



The Hero In You Foundation presents

# Rocket's SENSE OF SAFETY & Beyond!

Vol.2

## ACTIVITY BOOK

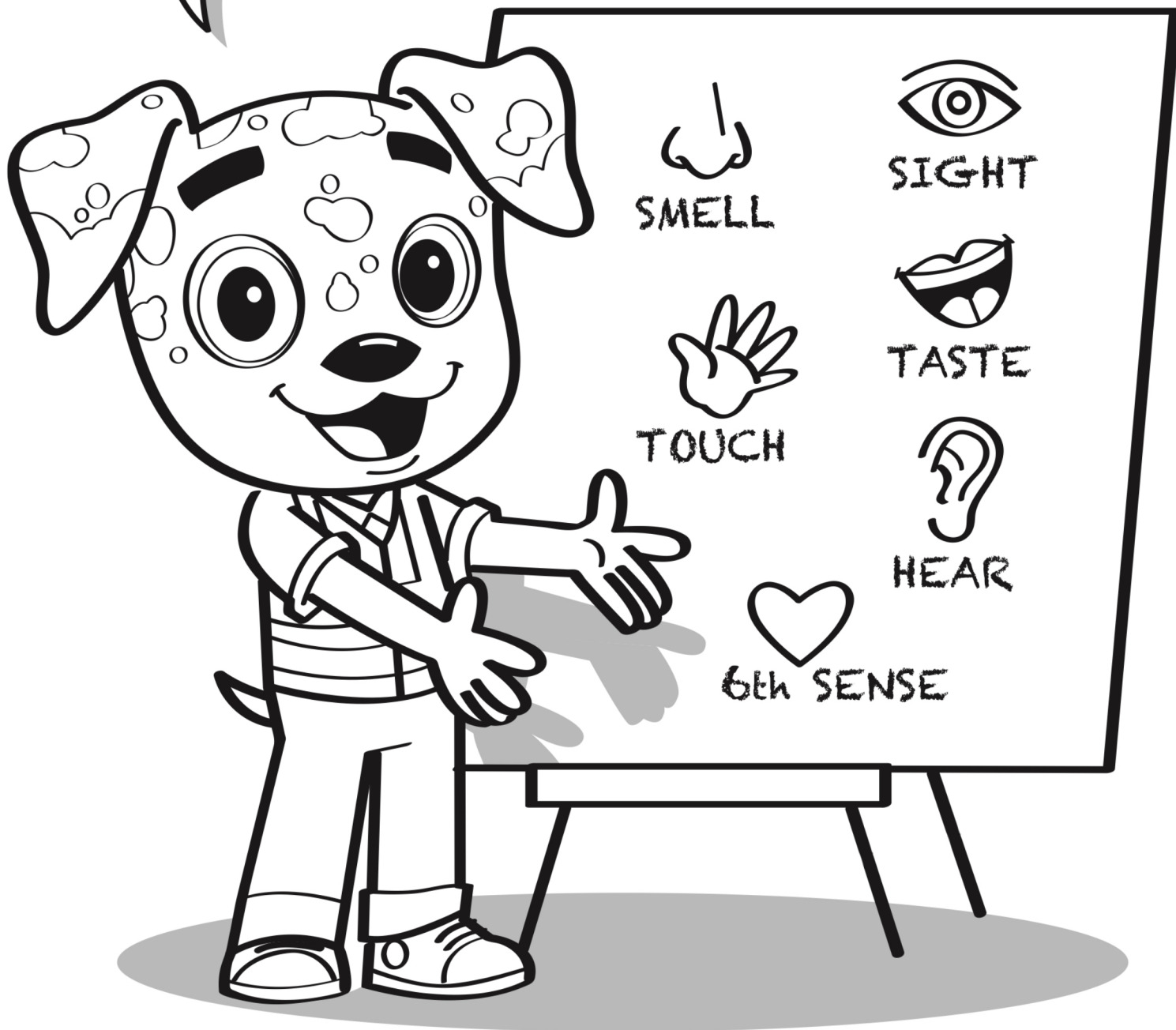


In Partnership with



**Hi I'm Rocket.**

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

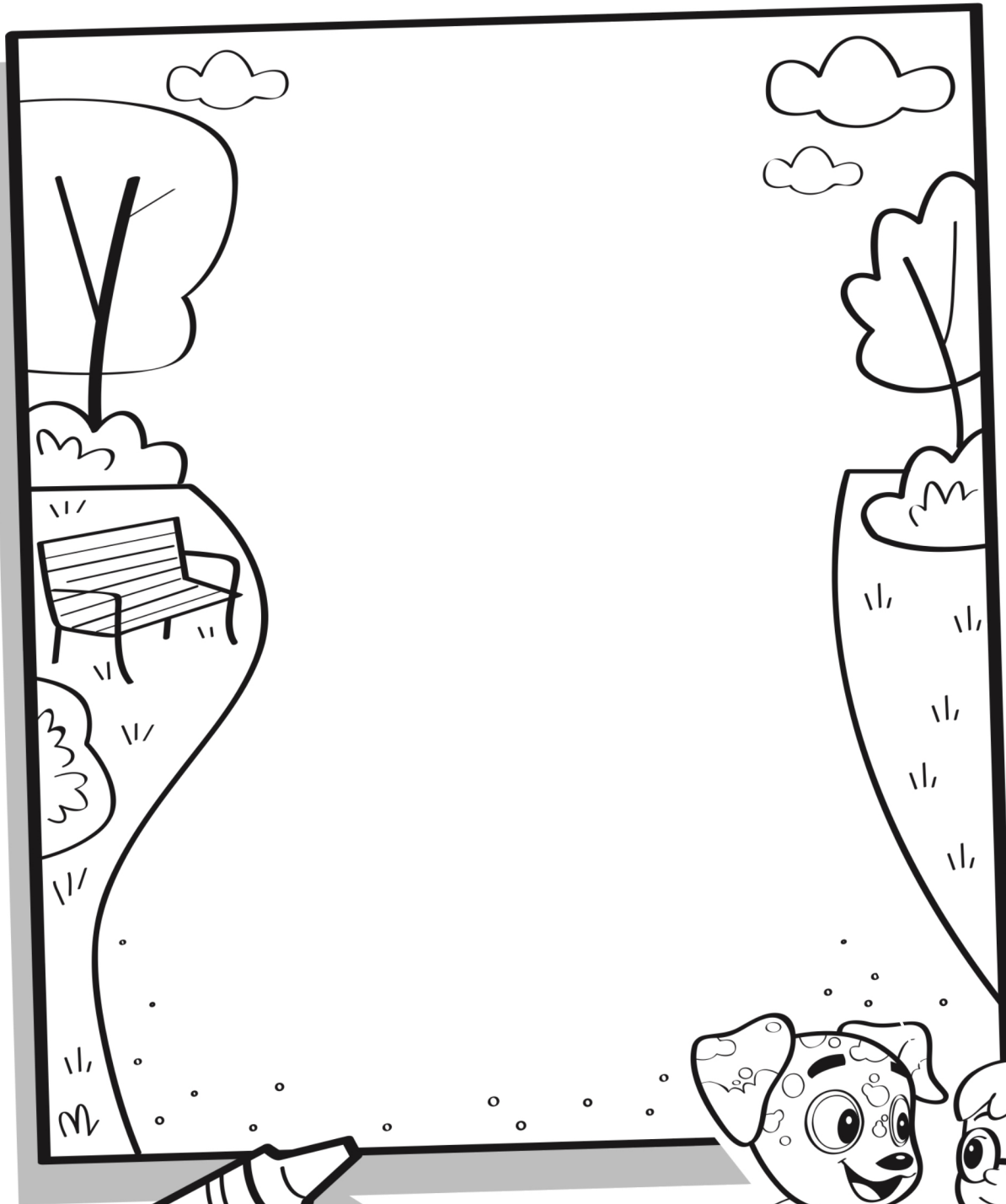


**Complete all the activities in this book and become a member of Rocket's Sense of Safety & Beyond! team.**



# STAY WITH YOUR BUDDY

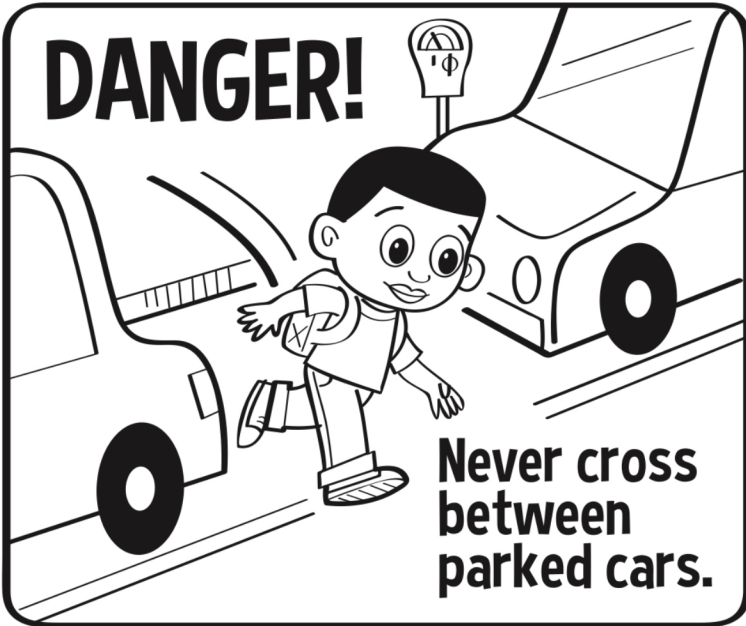
Always have a buddy and be a buddy. Watch out for each other.



