



The Hero In You Foundation presents

# Rocket's SENSE OF SAFETY & Beyond!

## ACTIVITY BOOK

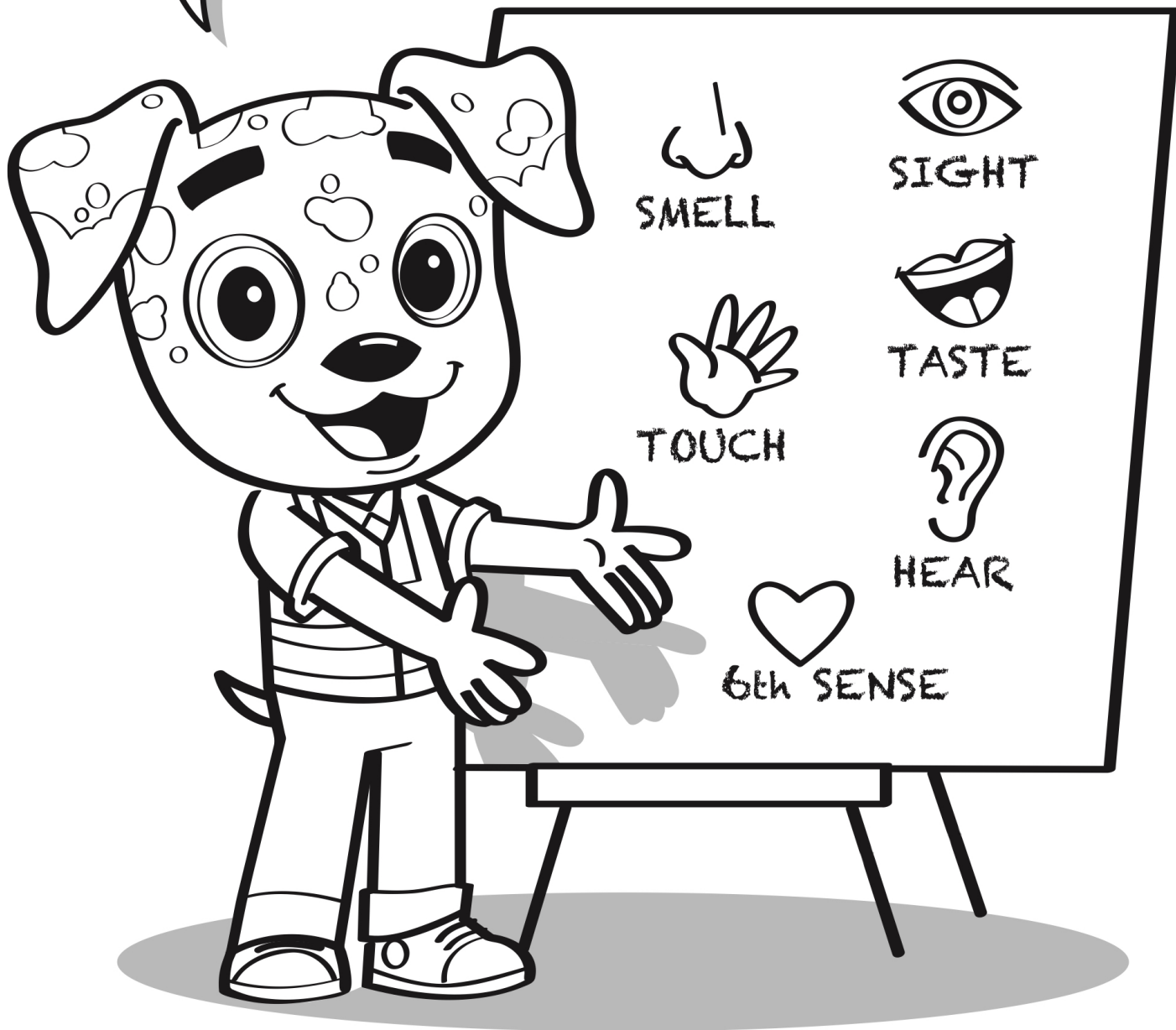


In Partnership with



**Hi I'm Rocket.**

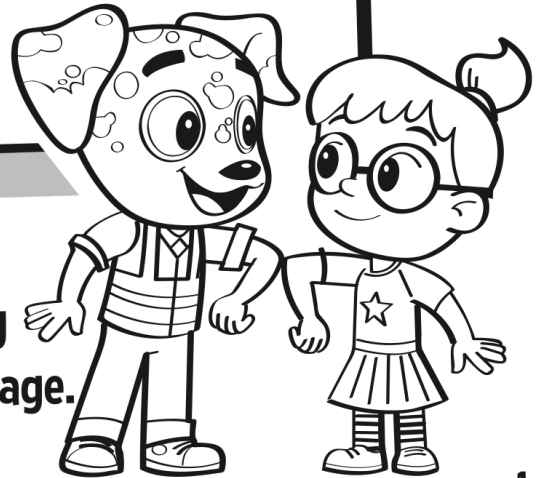
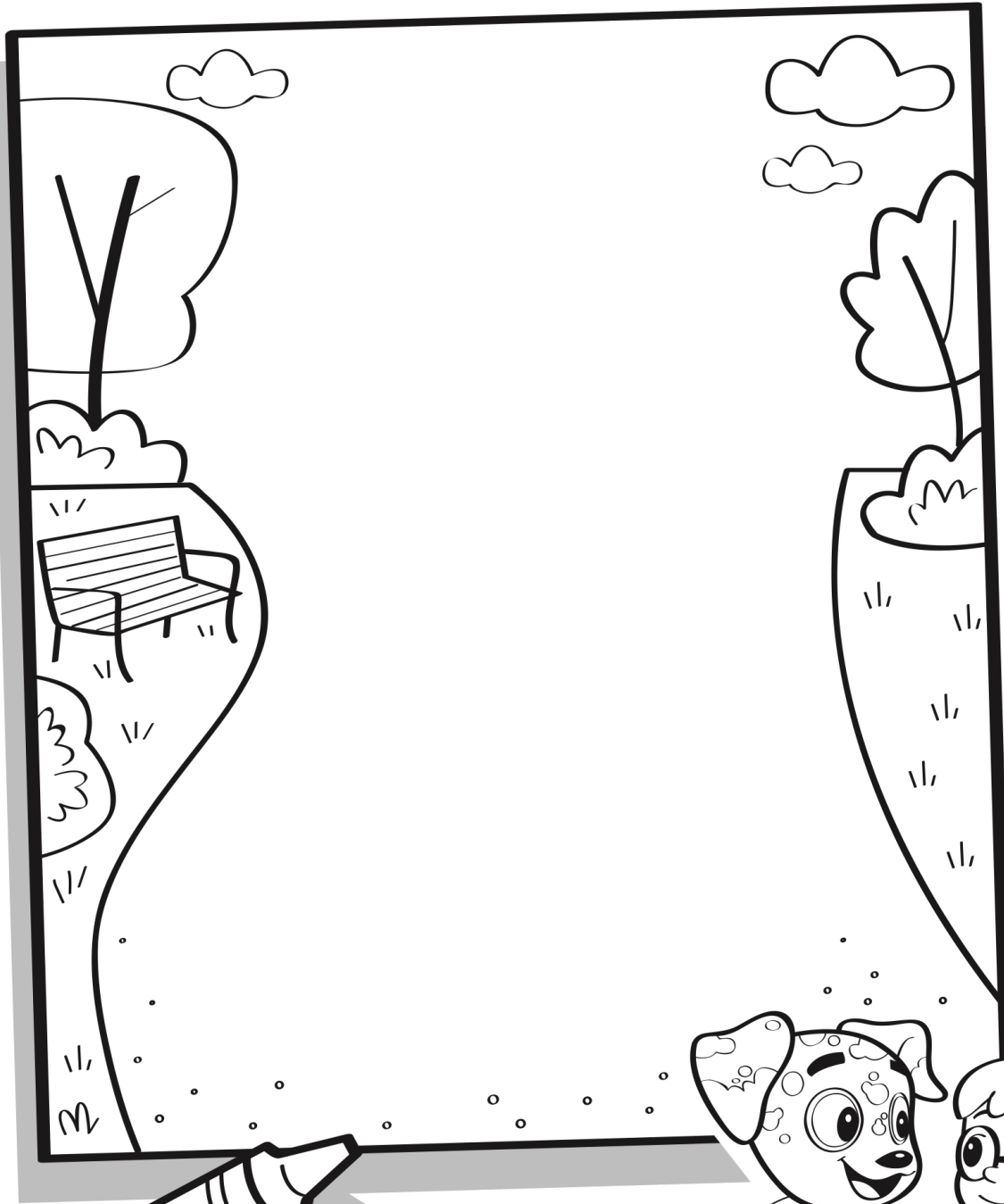
**Today we're going to talk about using your senses to keep you healthy and safe.**



