

Summer Safety, Summer Fun 🔊



Recall

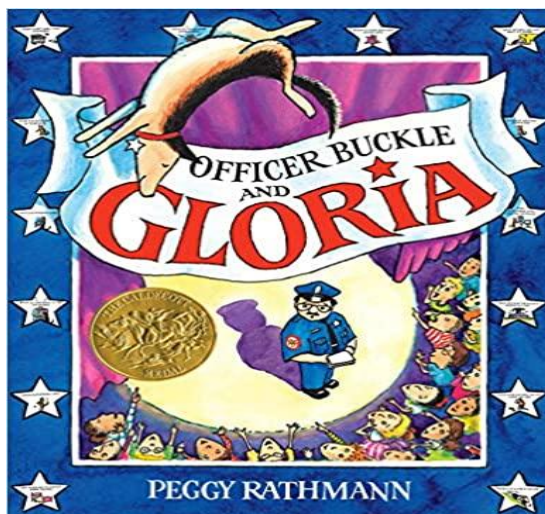
In Kindergarten, we understood that it's more fun to explore, play, and learn together when everyone followed school rules. No matter whether we were in the classroom or the Garden Lab, cafeteria, or even in the hallway, school rules helped to keep everyone safe and ready to learn, and it was important that everyone followed them.

What is a rule?

Can you name 3 rules to follow at Frederick Douglass ES?

How did it make you feel when you remembered to follow school rules?

Is it important to follow rules? Why?



[Officer Buckle and Gloria](#)

Family Tips

Read to your child.

Discuss the purpose of school rules and why it is important to follow them.

Discuss why rules differ depending on the activity or location. It is acceptable to run in PE or on the playground, but not in the cafeteria.

Watch the video.





Explain

Family Tips

So, I think that we would all agree that it's important to follow rules at school. And, there are other times and places when it's important to follow rules, too. Do you follow rules in the summer? During the summer months, you will have more time to explore and play outdoors - on your bicycle, at the beach or pool, or while vacationing with your family.

Do you have summer vacation plans?



Perhaps your summer vacation will include biking at a park,



exploring a city in another state,



or playing and swimming at a sandy beach.

I wonder what you will do this summer...

Well, no matter what you do or where you go, following certain rules will make your summertime a lot more fun!



Read to your child.

Discuss that there are other rules that are important, too.

For example, are there rules that your child is asked to follow at home?

Tell your child why you have set expectations for certain behaviors in your home.

Your child will enjoy reading these printable summer books.



[In the Summer I Might...](#)

[It's Summer!](#)



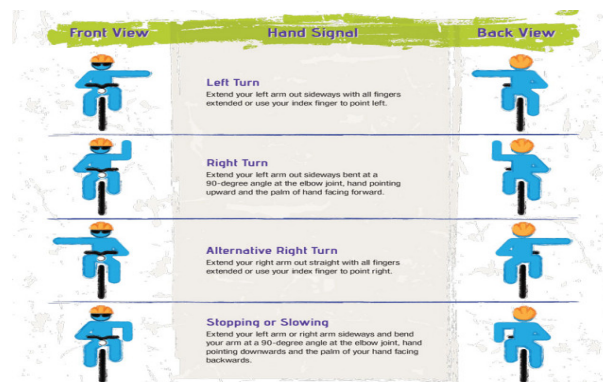
What are safety rules? It is important to follow certain rules so that you stay safe and healthy while riding your bicycle, playing in the sun, and swimming at the pool or beach. If you do, it's far less likely that you will have an accident and get hurt. So, let's think...

What do you already know about how to stay safe while riding a bicycle?

Did you know that people who ride bicycles sometimes use hand signals?

Learn bicycle hand signals

[NHTSA - Hand Signals for Bicyclists](#)



Do you wear a helmet when you ride a bicycle?

We know that wearing a helmet is so important to prevent head injuries in a fall from a bicycle. There are other important safety things to do, too.

What about your bicycle? Is it safe to ride?

Do you know how to give your bicycle a check up before you ride?

Notice whether the tires, brakes, and chain are working properly, and that the seat and handlebars are tight and at the proper height.

Learn how to check your bicycle [Bike Check Up](#)



Read to your child.

Discuss bicycle safety rules that your child already knows.

When he/she seems ready and is comfortable riding a bicycle, help him/her incorporate the use of hand signals.

Help your child learn how to make a quick check before riding.

Use these as guides:

[ABC Quick Check](#)

OR

[Bike Check Up](#)

What do you already know about how to keep your skin healthy while playing outdoors?

Did you know that sunscreen can protect your skin from the sun's rays all year-round?

Learn how sunscreen protects your skin

[NASA - Make Handprint Art Using Ultraviolet Light!](#)



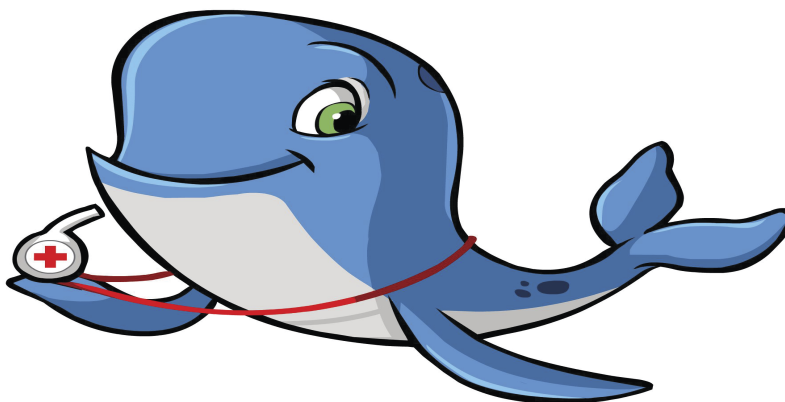
What do you already know about how to swim safely?