... 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

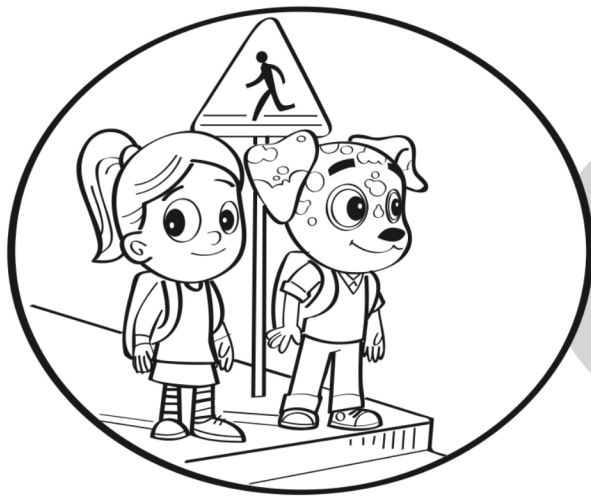
Draw a line from "Safe or Unsafe" that describes each picture.



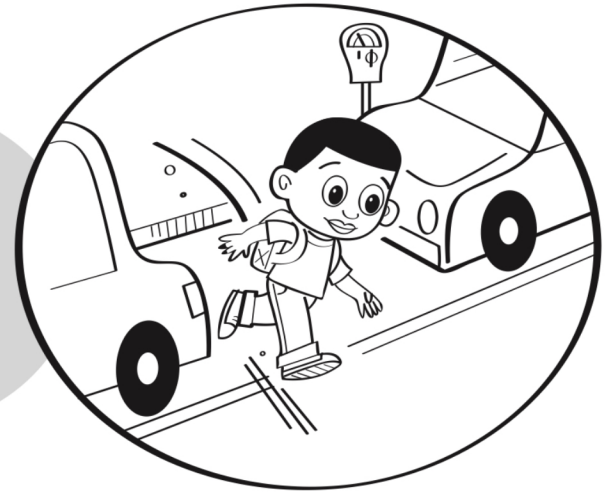
SAFE  
UNSAFE



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!

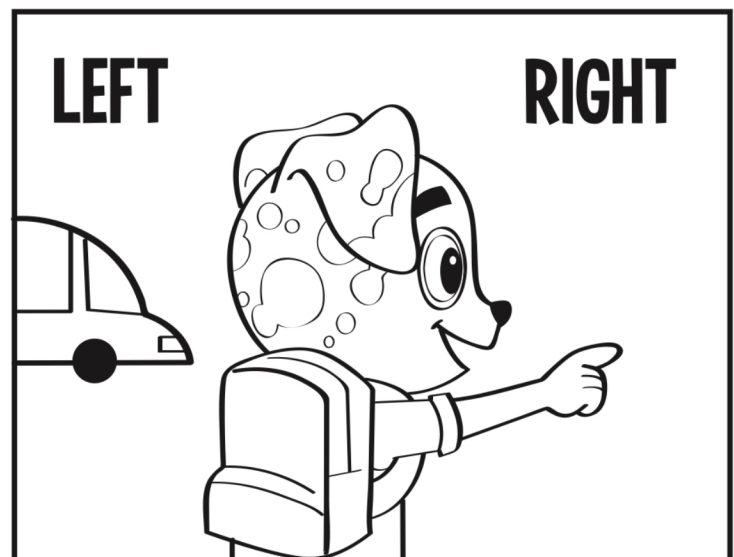
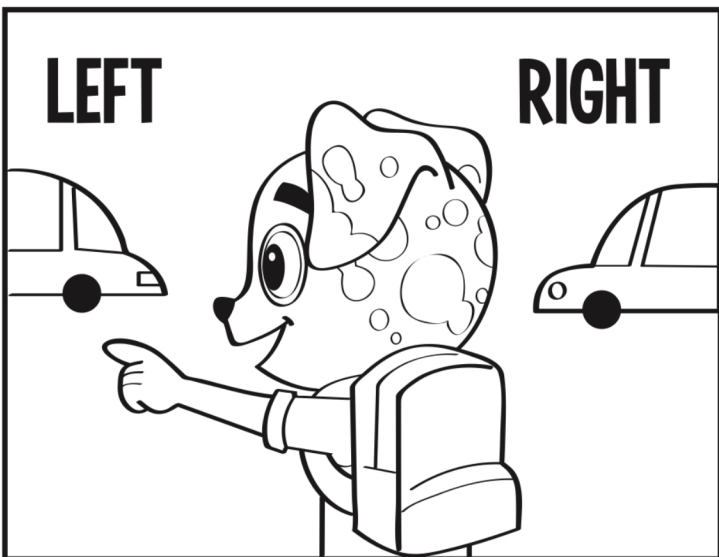
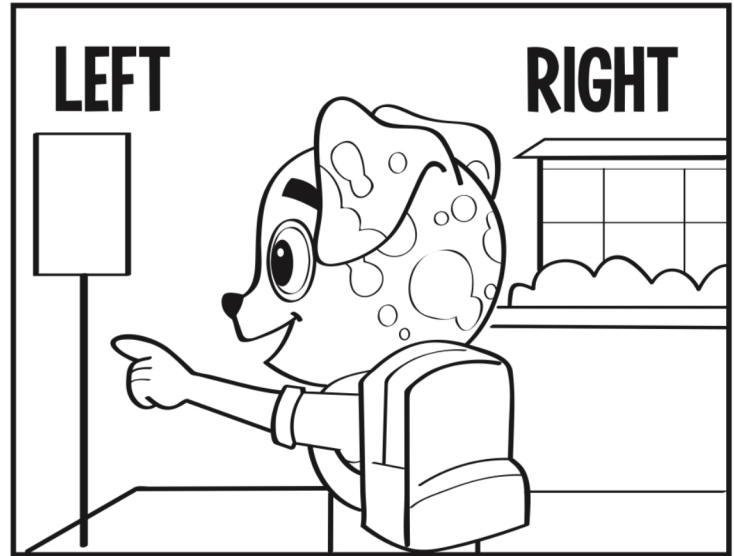
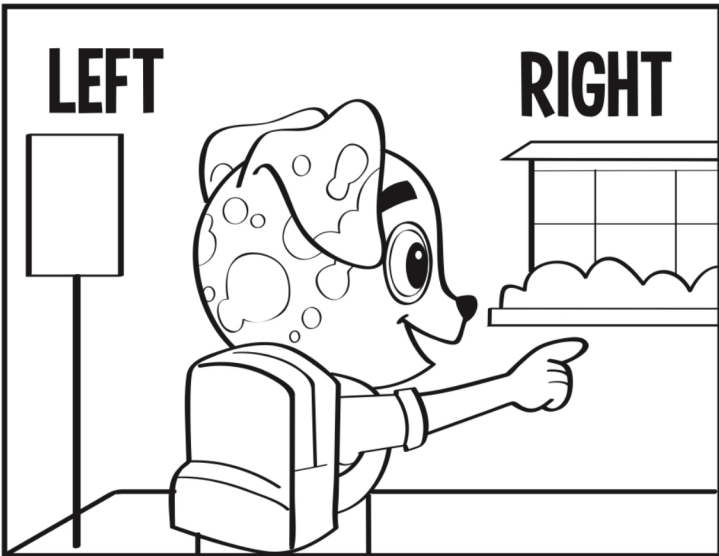
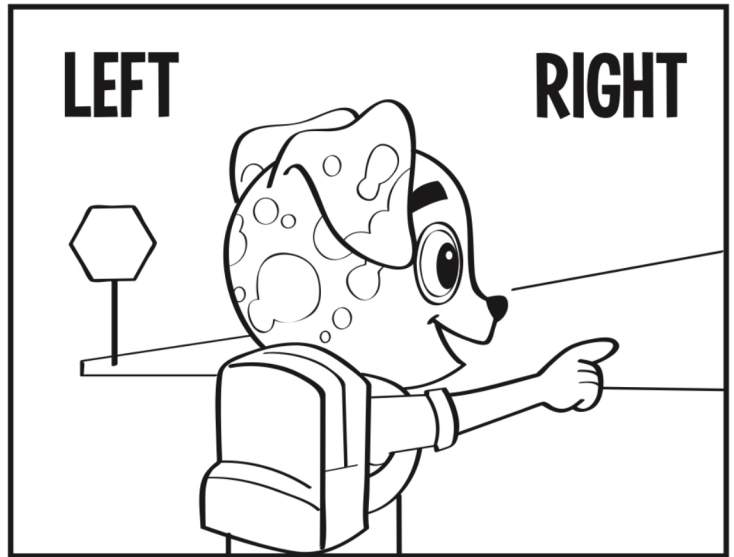
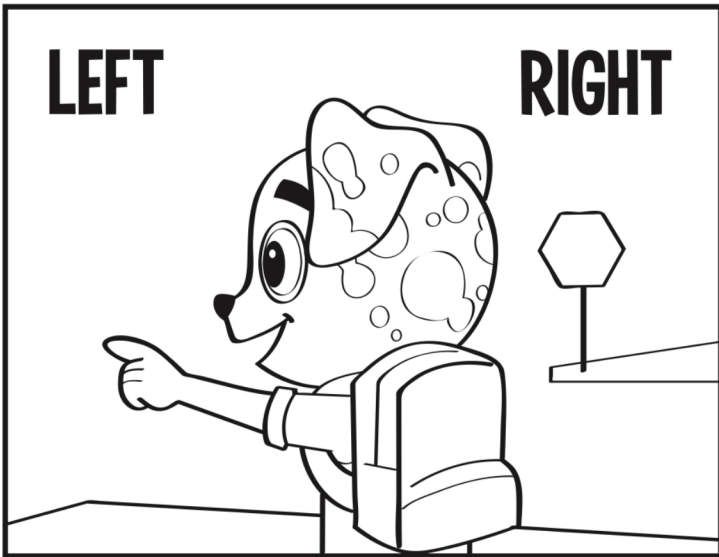
...and continue to pay attention as you cross.