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

# STAY WITH YOUR BUDDY

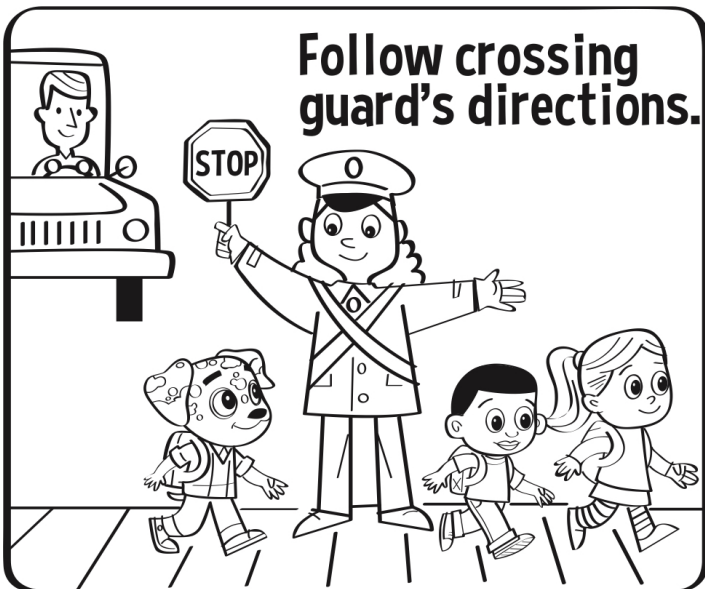
Always have a buddy and be a buddy. Watch out for each other.



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

# CROSSING THE STREET SAFELY

Follow crossing guard's directions.



Always cross at crosswalks.



**DANGER!**



Never cross between parked cars.

**Pay Attention!**



Stop,  
Look  
and Listen.

Use Your Senses.

## KNOW YOUR STREET SIGNS



Pedestrian  
Crosswalk



STOP



School Zone



Traffic Light



DON'T WALK



WALK

# SAFE or UNSAFE

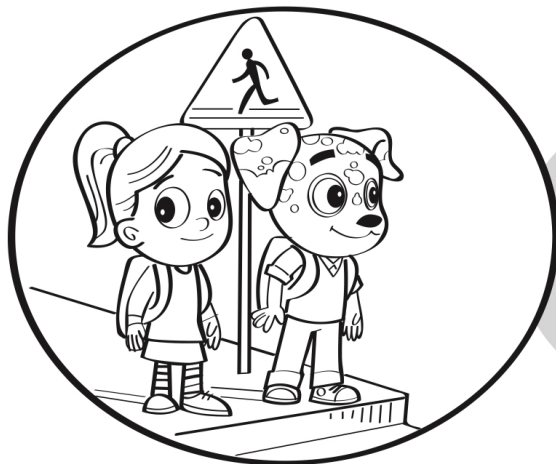
Draw a line from "Safe or Unsafe" that describes each picture.



SAFE  
UNSAFE



SAFE  
UNSAFE



SAFE  
UNSAFE



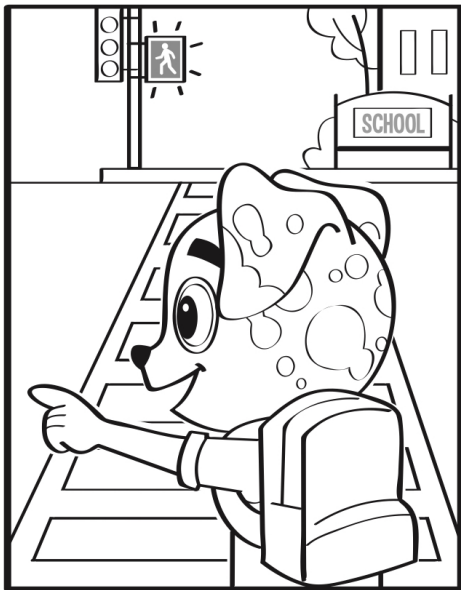
... color the pictures and signs on both pages.

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

# LEFT - RIGHT - LEFT



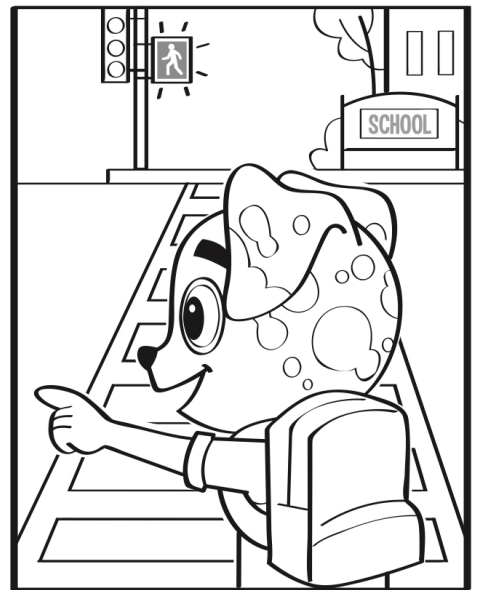
Always look **LEFT**,  
then **RIGHT**,  
and then **LEFT** again  
before crossing a street.  
Remember to use the crosswalk.



Look **LEFT** first...



