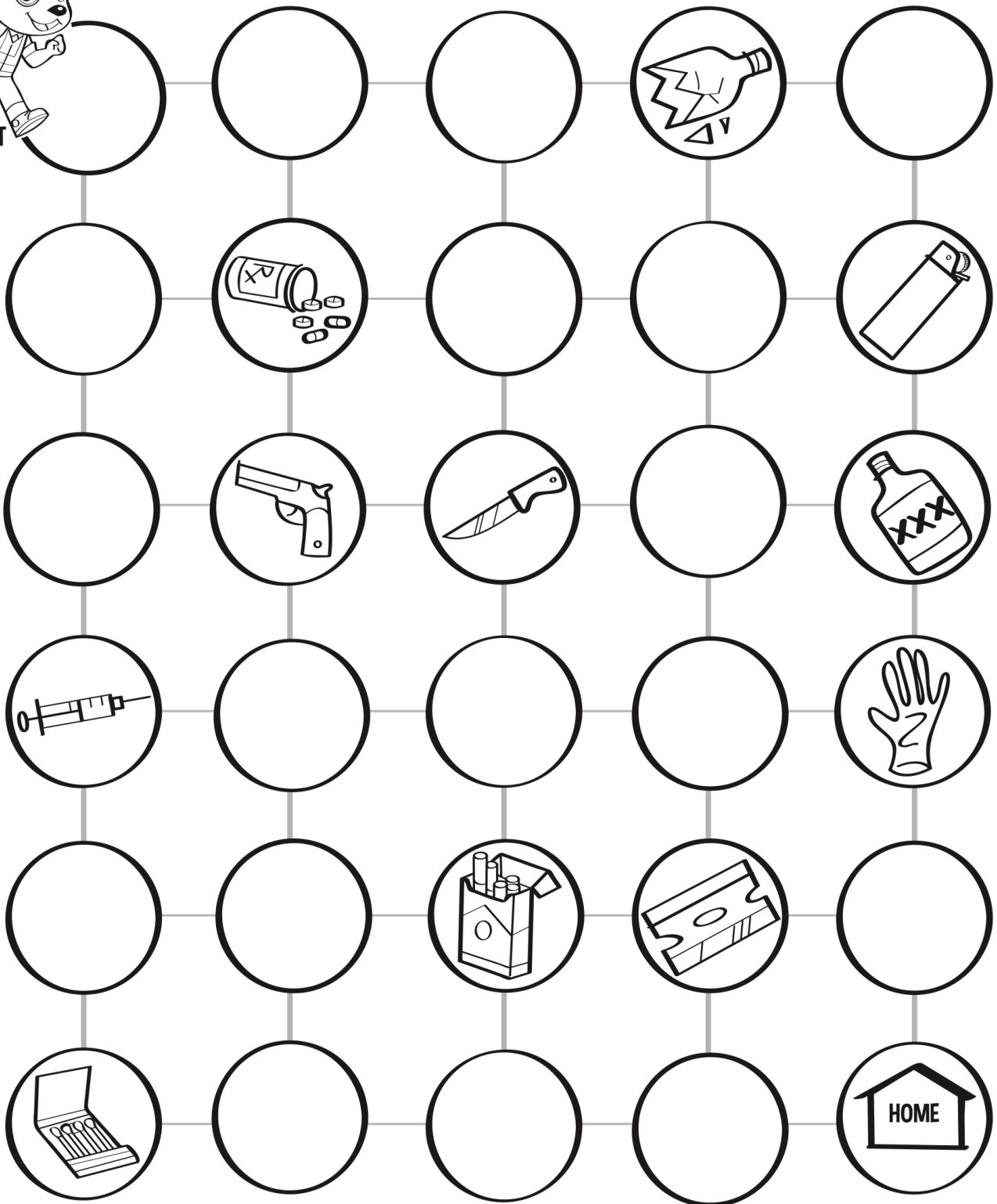


Color the smiley face if places are **SAFE** and the sad face if **NOT SAFE**.



GET AWAY FROM DANGER

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



KEEPING YOU SAFE

Community members are always ready to help if you need it.



... color this page.

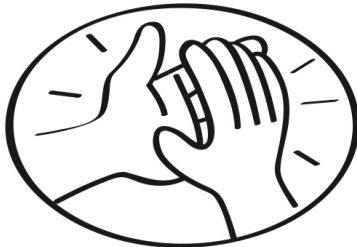
KEEP YOUR HANDS TO YOURSELF

Tell a teacher, parent or trusted adult
if someone uses their hands to hurt you.