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.



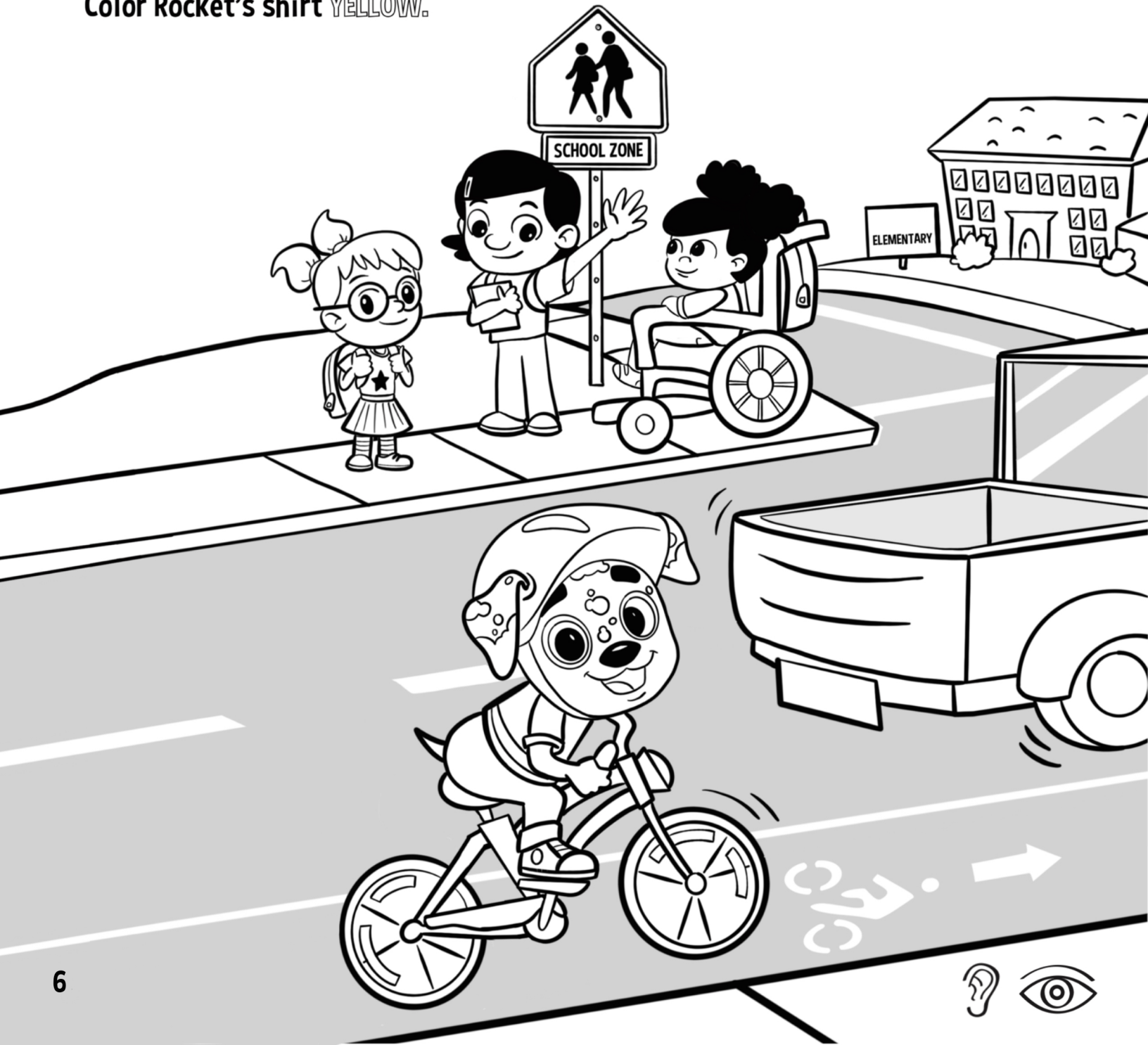
... color this page.

# 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**.



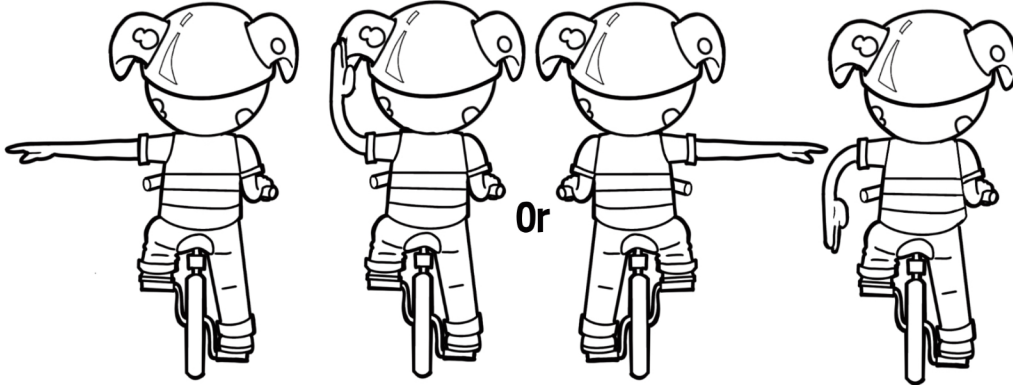




**ROCKET SAYS...**

# USE HAND SIGNALS WHEN RIDING YOUR BIKE.

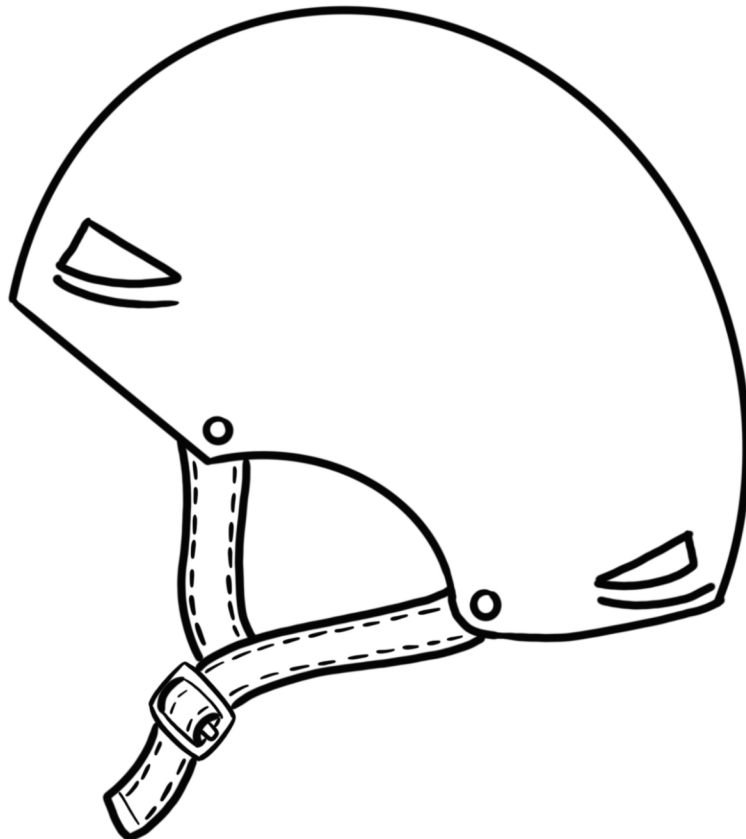
Cars will know which way you are going, or if you are stopping. This will help keep you safe.