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



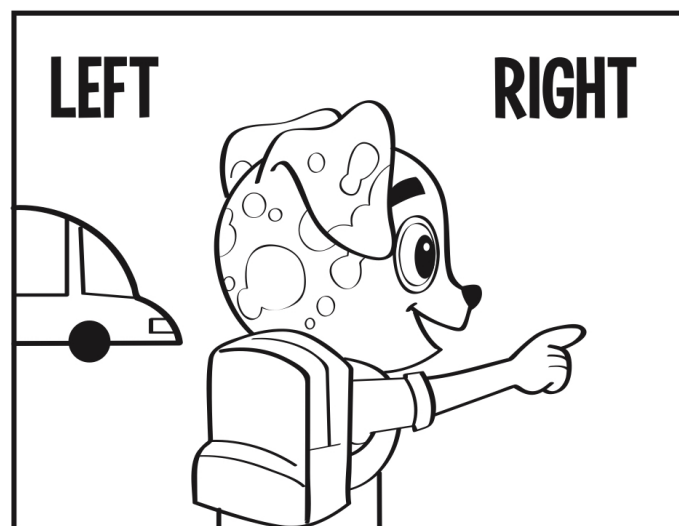
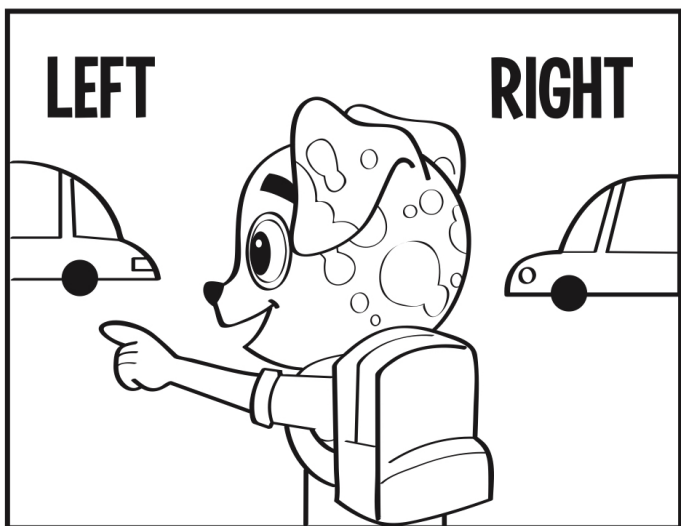
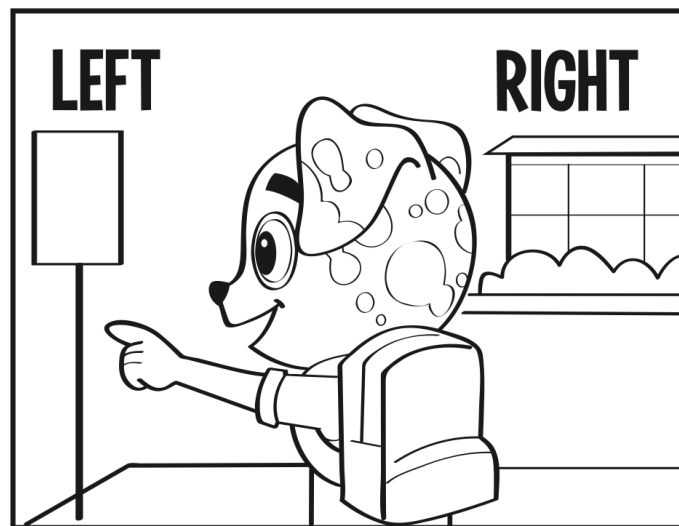
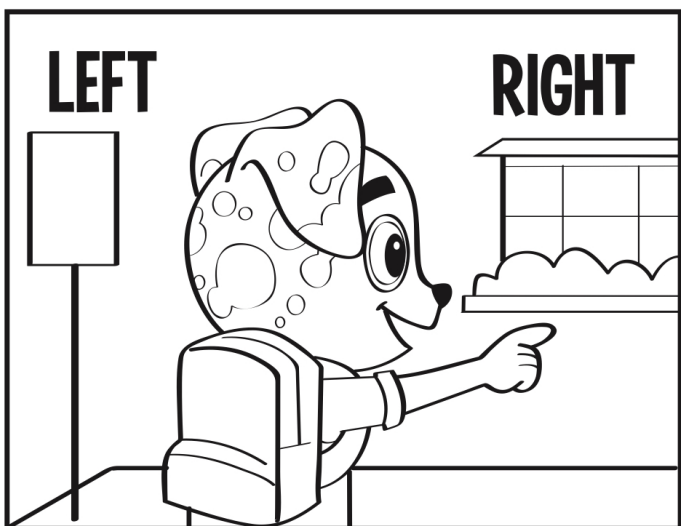
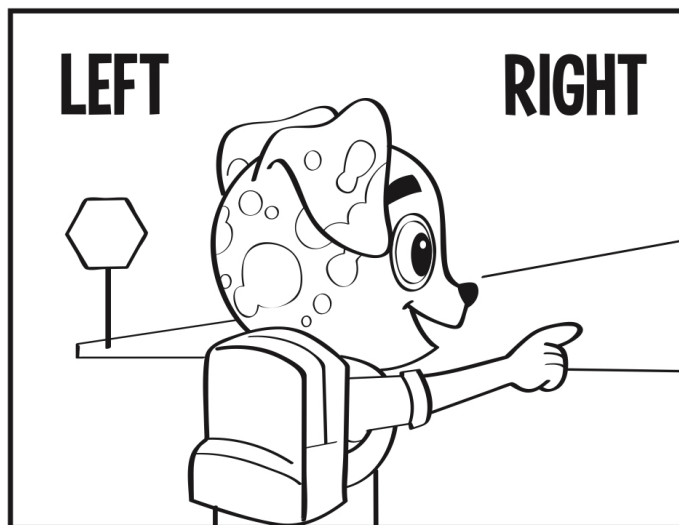
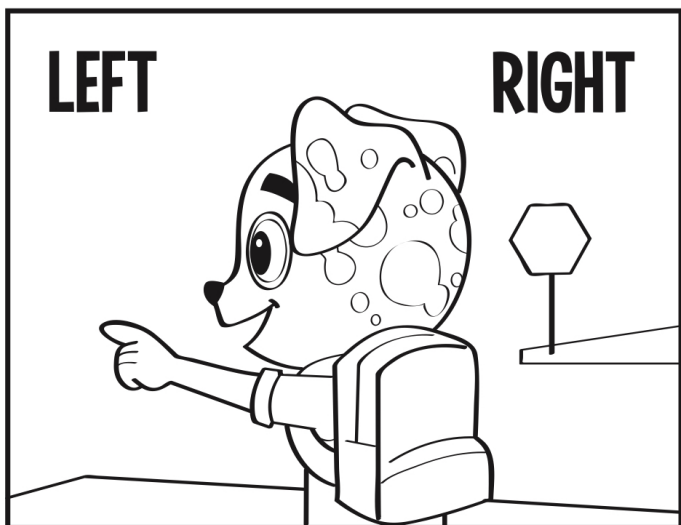
...then **LEFT** again!

...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.

# STAY SAFE ON YOUR BIKE!

1. Always wear a helmet! Color Rocket's helmet **BLUE**.
2. Ride in the bike lane if possible, in the same direction as the cars. Color the arrow that shows the direction Rocket should ride **GREEN**.
3. It's important for cars to be able to see you! Wear bright colored clothing. Color Rocket's shirt **YELLOW**.





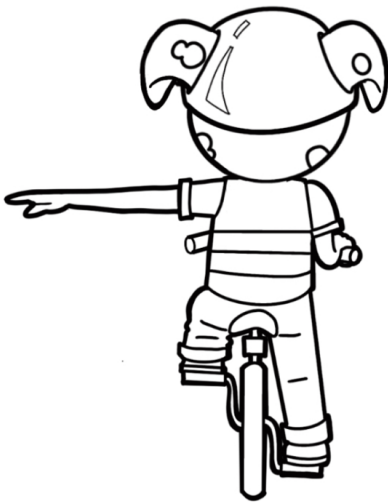


# Rocket Says...

## USE HAND SIGNALS

### WHEN RIDING YOUR BIKE

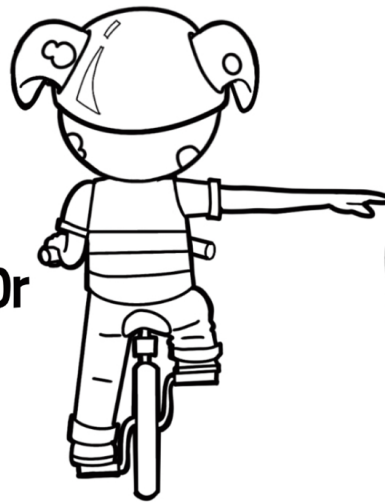
Rocket uses these hand signals when riding his bike.  
Practice each signal with a friend.



**Left Turn**



Or



**Right Turn**



**Stop**

Cars will be able to tell which way you are going, or if you are stopping when you use hand signals. This will keep you safe.

# PRACTICE HAND SIGNALS



Draw a line to match the sentences with Rocket's hand signals.