Did you know that swimmers should always swim with a buddy?

Learn with Longfellow the Whale "Do your part, be water smart."

[Red Cross - Water Safety for Kids](#)

[Episodes 1-8](#)



Read to your child.

Discuss what your child already knows about wearing sunscreen.

Explore the NASA website to learn in-depth info about the sun and how sunscreen works.

Construction paper, sunscreen, and a sunny location will be needed for the art project.

Discuss what your child already knows about water safety.

The Red Cross website includes 8 videos, activity sheets, and quizzes.

The videos depict children "thinking aloud" and visualizing as they consider what danger might occur if water safety rules are not followed.

Please watch with your child to support good decision-making.



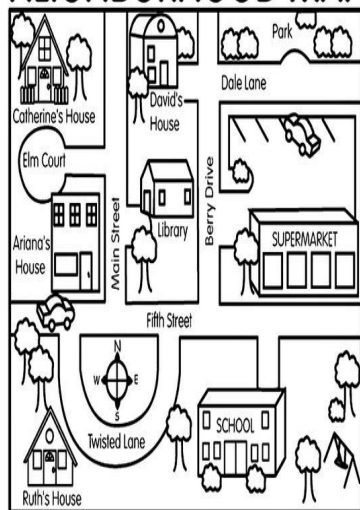
Apply

Family Tips

Can you tell why making good choices and following rules can keep you safe and healthy?

I wonder how you might share or tell other people about what you have learned...

NEIGHBORHOOD MAP



Draw a map of your neighborhood. Show the path you take when riding your bicycle. Include yourself on the map. Where do you make right or left turns? What would your hand signals look like in those locations?

Design your own dream bicycle helmet! What color(s) would it be? Would it have any special features? Would it look like an animal or a storybook character?

Record a video of yourself preparing to ride your bicycle. Do the [ABC Quick Check](#) or [Bike Check Up](#) and show your bicycle safety skills!

Read to your child.

Support your child as he/she learns rules and makes good decisions to keep safe and healthy.

The activities are varied and will require your help to provide some supplies, like: paper, pencils, crayons, sunscreen, etc. - even your skills as a videographer!



Create a sunscreen painting. Ask a grownup to put a little sunscreen into a small container. Use your fingers or a paintbrush to draw on colored construction paper. Let the paper dry in the sun. You could also write your name or a note to someone special.

Swimming Pool Scavenger Hunt

Find as many as you can and put an X through them.



Create your own Water Safety Scavenger Hunt. Think about what you learned from Longfellow the Whale. What do you need to be safe in the water? Remember to include a buddy!

Write a "How to" book to share what you learned about water safety. Read it to

your family and friends.

Record a video of yourself to show your water safety skills at the pool or beach!



Reflect and Extensions for Families

Family Tips

We know that it is important to follow rules. Whether at school or home, at the park or pool, following certain safety rules will help you have a lot more fun.

Tell how it makes you feel when you make good choices to keep yourself safe and healthy.

[NHTSA Bicycle Safety](#)



A properly-fitted helmet is the most effective way to prevent a head injury resulting from a bicycle crash.

Sometimes you can follow safety rules all by yourself and other times you may need help from a grownup.

Talk with a grownup at your home to set goals for learning and following safety rules.

[SunSmart on the App Store](#)



[Red Cross Swim on the App Store](#)

[Red Cross Swim on Google Play](#)



Read to your child.

Discuss goals for keeping safe this summer.

The National Highway Traffic Safety Administration (NHTSA) provides additional resources for parents and caregivers.

The free SunSmart App includes UV forecasts and can schedule reminders to reapply sunscreen to prevent sunburn.

The free Red Cross App teaches drowning prevention, tracks swimming progress and more.



K SOLs Health Education Concepts

K.1 The student will identify and describe key health and safety concepts. j) Recognize ways to be safe (e.g., tying shoes, wearing a helmet, using a car safety seat and seat belt). k) Describe pedestrian safety, to include using sidewalks and crosswalks. m) Describe emergency and nonemergency situations.

K.2 The student will identify healthy decisions. b) Identify positive physical activity options and the benefits of being physically active every j) Identify the meaning of safety signs, symbols, and warning labels. k) Identify safe choices when walking, riding in a car and bus, and riding a bike. l) Describe sun safety practices. m) Compare emergency and nonemergency situations.

K.3 The student will describe and demonstrate behaviors that promote health and prevent injury and disease. c) Describe ways to participate regularly in physical activities inside and outside of school. i) Describe how safety choices can prevent injuries (e.g., wearing helmets, tying shoelaces, using seat belts and safety seats, and sitting in the back seat of vehicles with airbags). j) Describe common safety rules and practices for individuals, families, and communities. k) Identify people who can help in an emergency or in a dangerous or frightening situation (e.g., family members, adults at school, health care professionals, and public safety officials). l) Describe why it is important to ask adults for help in an emergency and how to ask for help. m) Demonstrate how to call 9-1-1. p) Demonstrate acceptable behavior in classrooms and during play, to include showing respect for the personal space of others. q) Apply strategies for establishing social and physical barriers, to include polite refusal skills, cooperation with others, and adaptation to change.