**Left Turn**

**Right Turn**

**Stop**



**Color and Design Your Helmet - It Protects You!**

# FIND SAFE PEOPLE AND PLACES

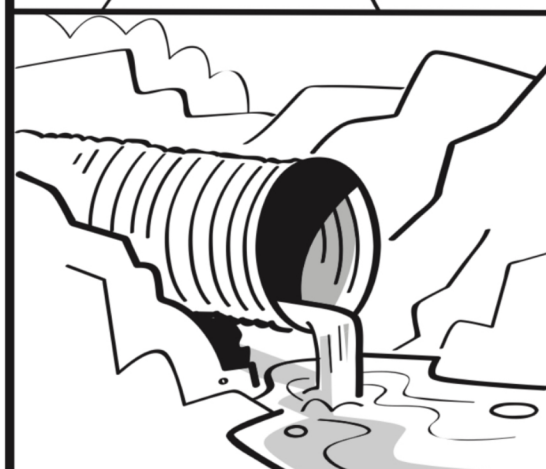
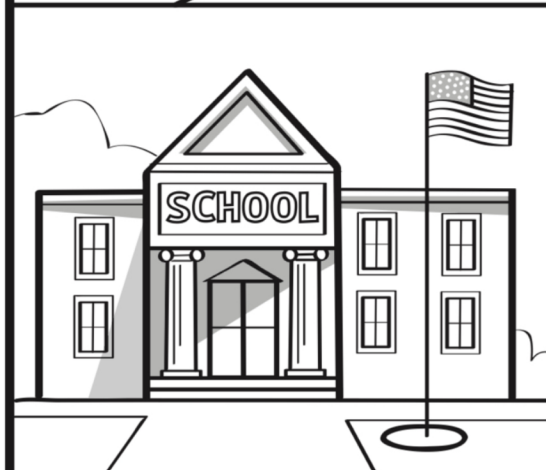
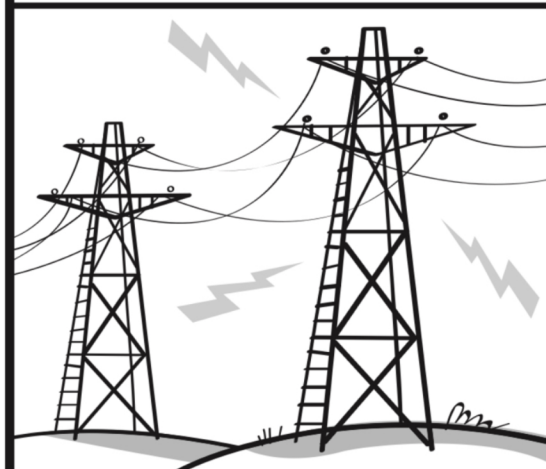
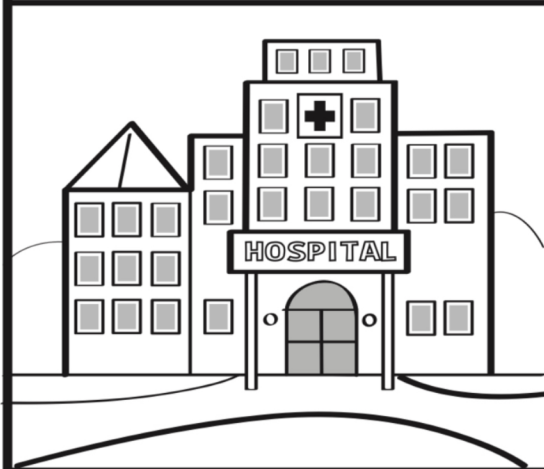
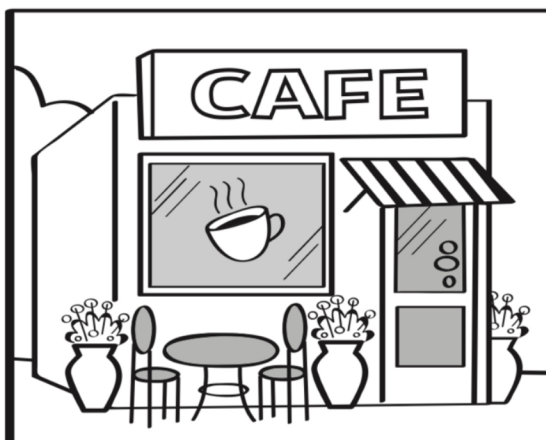
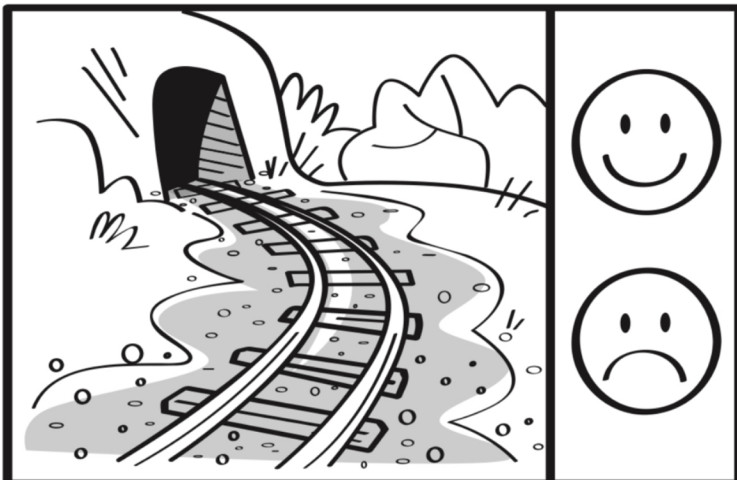
There are people and places that are safe and others that are not safe.



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





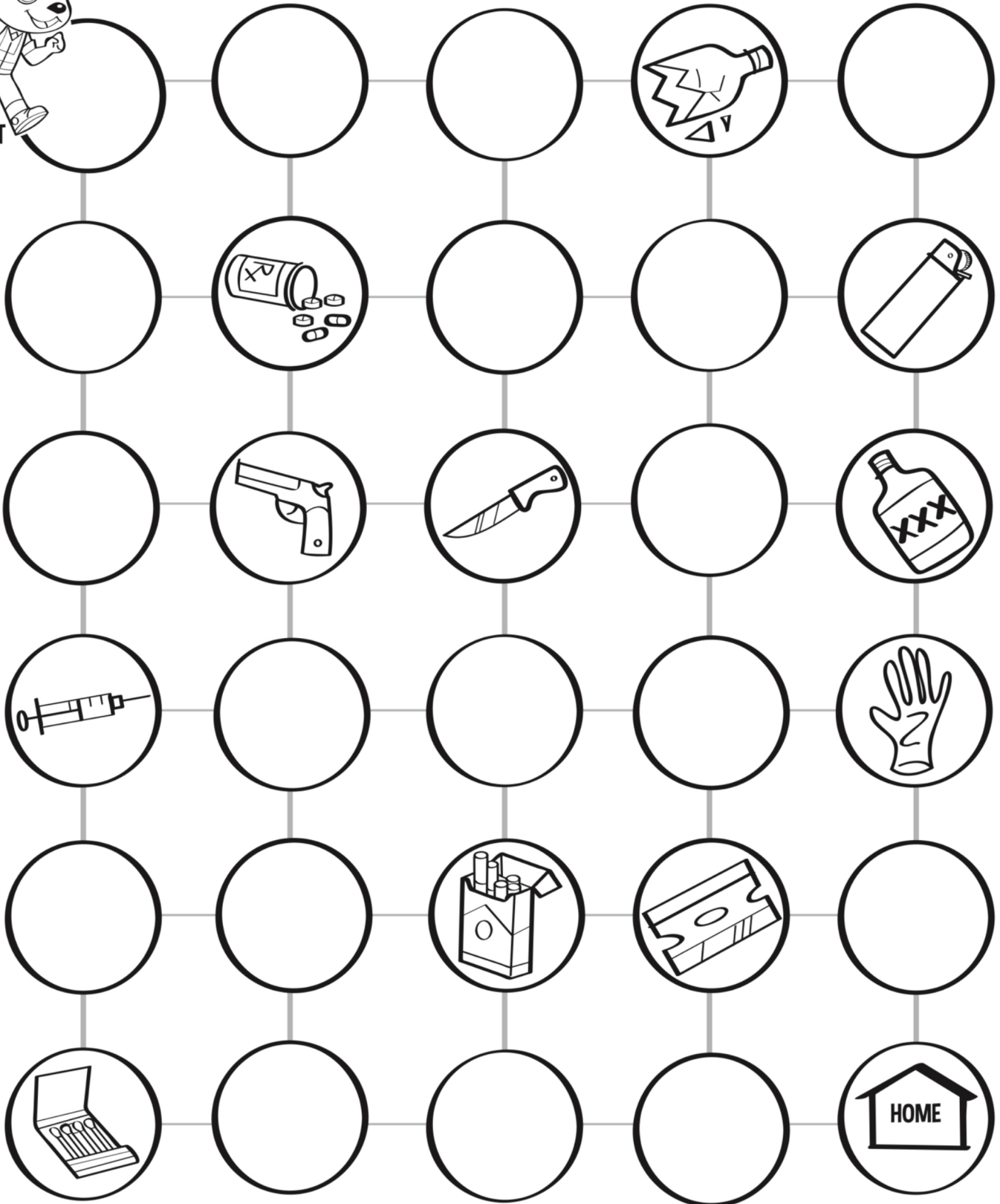


Color the smiley face if places are SAFE and the sad face if NOT SAFE.



