

Health

Staying Safe



For Junior Primary



Contents

Safe Actions.....	Page 3
Feeling Safe 1	Page 4
Feeling Safe 2.....	Page 5
Safe People	Page 6
Strangers	Page 7
Safe At School	Page 8
Staying Safe Outside 1	Page 9
Staying Safe Outside 2	Page 10
Staying Safe Outside 3	Page 11
Answers.....	Page 12

Preview

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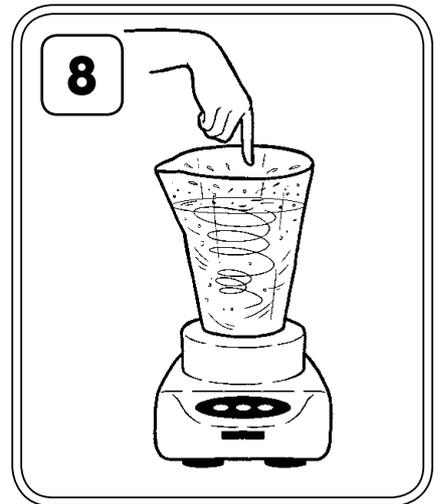
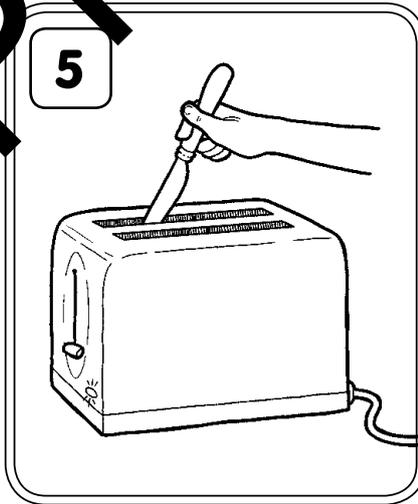
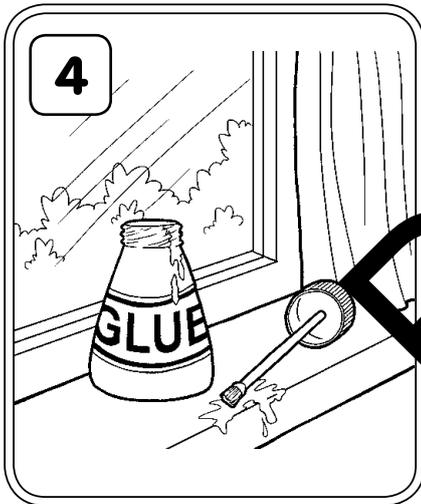
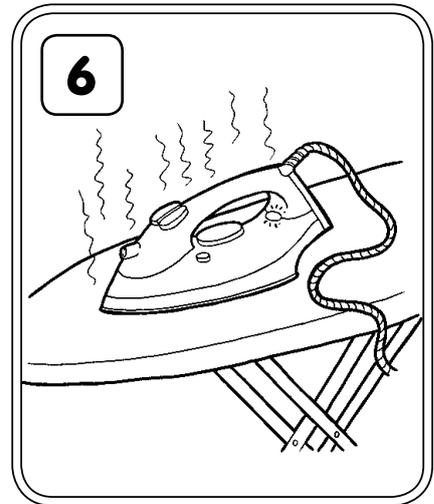
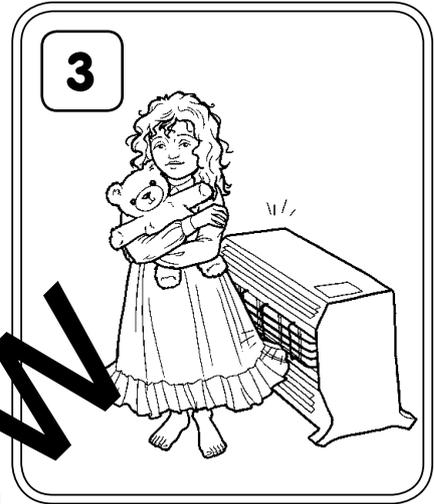
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Activity

Safe Actions

Sometimes our actions can put us in danger.
Make sure that your actions keep you safe.

Talk about the unsafe actions in each picture. What should each person do to stay safe? Write your answers on the back of this sheet.



Activity

Feeling Safe 1

Think about what makes you feel safe and unsafe.

- Colour and tick the boxes to show the things that make you feel unsafe.



- Add one of your own.



- Draw a special place where you can go, to feel safe.



Activity

Feeling Safe 2

If you ever feel unsafe, there are things that you can do to feel safe again.