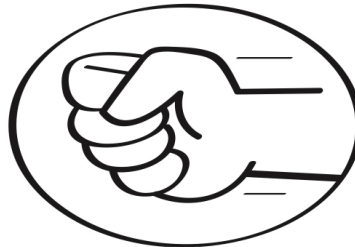


Color the pictures that show using your hands doing the right thing.

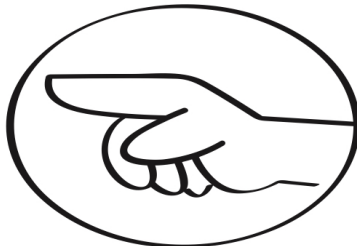
Clapping



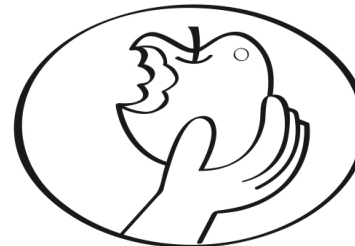
Hitting



Poking



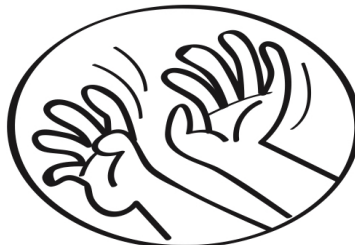
Eating



Writing



Tickling



Touching
things that
aren't yours



Using
computer



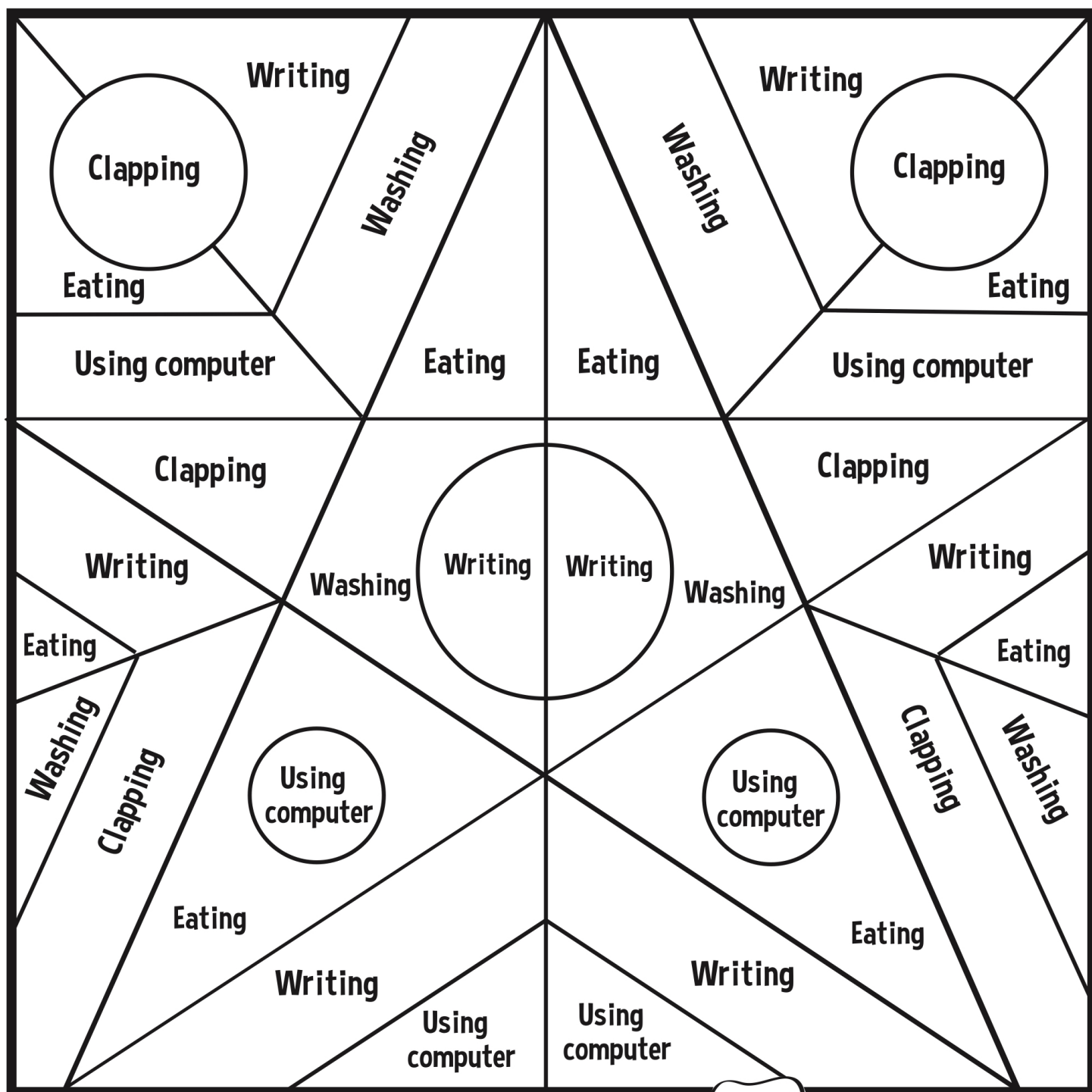
Make a
heart



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!



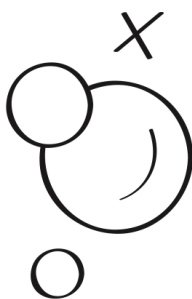
... color this page.



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