# GET AWAY FROM DANGER

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

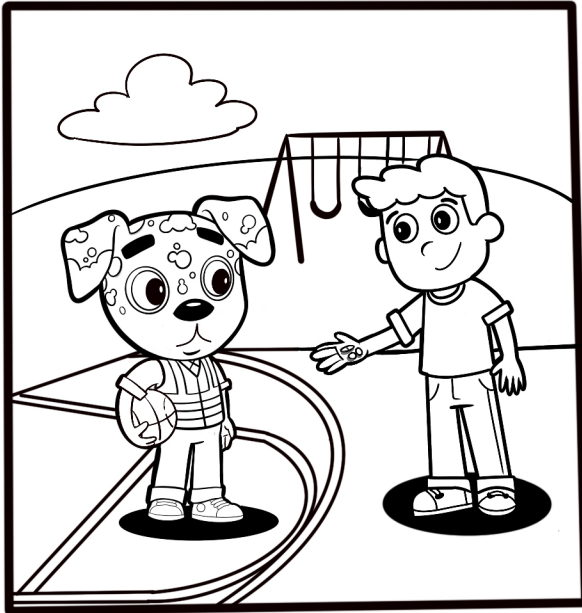


# BE SAFE-BE SMART-BE SURE

## With CANDY and PILLS

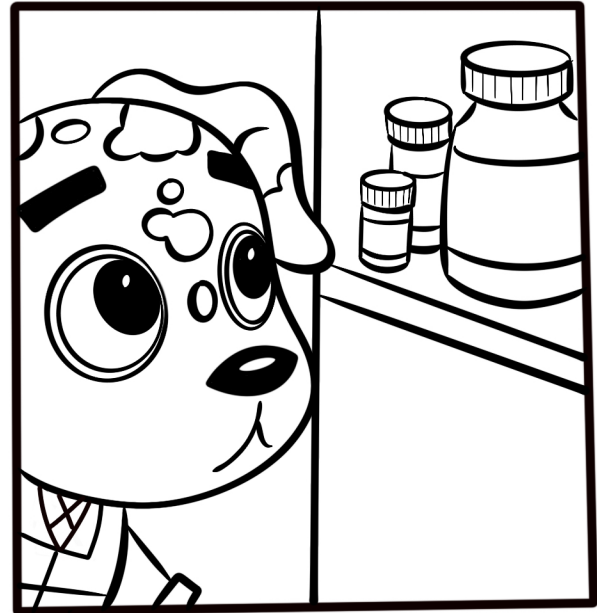
Dangerous drugs can look like candy and hurt you.

Always show all candy and pills to an adult to make sure they are safe.



**DON'T LET SOMEONE PRESSURE YOU**  
If they say, "Just try some..."  
You Say, "that's not for me." Tell  
a teacher or adult.

**SAFE**  **UNSAFE**



**NEVER TAKE ANY PILLS OR MEDICINE**  
without an adult you trust.

**SAFE**  **UNSAFE**



**Dangerous drugs can look like**  
candy and hurt you.

**SAFE**  **UNSAFE**

Check **SAFE** or **UNSAFE** for each situation.



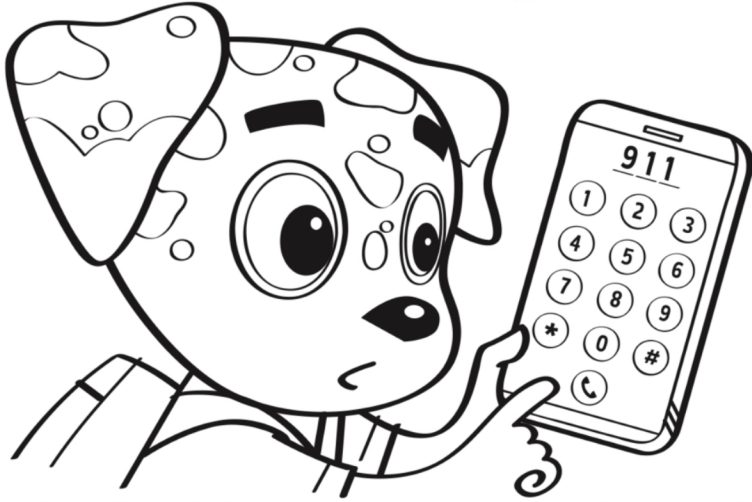
# KEEPING YOU SAFE

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



 ... color this page.

# DIAL 9-1-1



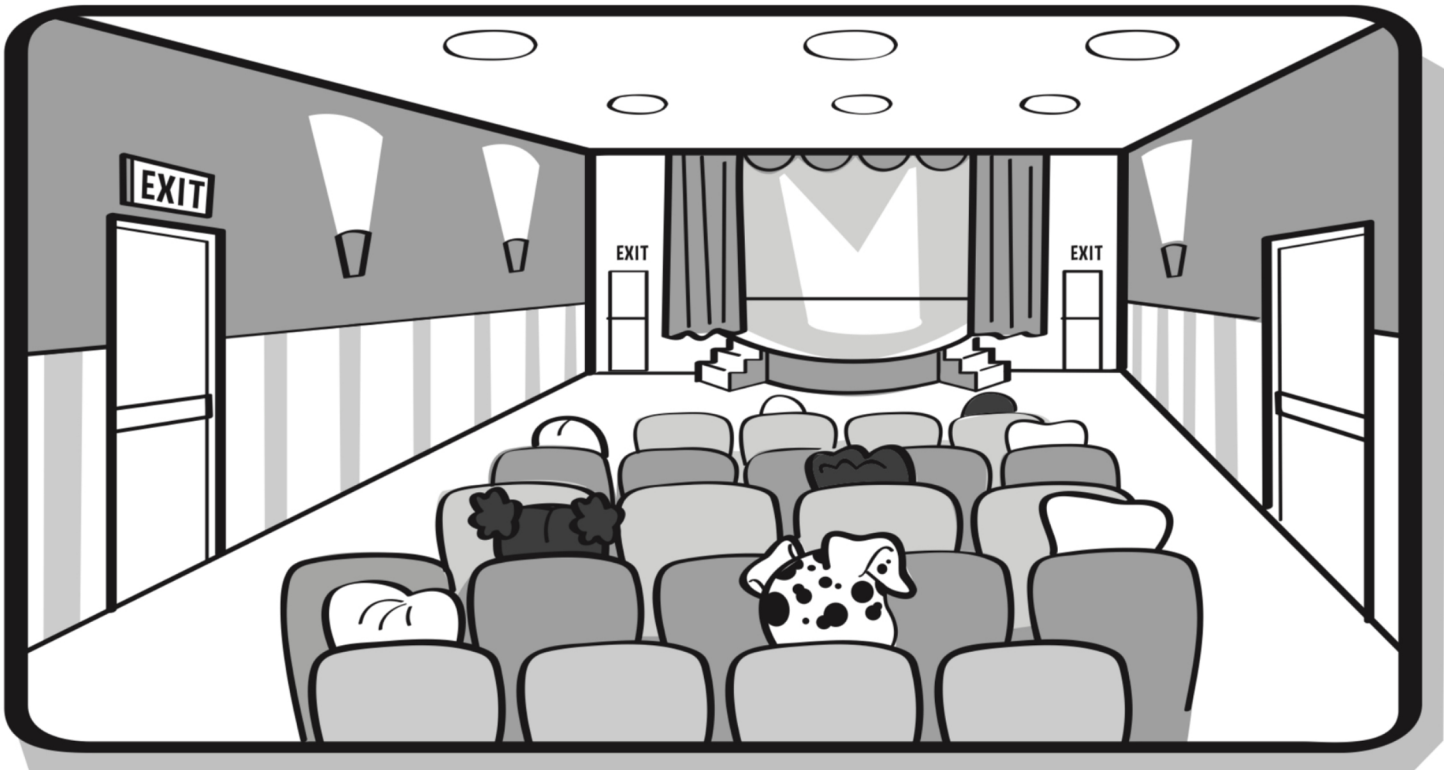
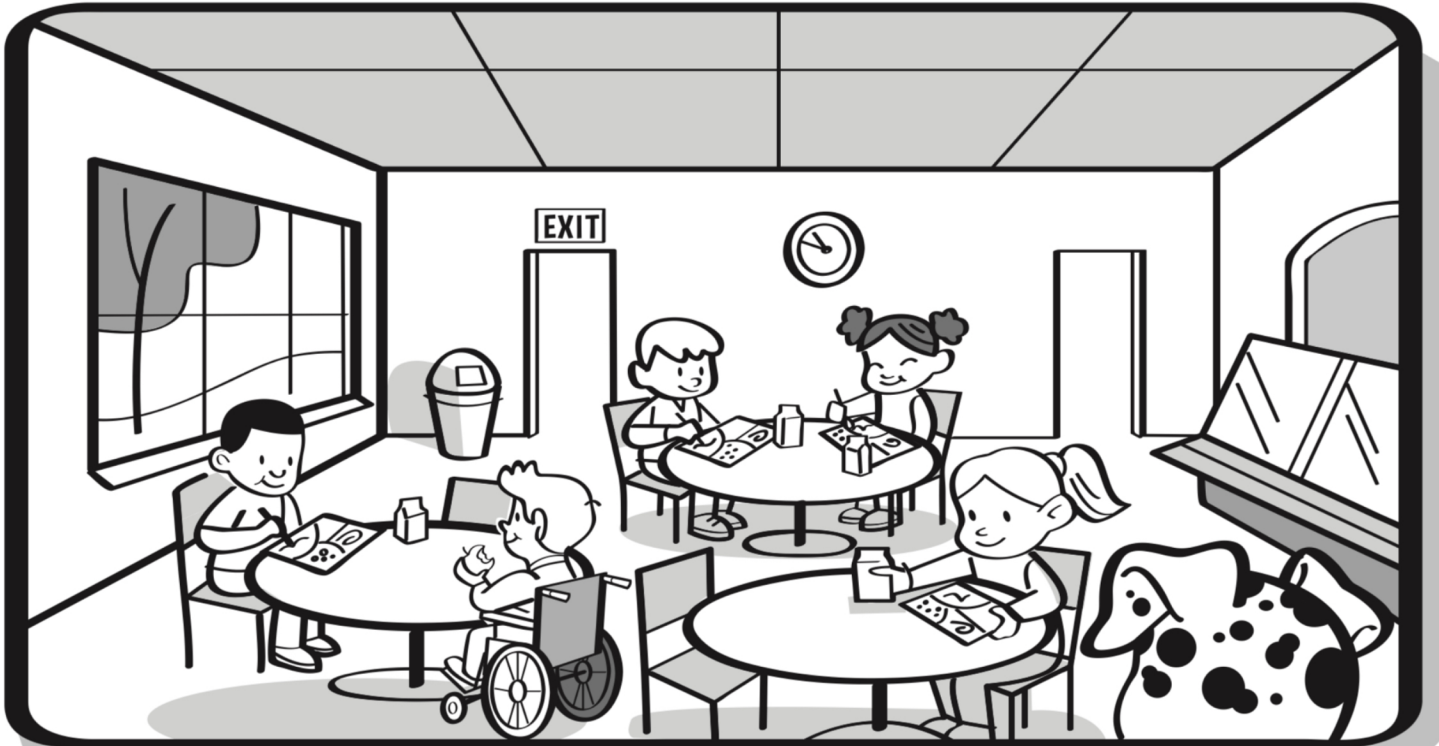
If you have a real emergency,  
call 911 for help.  
A friendly operator will  
answer the phone.  
Stay calm!