□ Show what you could do when you feel unsafe by using the words to complete the sentences.

teacher no Safety parents friend police officer

1



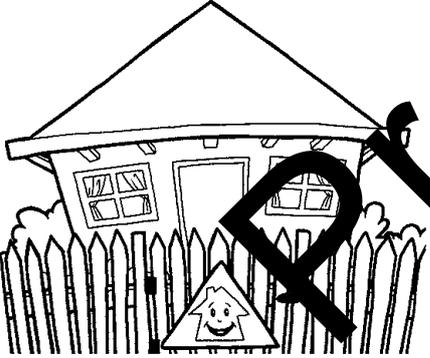
Talk to a _____.

2



Say _____ firmly.

3



Go to a _____ House.

4



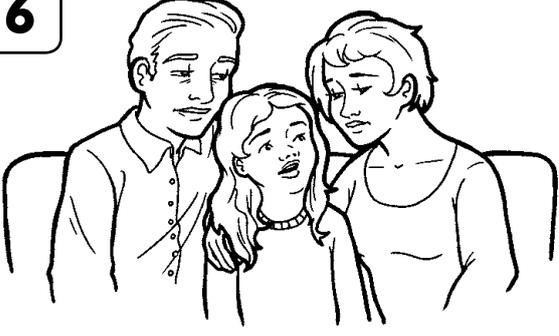
Tell a _____.

5



Tell a _____.