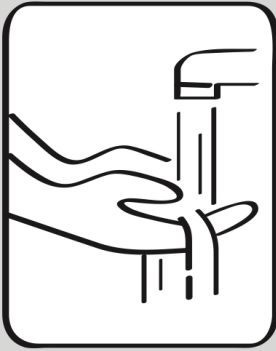
... color both pages.



5 STEPS TO CLEAN HANDS

Wash those germs away!

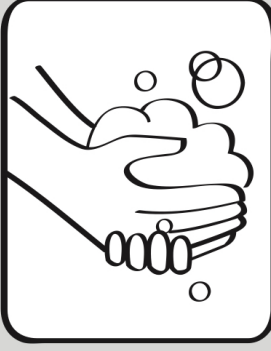
1. WET



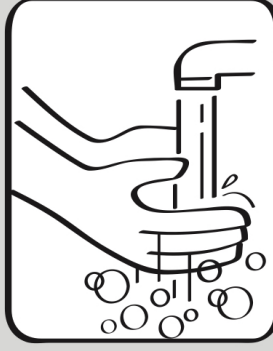
2. SOAP



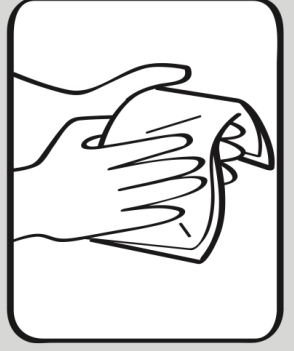
3. SCRUB



4. RINSE



5. DRY



Number the correct step for each picture.











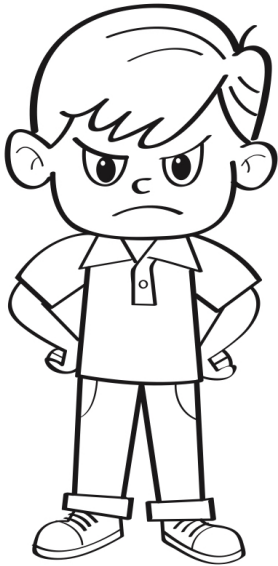


Sing the Alphabet Song two times for squeaky clean hands.
Wash for 20 seconds.



SHARE YOUR FEELINGS

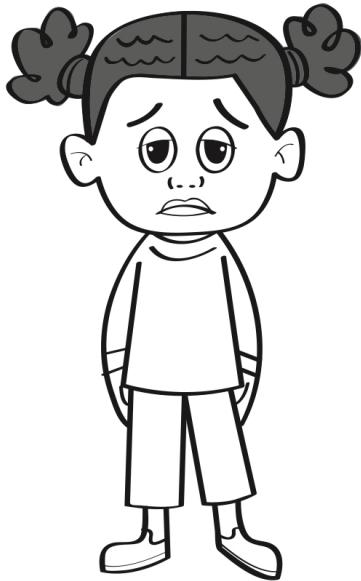
Don't be afraid to ask for help from your teacher, parent or a trusted adult.