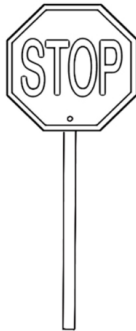
**Rocket is going to stop.**



**Rocket is turning right to go to a park.**



**Rocket is turning right to go to school.**



**Rocket is turning left to get some ice cream.**

# KEEPING YOU SAFE

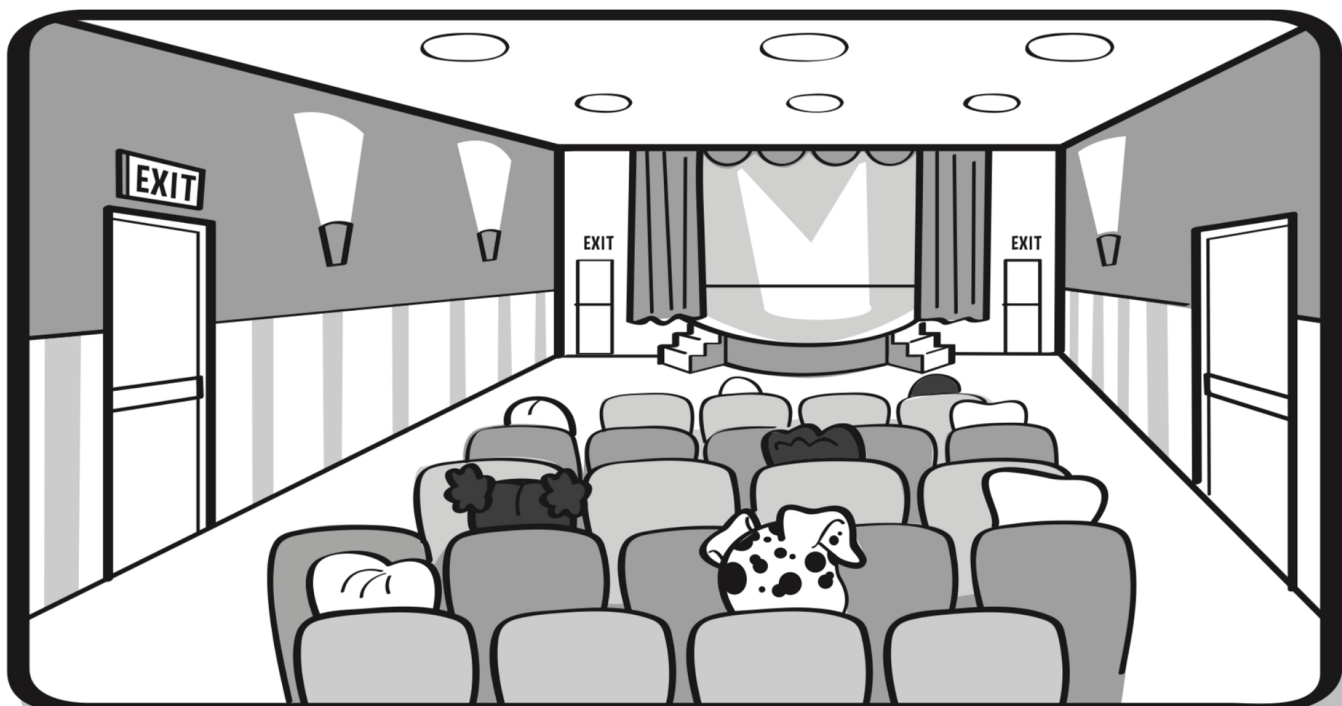
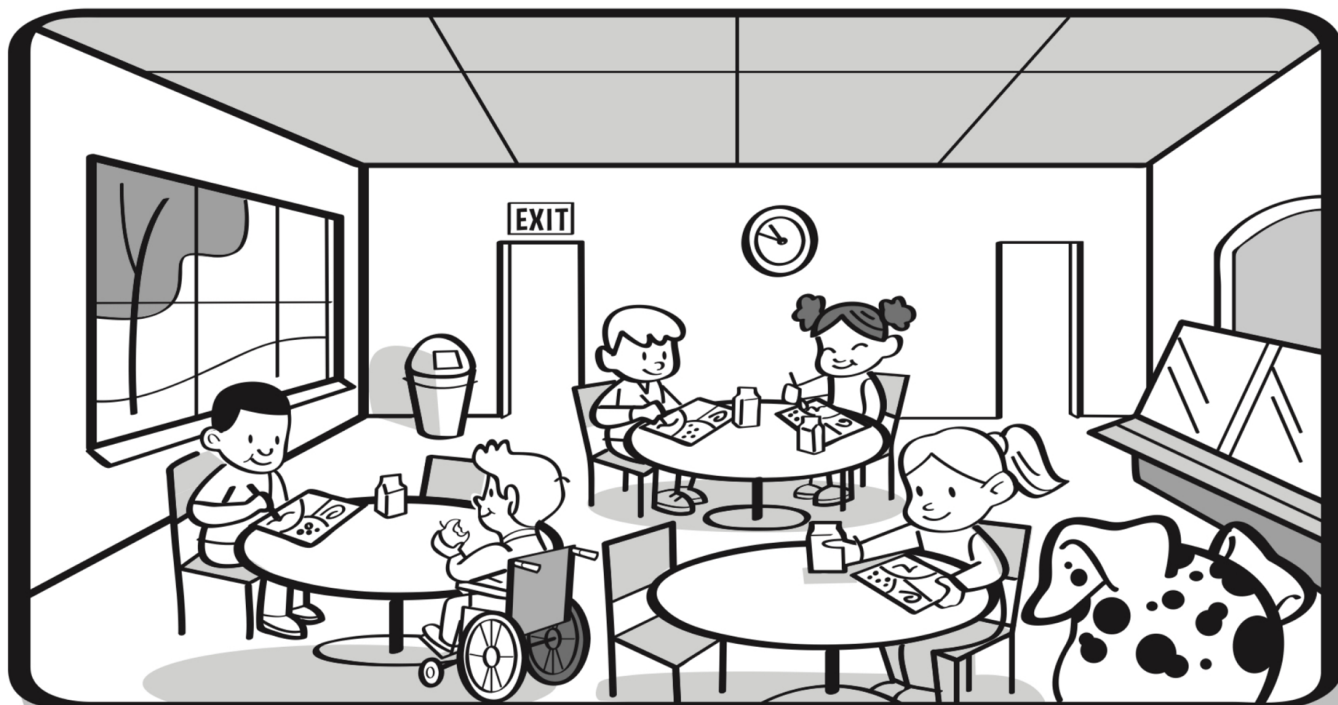
Police officers are always ready to help if you need it.