6



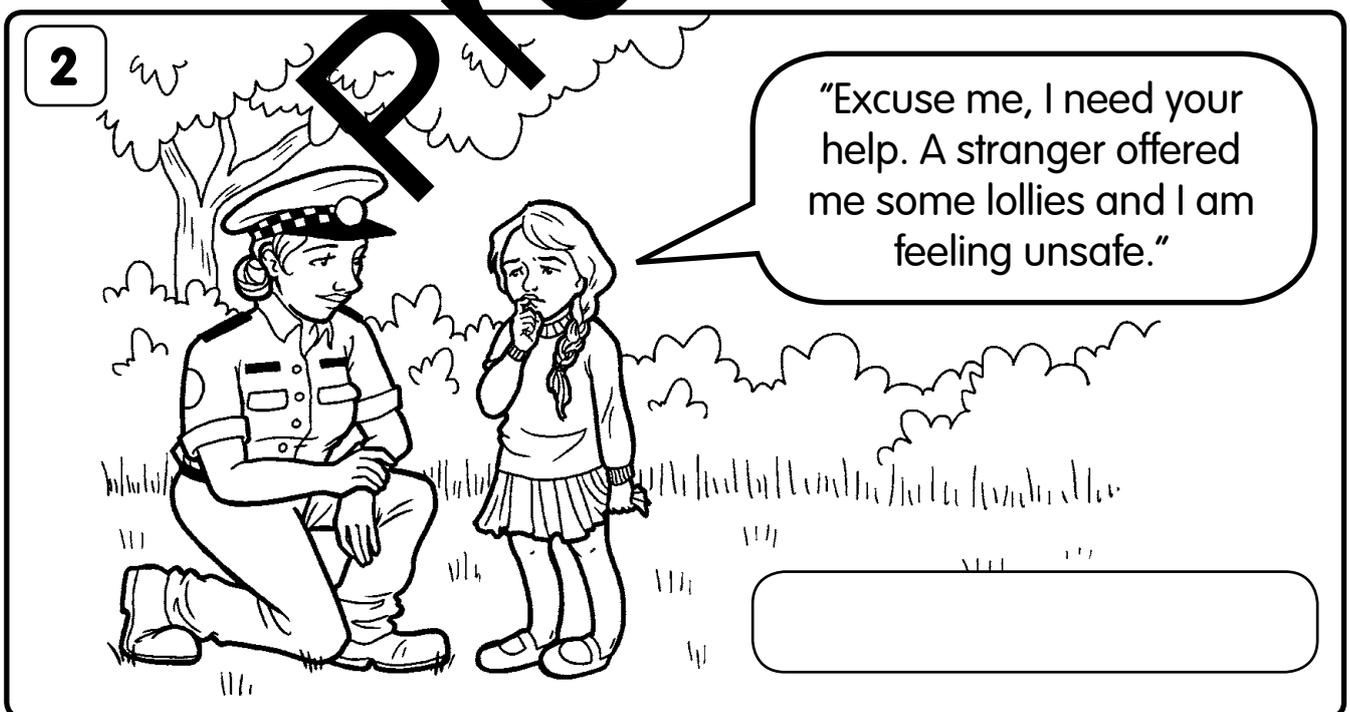
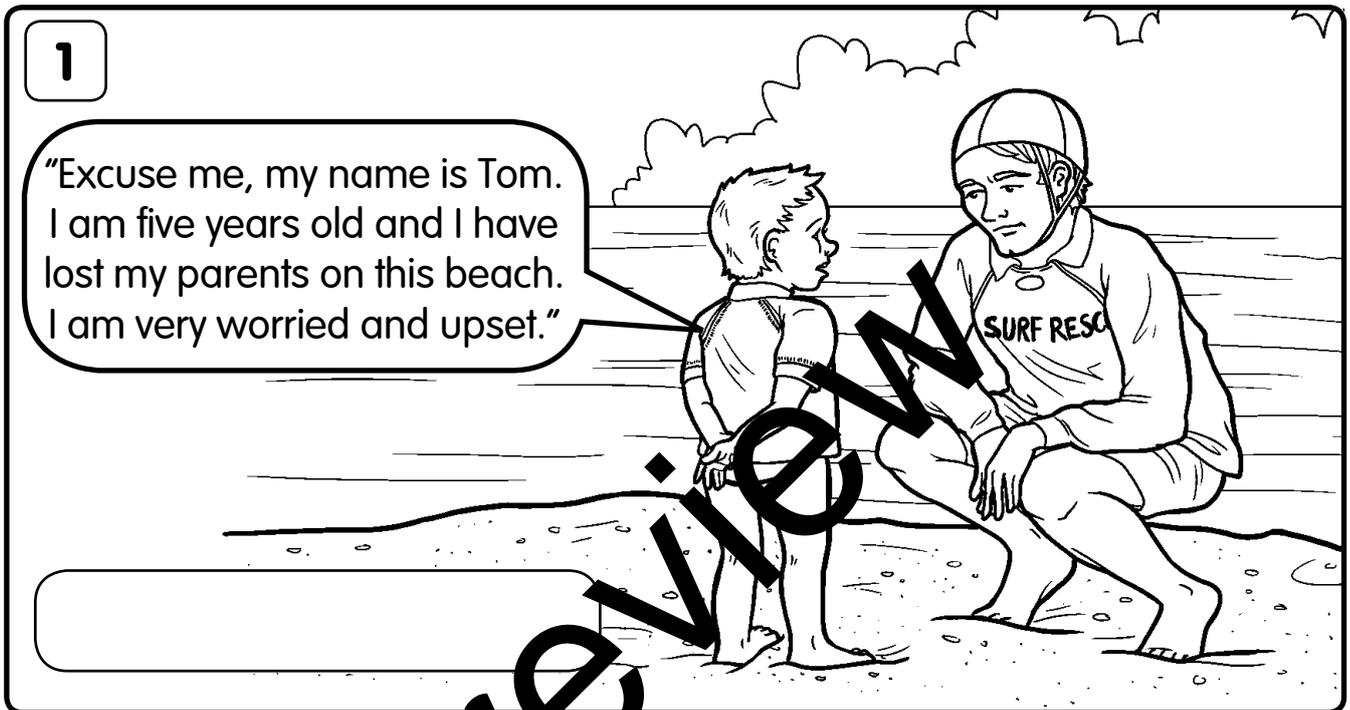
Tell your _____.

Activity

Safe People

There are people in the community who can help you to stay safe.
If you ever feel unsafe, you must ask these people for help.

- Write down the name of each trusted person pictured below.
Colour and say the words inside the speech bubbles which ask these people for help. Practise asking people for help as a class.



- On the back of this sheet, draw a picture of the people who take care of you at home and make you feel safe.

Activity

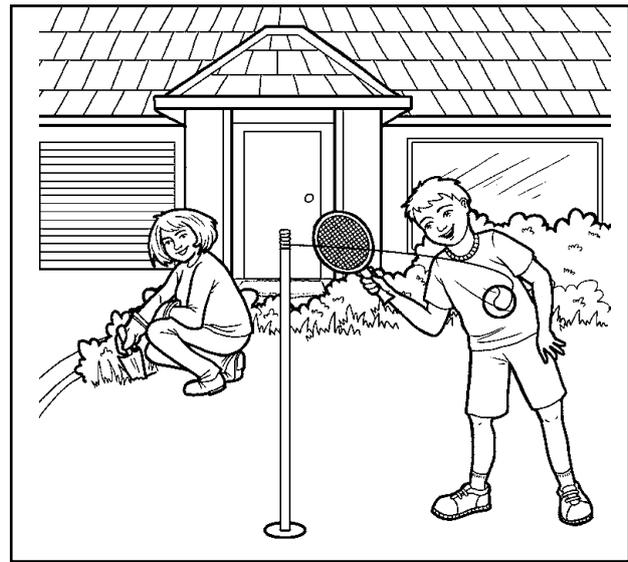
Strangers

Never trust a stranger. A stranger is a person who you do not know. There are things that you can do to avoid strangers approaching you, and things that you can do to encourage strangers to leave you alone.