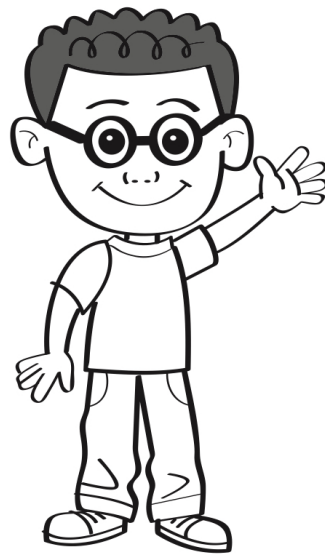
ANGRY



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** _ _ _ _ _

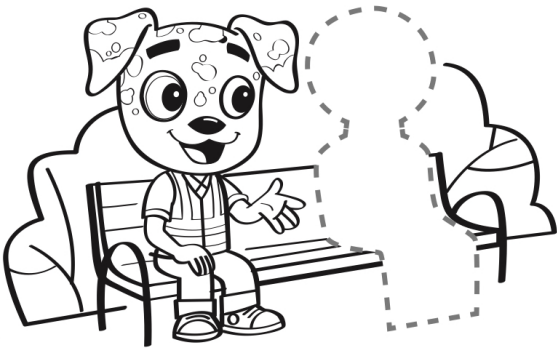
_ _ _ _ _

_ _ _ _ _

HOW TO BE A FRIEND



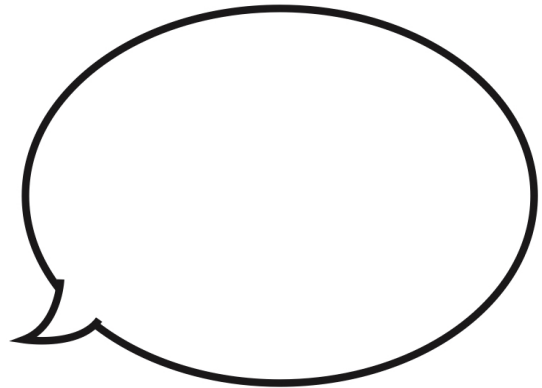
Listen to others.



Draw yourself listening to your friend Rocket.



Say kind words.



Write something kind you can say to a friend.



Share with your friends.



Draw something you can share.



If someone says or does something mean or hurtful, tell a trusted adult.



NAME _____

Draw a trusted adult that you can talk to and write their name.



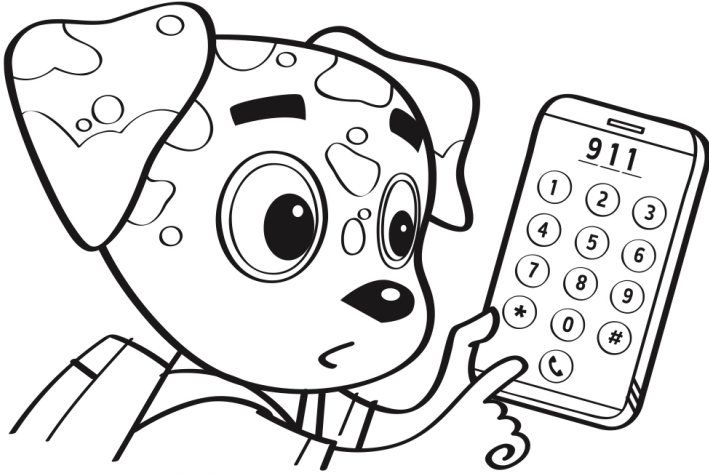
Were You Kind Today?

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 uses their hands to hurt you, 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. What are some ways to be a friend? (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

KNOW YOUR LANDMARKS

TRAFFIC SAFETY

5 STEPS TO CLEAN HANDS

SAFE PEOPLE AND SAFE PLACES

SHARE YOUR FEELINGS

GET AWAY FROM DANGER

HOW TO BE A FRIEND

"Our friend Rocket helps children with important problem solving skills in everyday situations. Using their six senses students learn how to make calm, safe decisions to, from, and at school and in the community. Rocket also helps nurture important social emotional skills with lessons on kindness, caring and respect for all."

Carlen Powell

Administrator of Elementary Instruction, LAUSD

"At LASPD safety is always our priority. Helping students gain awareness of their surroundings allows them to stay safe, healthy and focused.

Rocket's Sense of Safety & Beyond! Activity Book teaches kids how to use all their senses to make smart split-second decisions that can prevent injuries and save lives."

Chief Leslie Ramirez

Los Angeles School Police Department



**ROCKET
RULES**

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