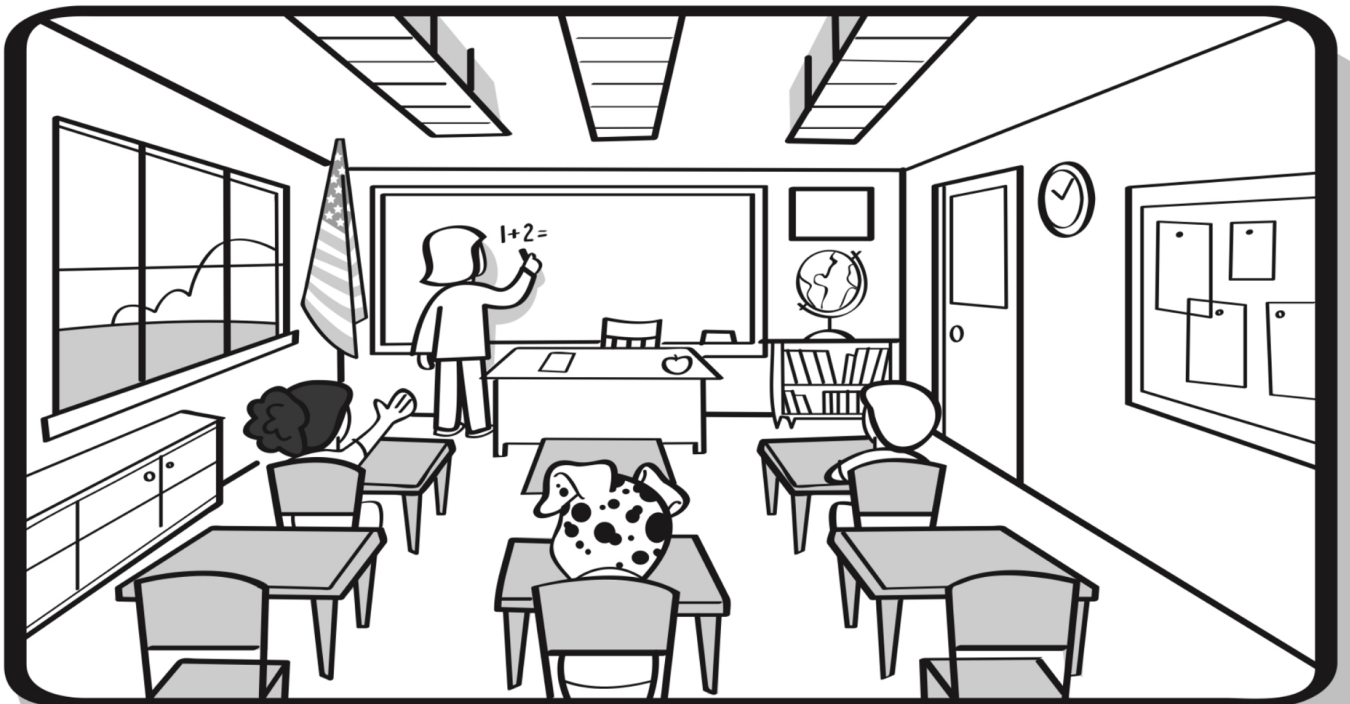
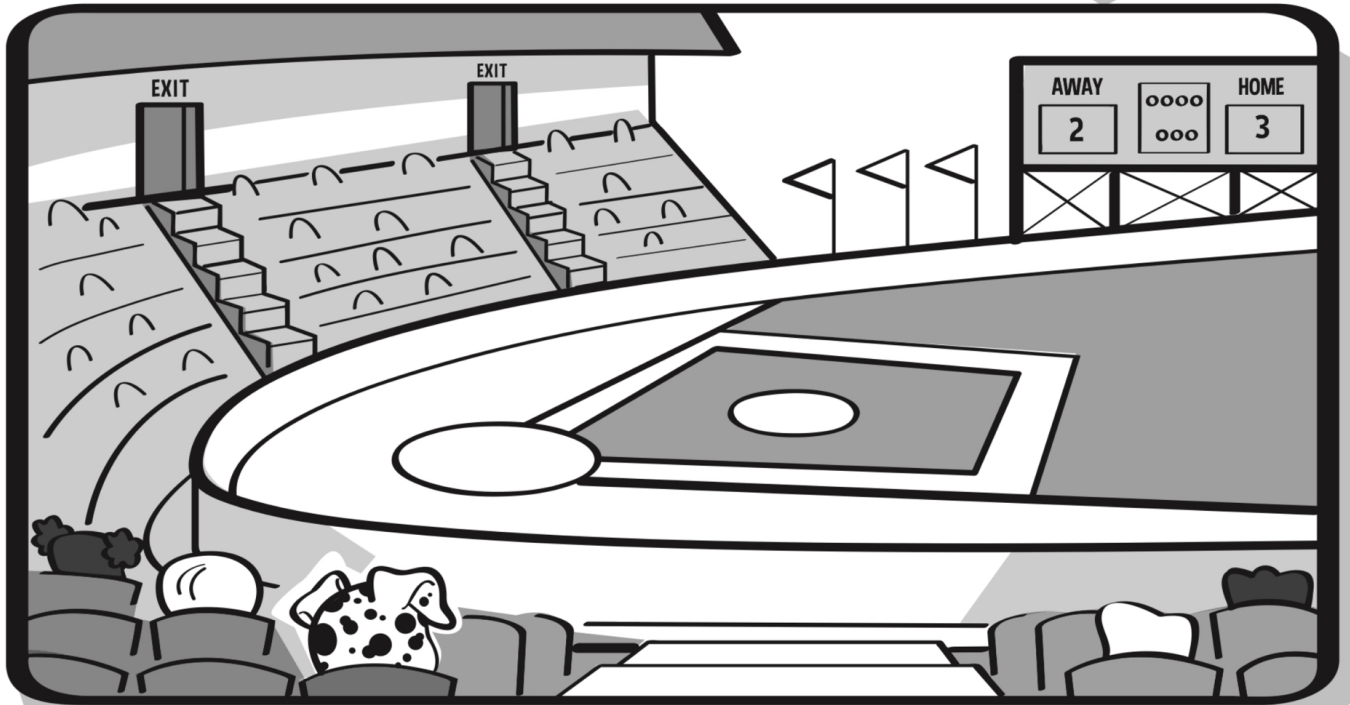
 ... color this page.

# LOCATE YOUR EXITS

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

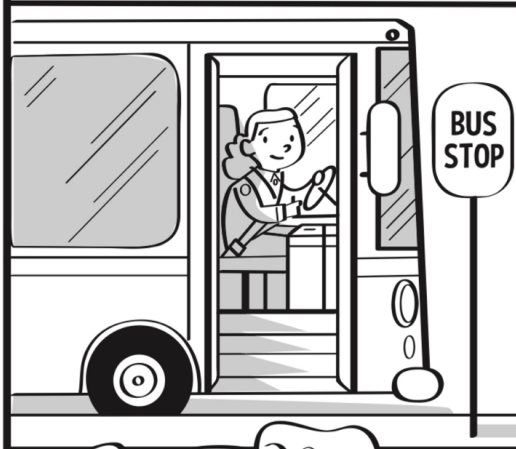


Draw a line from Rocket to his two closest exits.  
Some exits don't have signs.