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

	Call 9-1-1 YES or NO		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 cartoon boy is holding a toy airplane in his hands, looking at it.	Y N
A vase is falling and shattering on the floor, with flowers and a lamp nearby.	Y N	A cartoon 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 cartoon car is involved in a crash, with smoke and debris.	Y N	A cartoon girl is flying a kite in a park. The kite is high in the air.	Y N
A fireplace is shown with a fire burning brightly inside.	Y N	A cartoon burglar wearing a mask and a hat is looking out of a window, holding a box.	Y N

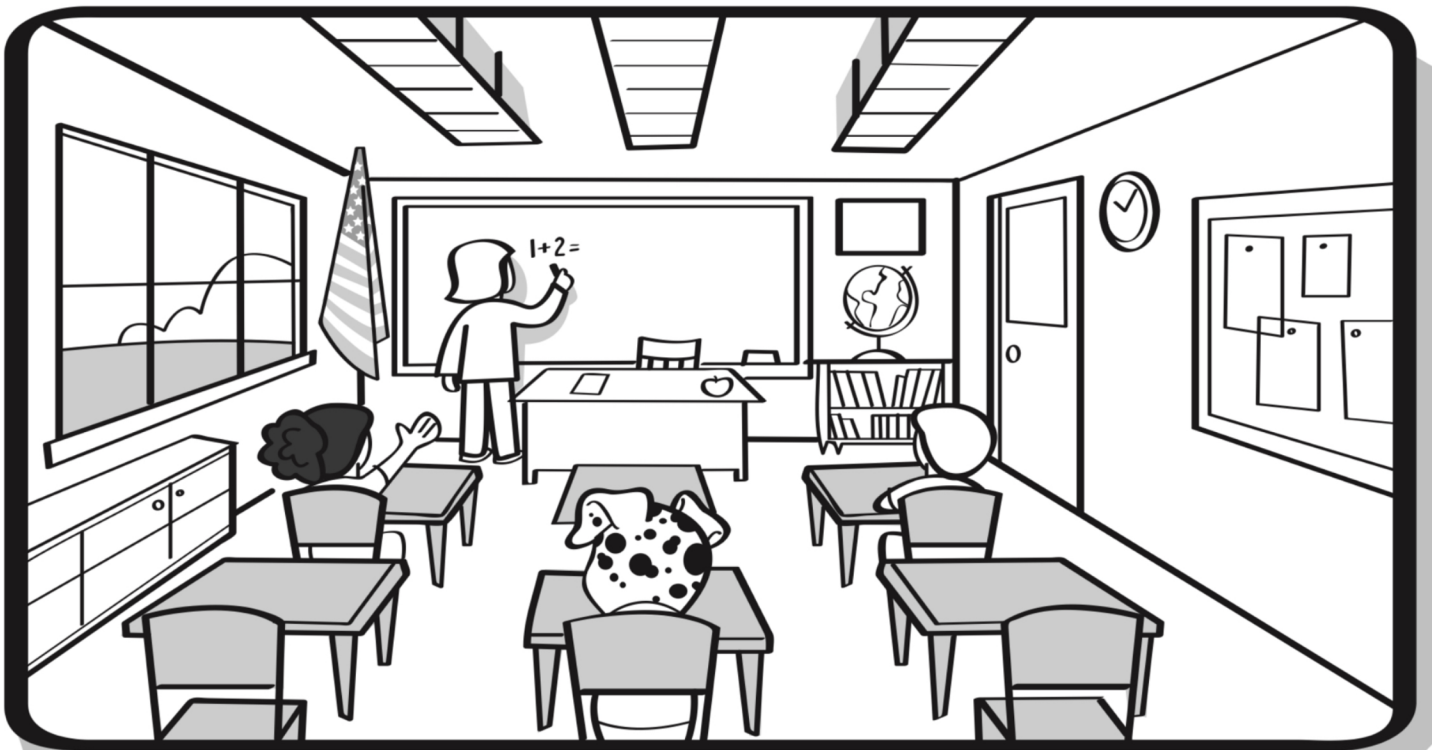
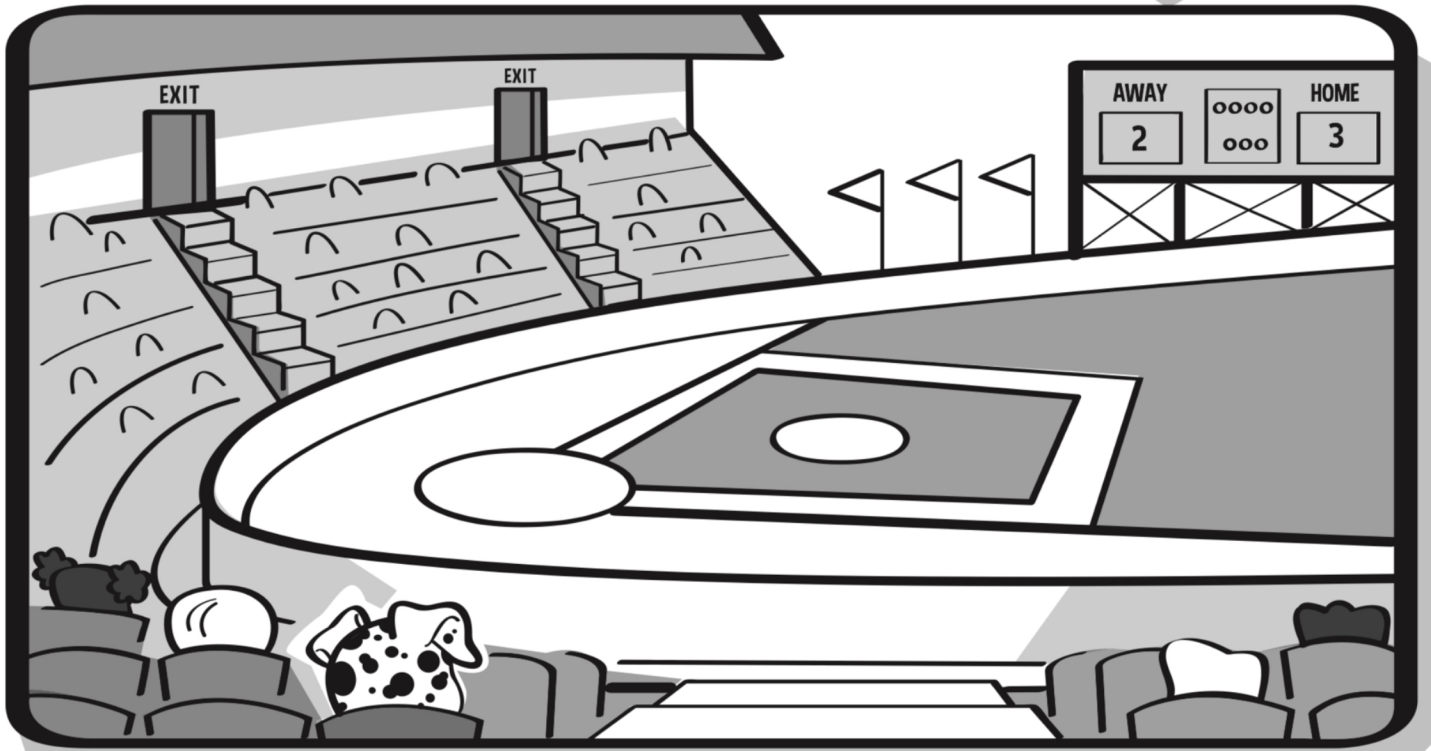
# LOCATE YOUR EXITS