- Colour the children who are more likely to be approached by a stranger. Write why you think this.



1



2

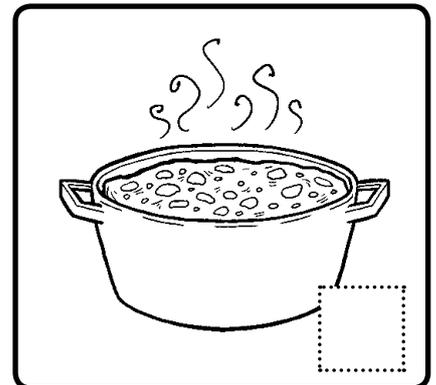
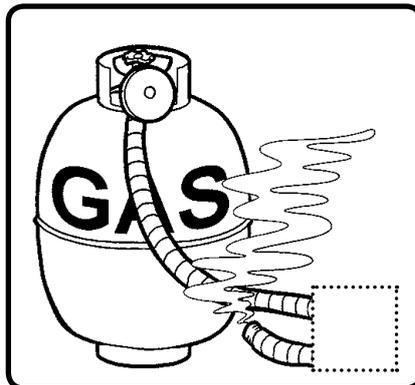
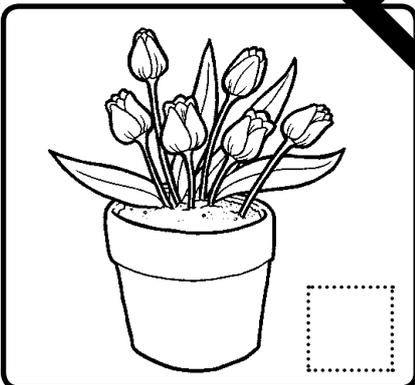
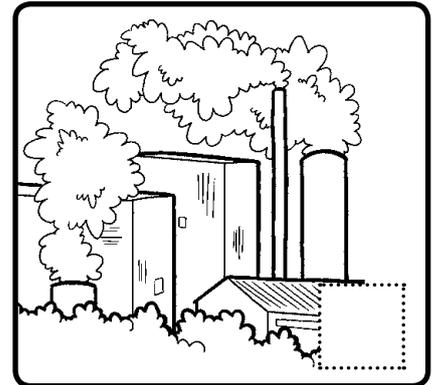
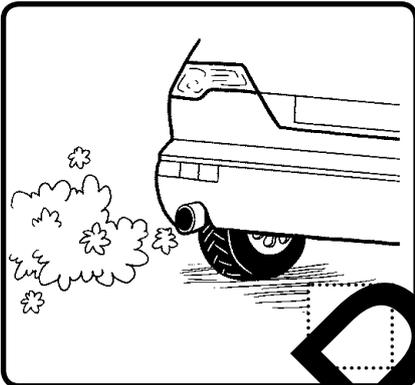
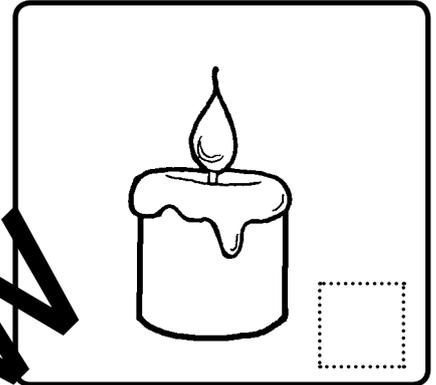
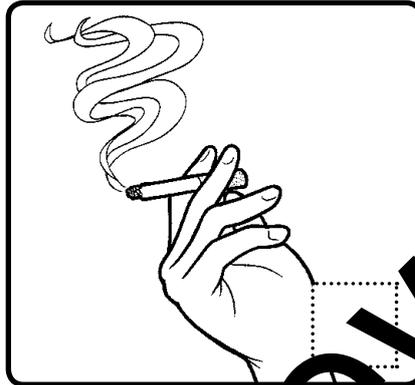
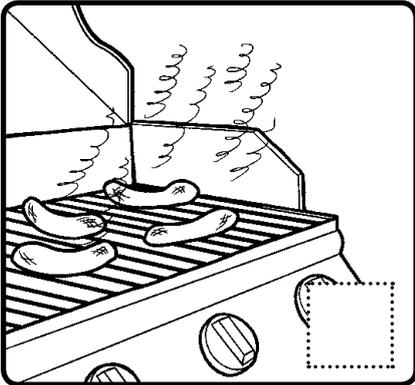
- On the back of this sheet, describe a stranger.