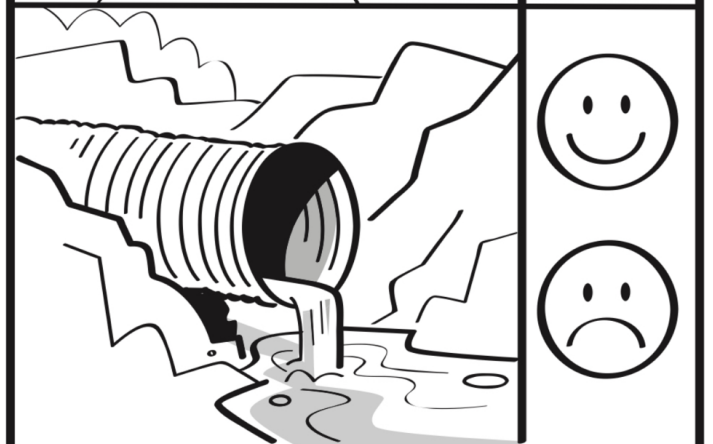
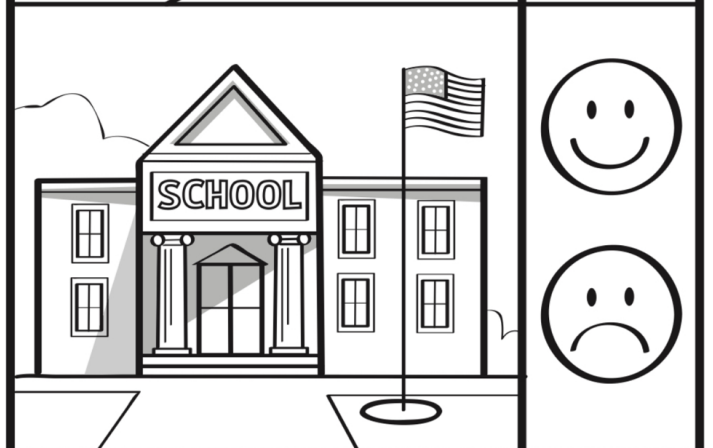
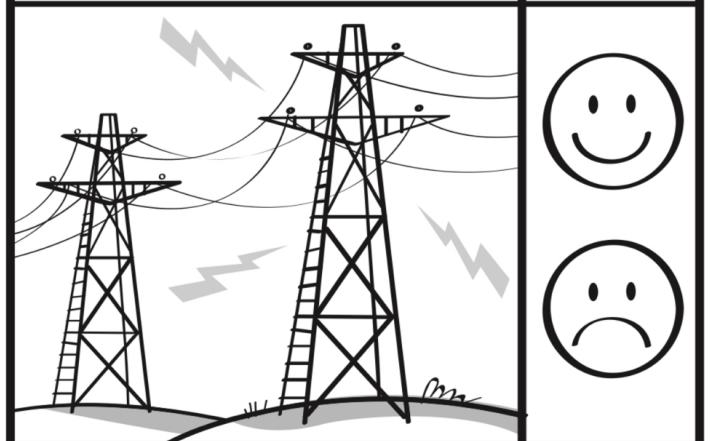
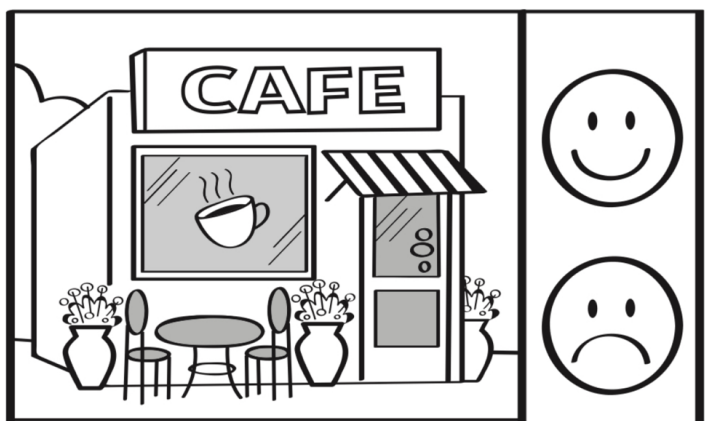
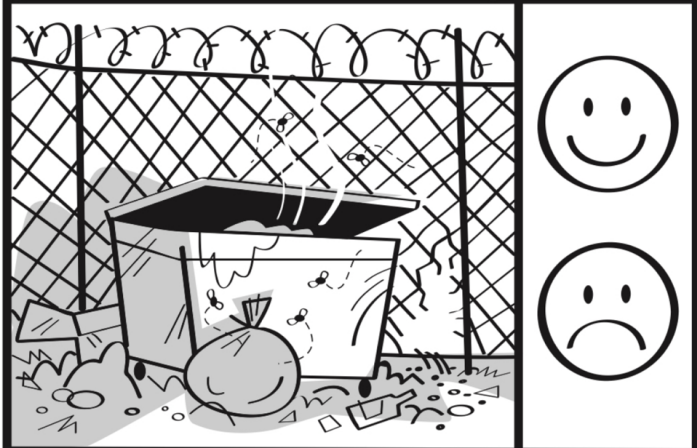
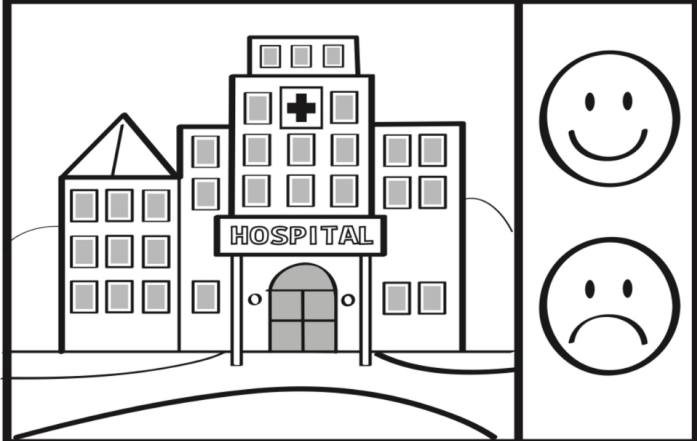
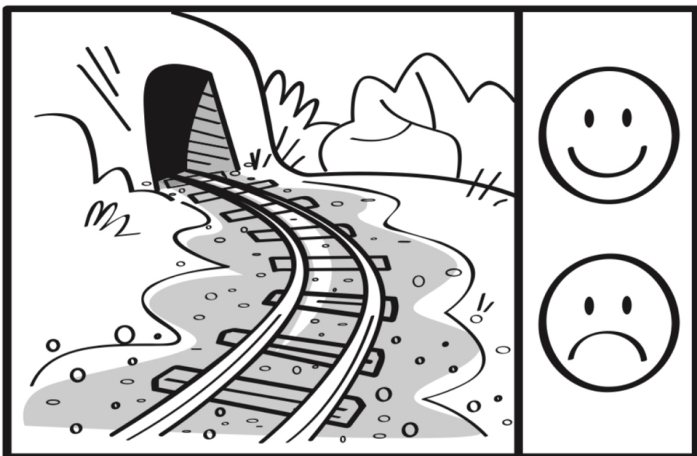
# FIND SAFE PEOPLE AND PLACES

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.



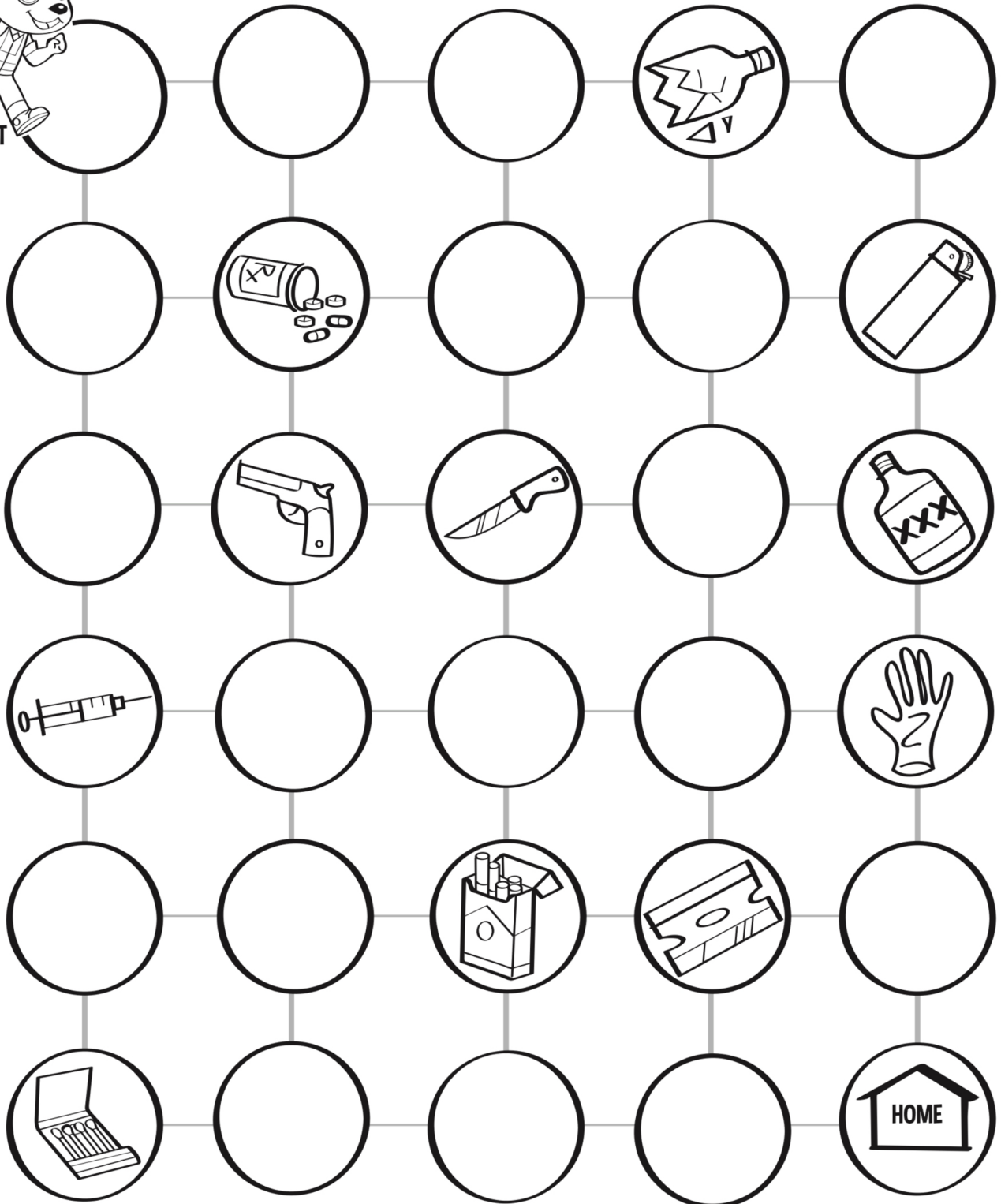


Color the smiley face if places are SAFE and the sad face if NOT SAFE.