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



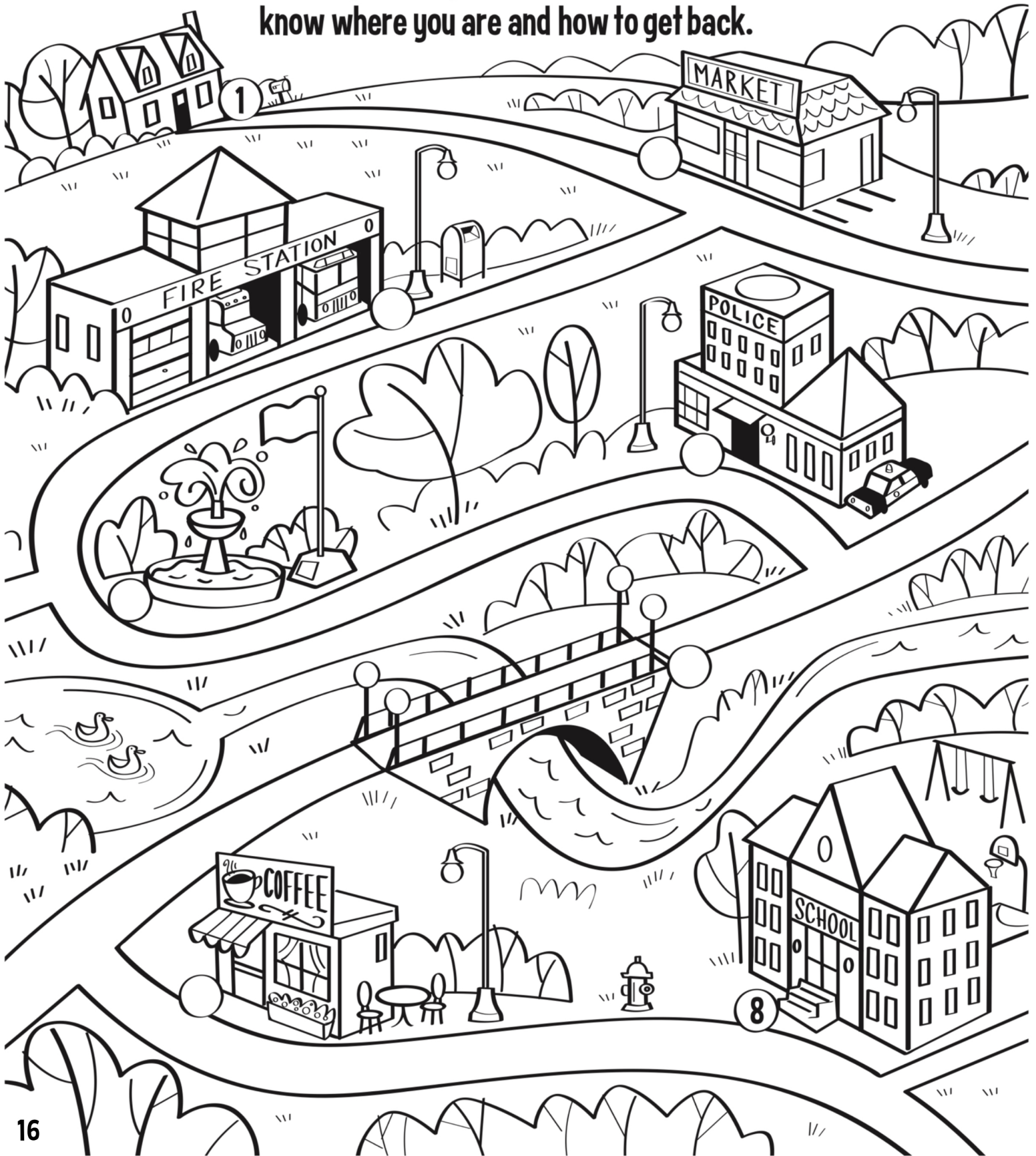


Draw a line from Rocket to his two closest exits.  
Some exits don't have signs.

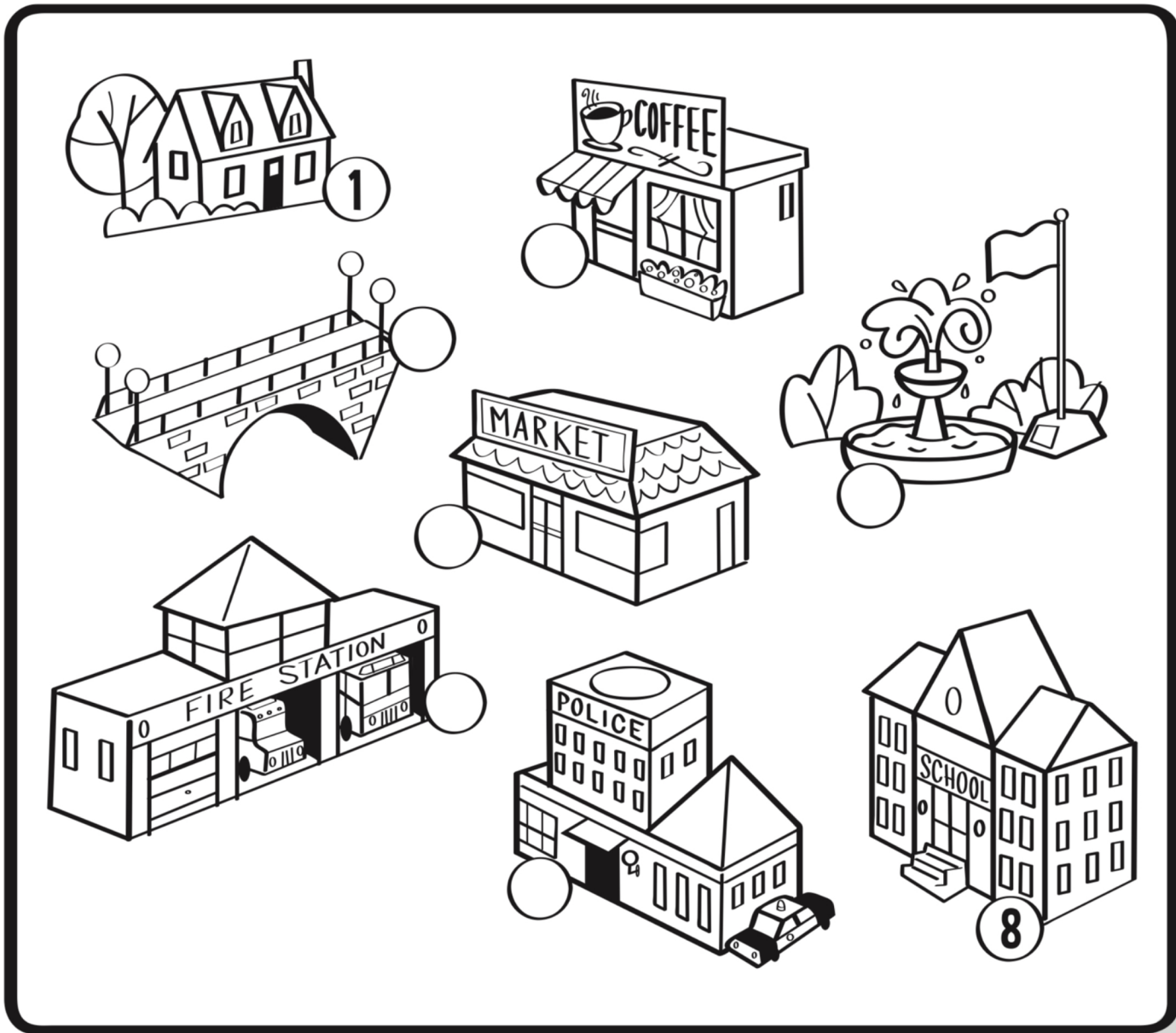


# KNOW YOUR LANDMARKS

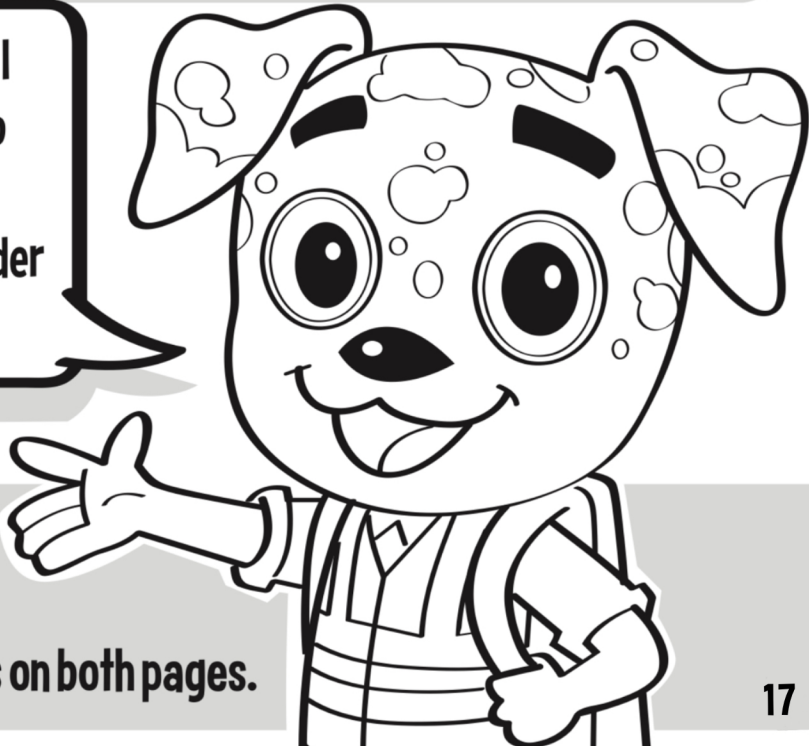
Remembering Buildings and Places makes it easier to know where you are and how to get back.







