

Look Out!

This month in THE GREAT BODY SHOP, your child will be learning about accidents and safety. The issue is divided into four lessons. After doing each lesson in class, your child will bring home a worksheet that you can do together. This will reinforce the material learned in that lesson.

Lesson 1: Look Out!

Lesson 2: Be Careful When You Play!

Lesson 3: Fire

Lesson 4: Know the Rules

Lesson 1: Look Out!

This lesson will help children identify dangerous situations in the home. They will learn to not taste things (shampoo, medicine, flowers) that are not foods.

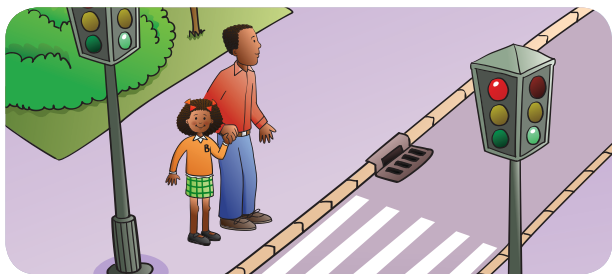
Learning to Become Street Smart

Students also will practice looking “left, right, left” when crossing the street. Remember:

- Young children can't always tell from which direction sounds are coming.
- Children don't think of cars as dangerous.
- Children cannot judge how fast cars are moving.

You should:

- Cross the street with your child at least a hundred times before you let him/her cross alone. Remind your child to look “left, right, left” before proceeding.
- Make sure your child knows he/she should walk on the sidewalk, not the street.
- Teach your child to follow “walk” and “don't walk” lighted signals if your town has them.
- Have your child hold your hand in parking lots.



Lesson 2: Be Careful When You Play!

Children will learn basic playground, bike, and bus safety.

Bike Safety

The National Safety Council says:

- Most bike injuries happen to children between the ages of 6 and 12. A helmet can prevent serious head injuries. Many helmets can be adjusted to become bigger as your child grows.
- Children should not be allowed on the street until you are sure they can follow the rules of the road (generally around age 10 or so).
- Bikes and helmets should have reflectors. You can buy retro-reflective tape at fabric, hardware, or sporting goods stores. For the most visibility, bikes should have headlights. Children should wear neon colors.

Litter Alert

There are times when a child discovers a “treasure” in litter or garbage. Broken glass, used needles, and other items can pose a serious safety threat to children. Teach your children never to touch or play with litter. If your child participates in a class “clean-up” day in the park or playground, make sure he/she is wearing heavy latex (rubber) gloves.

Lesson 3: Fire

Children will learn to identify things that can cause fires. They will learn to “STOP, DROP, and ROLL” if their clothes catch on fire. They will practice crawling to an exit in case of fire and learn that every house should have smoke alarms and an escape plan.

Lesson 4: Know the Rules

The main point of this lesson is to identify authority figures. Authority figures include parents, teachers, lifeguards, crossing guards, bus drivers, etc. Children learn that these people know the rules of safety, and that they should turn to these people if they have an accident or need help.