# GET AWAY FROM DANGER

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





# 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

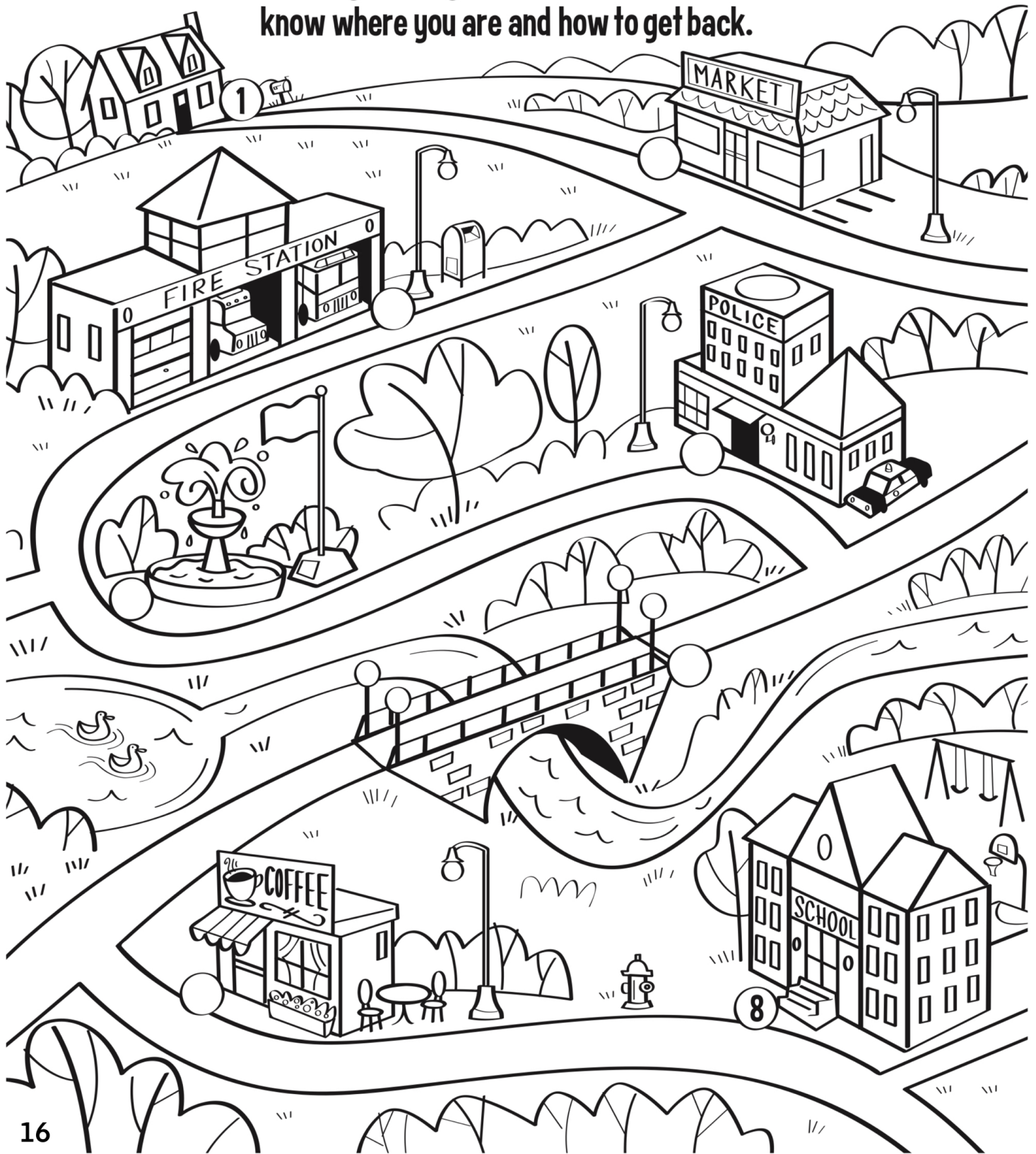
	Call 9-1-1 YES or NO
A boy is sitting on the ground under a tree, looking distressed with stars around his head, suggesting a fall or injury.	Y N
A vase has been broken on the floor, with shards and liquid spilling out.	Y N
A car is on fire, with flames and smoke rising from it.	Y N
A fireplace has a fire burning in it, with a small fire extinguisher nearby.	Y N

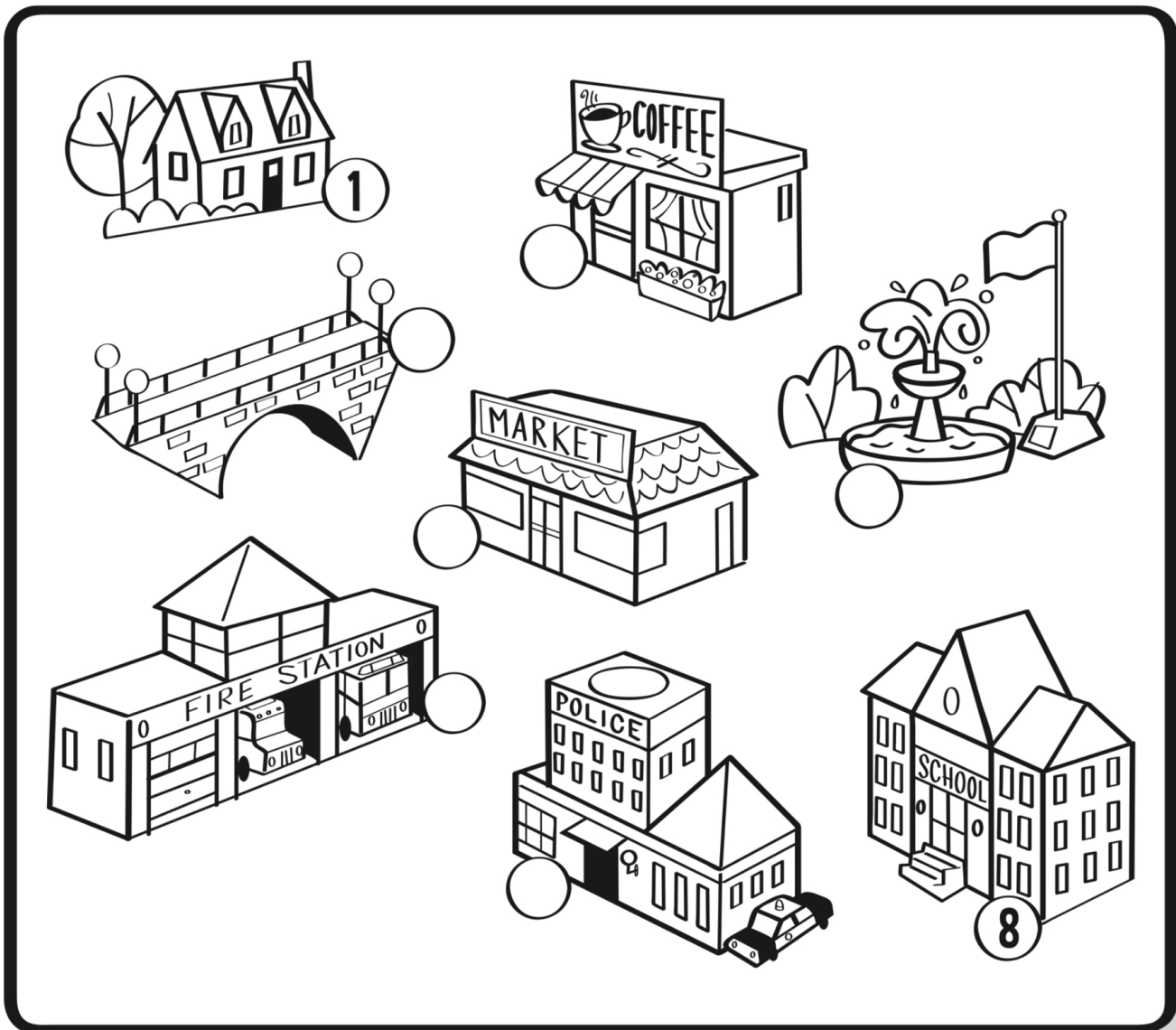
	Call 9-1-1 YES or NO
A boy is holding a toy airplane, looking at it with a focused expression.	Y N
A dog is looking out a window at a house with smoke coming out of the chimney, suggesting a fire.	Y N
A girl is flying a kite in a park, with the kite high in the air.	Y N
A person wearing a hard hat is working on a roof, possibly a construction worker or firefighter.	Y N