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.



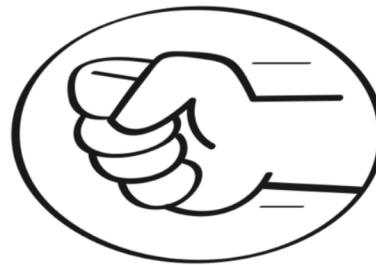
# KEEP YOUR HANDS TO YOURSELF



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

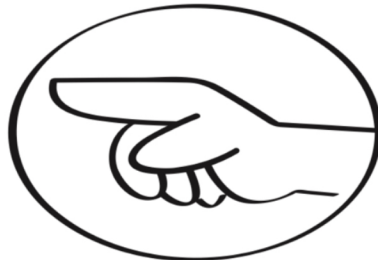
Color the pictures that show using your hands doing the right thing.

Clapping



Hitting

Poking



Eating

Writing



Tickling

Touching things that aren't yours



Using computer

Make a heart

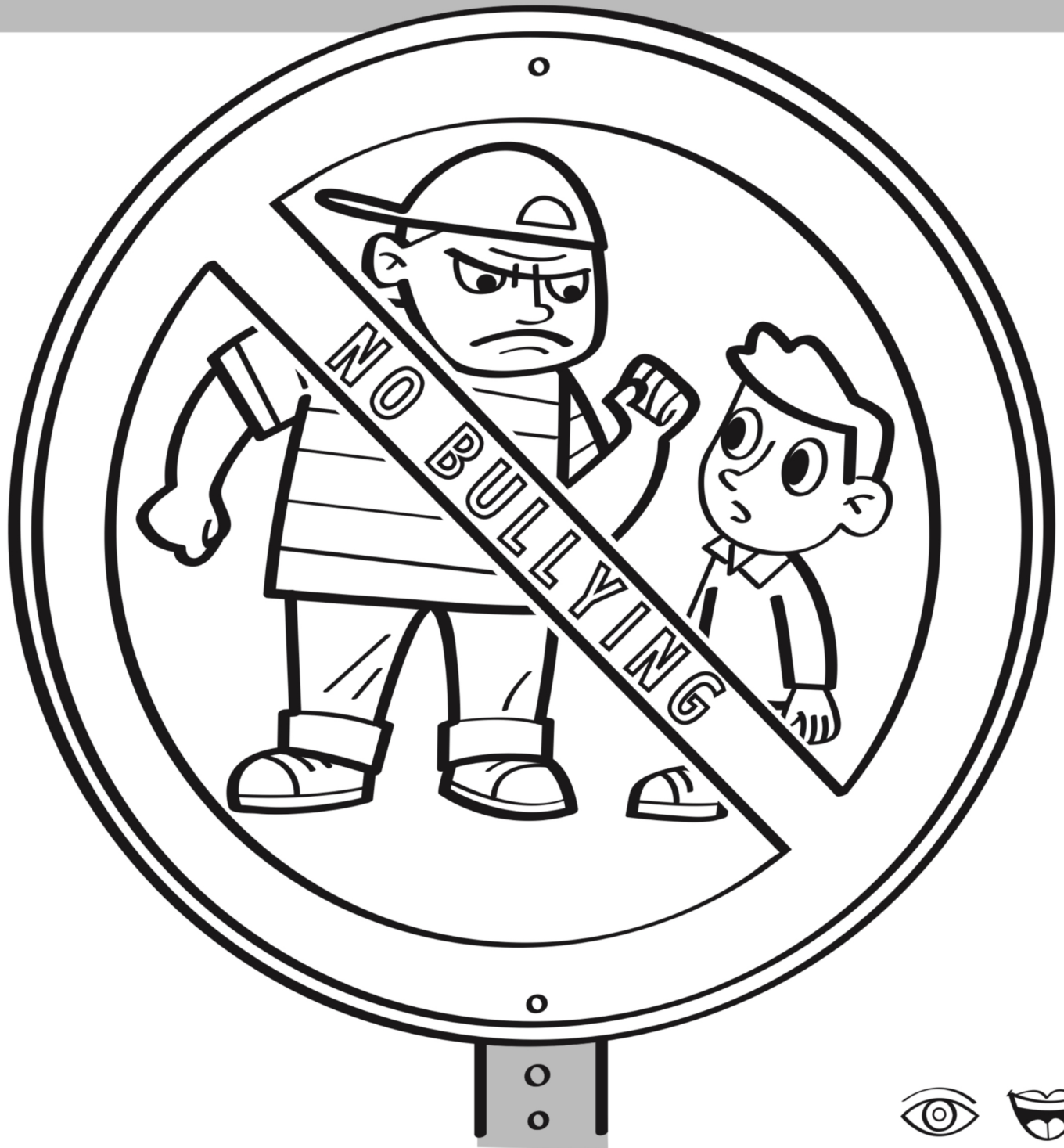


Pushing



# 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

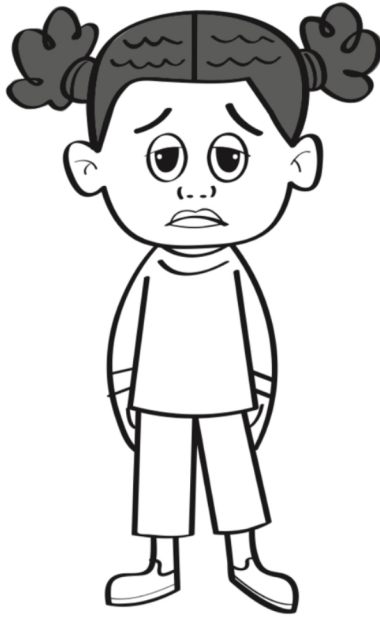
Don't be afraid to ask for help from your teacher, parent or a trusted adult.



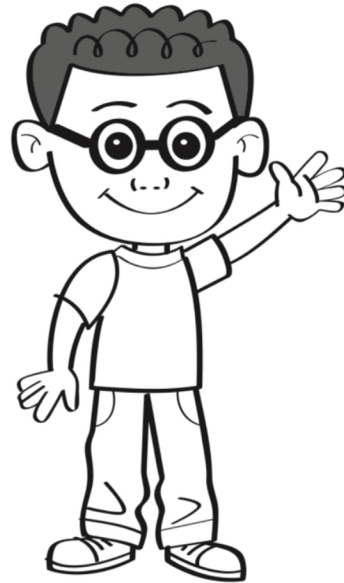
**ANGRY**



**SCARED**



**SAD**



**HAPPY**





**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.

Are you ok?

You are special.

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. Who are safe people that can help you? (page 8)
8. Is it safe to play or walk near a big trash can with garbage and broken bottles? (page 9)
9. Name some dangerous objects, and how they can hurt you. (page 10)
10. If someone pressures you to take drugs or pills, what should you do? (page 11)
11. For a real emergency, what number do you call for help? What are examples of real emergencies? (page 13)
12. What is an EXIT? (pages 14-15)
13. Name a landmark that you pass on your way to school. (pages 16-17)
14. Should you use your hands to poke or push someone? (page 18)
15. If someone is bullying you, or treating you badly, what should you do? (page 19)
16. If you are feeling sad, angry or scared, who can you talk to? (page 20)
17. What are some kind things you can do or say to people? (page 22)



**Remember to use your  
6 senses to stay safe!**

# 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.

## SKILLS INCLUDE

**DIAL 9-1-1**

**SAFE PEOPLE AND SAFE PLACES**

**HOW TO FIND EXITS**

**STAYING SAFE WITH A BUDDY**

**FIND YOUR WAY WITH LANDMARKS**

**WERE YOU KIND TODAY?**

**CROSSING THE STREET SAFELY**

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.

"There has never been a more important time to make certain that we are creating a safe and secure environment for children both at school and in the community. 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 President of the National Association of School Resource Officers (NASRO) 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 used by NASRO members, police departments and educators across the United States. It helps create and highlight safety awareness at multiple age levels!".

Rudy Perez, NASRO President, Asst. Chief, Golden Valley Police Dept.



**ROCKET RULES**

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