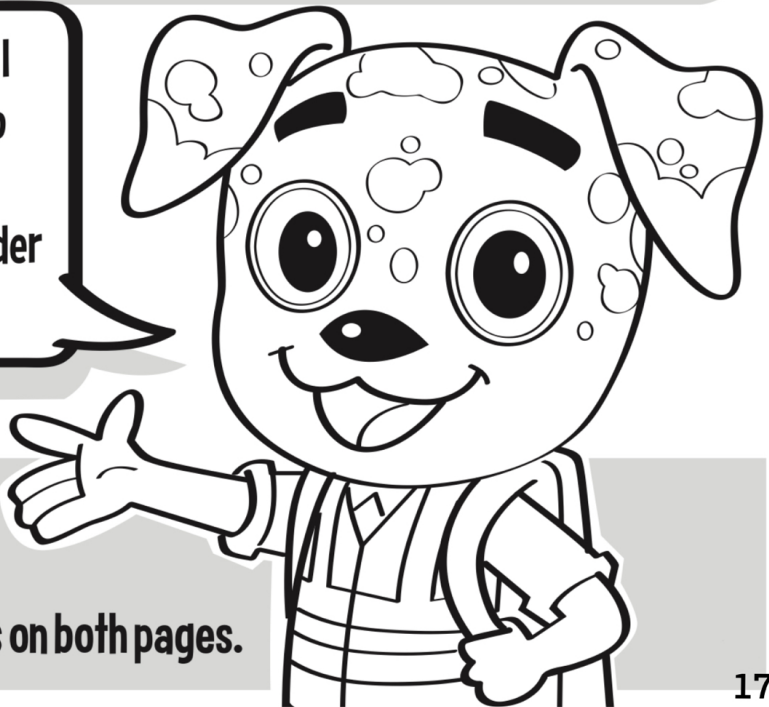
# KNOW YOUR LANDMARKS

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.

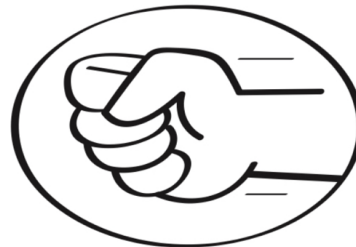
# KEEP YOUR HANDS TO YOURSELF



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

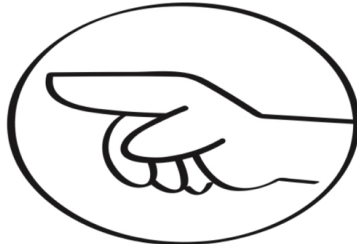
Color the pictures that show using your hands doing the right thing.

Clapping



Hitting

Poking



Eating

Writing



Tickling

Touching things that aren't yours



Using computer

Make a heart



Pushing



# NO BULLY ZONE !

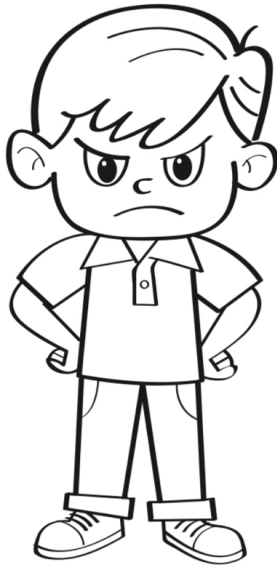
IF YOU ARE BEING BULLIED OR SEE SOMEONE BEING BULLIED  
Tell a Teacher, Parent or Trusted Adult



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

# SHARE YOUR FEELINGS

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



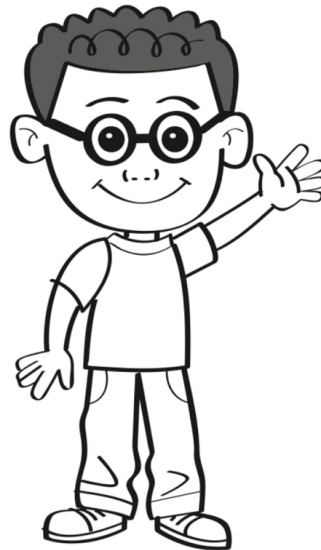
**ANGRY**



**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 \_ \_ \_ \_ \_

-----

-----

# 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.



# CONGRATULATIONS!

**You're Now on Rocket's Team!**

**Name :** \_\_\_\_\_

**has completed  
Rocket's Sense of Safety & Beyond!  
activities.**

**Date** \_\_\_\_\_

**Signature** *Rocket*



# SENSE OF SAFETY & BEYOND! REVIEW

Sit down with your family and answer the questions below:

1. Name your 6 Senses (Inside front cover)
2. Name some of your buddies and describe them (page 1)
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. When riding a bike, what should you always wear on your head to protect your brain? (page 6)
6. When riding a bike, what is the hand signal for a left turn? (page 7)
7. What is an EXIT? (pages 10-11)
8. Who are safe people that can help you? (page 12)
9. Is it safe to play or walk near a big trash can with garbage and broken bottles? (page 13)
10. Name some dangerous objects, and how they can hurt you. (page 14)
11. For a real emergency, what number do you call for help? What are examples of real emergencies? (page 15)
12. Name a landmark that you pass on your way to school. (pages 16-17)
13. If someone pushes or hits you or a friend, what should you do? (page 18)
14. If someone is bullying you, or treating you badly, what should you do? (page 19)
15. If you are feeling sad, angry or scared, who can you talk to? (page 20)
16. What are some kind things you can do or say to people? (page 22)



# EMERGENCY CONTACT LIST



## MY INFORMATION:

Name: \_\_\_\_\_

Birth Date: \_\_\_\_\_

My Address: \_\_\_\_\_  
\_\_\_\_\_

My Phone #: \_\_\_\_\_

Medical Conditions: \_\_\_\_\_

Allergies: \_\_\_\_\_

Medications: \_\_\_\_\_

## EMERGENCY NUMBERS:

Emergency Operator: **911** \_\_\_\_\_

Parent /Guardian Name: \_\_\_\_\_

Parent /Guardian Number: \_\_\_\_\_

Relative \_\_\_\_\_

Neighbor \_\_\_\_\_

# KEEP YOUR CHILD SAFE and HEALTHY!

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

ROCKET RULES

## SKILLS INCLUDE

9-1-1

HOW TO FIND EXITS

STAYING SAFE WITH A BUDDY

BIKE SAFETY

TRAFFIC SAFETY

SAFE PEOPLE AND SAFE PLACES

FIND YOUR WAY WITH LANDMARKS

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.

"With the help of Rocket, officers teach students valuable life skills that they can build upon as they grow into young adults. The skills taught by Rocket build on the foundation of learning that starts at home and is reinforced by school staff. Rocket and our officers look forward to continuing to teach students to be safe and responsible citizens."

Clark County School District Police Department,  
Chief of School Police Mike Blackeye

"CCSD Safe Routes to School is happy to team up with Rocket's Sense of Safety & Beyond! program to improve the health and well-being of elementary school children, and to encourage safe walking and bicycling to and from school."

Jennifer Grube, SRTS Coordinator

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