Activity

Staying Safe Outside 1

Clean air is important if we are to stay healthy. Smoke and fumes can stop our bodies getting the oxygen that we need, and can make us feel unwell. To live, we need: oxygen, water and food.

- Tick the pleasant smells and cross the ones that we need to avoid and move away from.



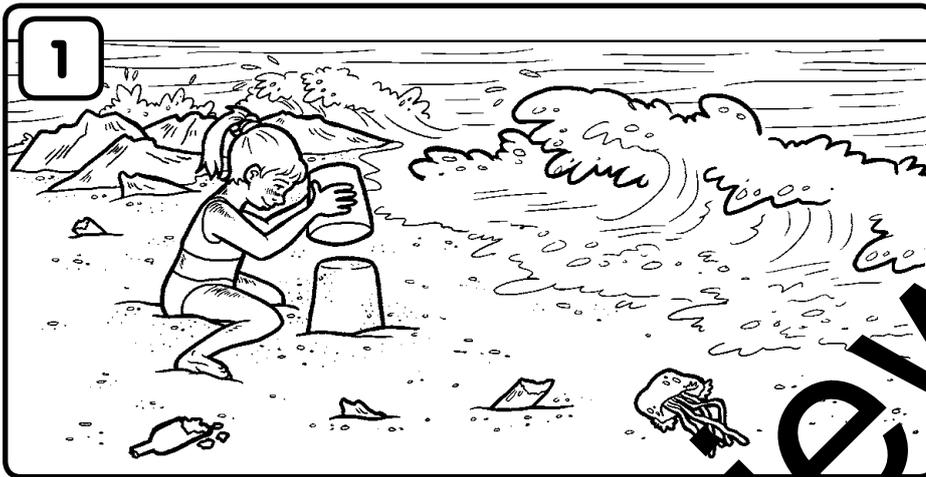
- Some people wear masks to avoid breathing in different chemicals. Write down some other ways to avoid dangerous fumes.

Activity

Staying Safe Outside 2

There can be dangerous things around us. We need to look out for them and avoid them when we are playing or visiting a place.

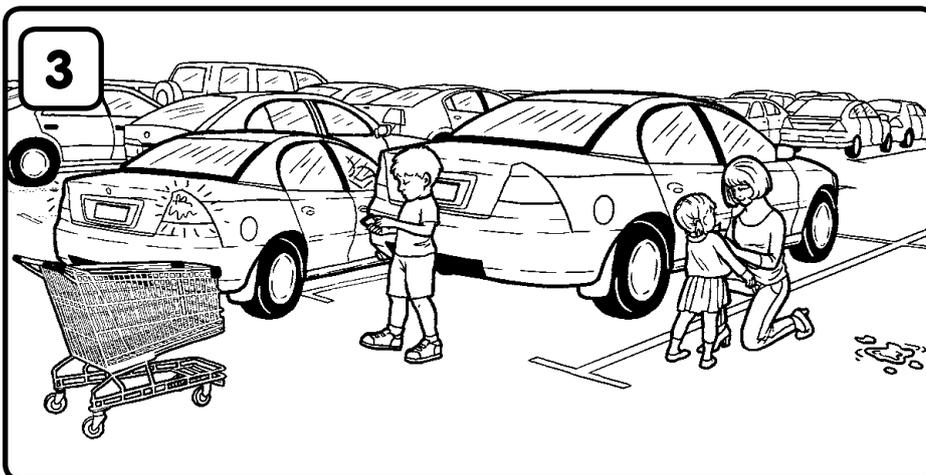
- Colour red, the things or situations that could be dangerous at each place pictured below. In pairs make notes about how to reduce the risk of such hazards.



At The Beach



At The Park



In The Carpark

Australia is a hot country. We spend lots of time outside and if we do not protect our skin it can get burnt and damaged by the sun's rays. There are simple things that we can do every day to protect our skin.

- Colour the sun-safe things that we can do to protect our skin when we are outside.



- Tick the sun safe things that we can do to protect our skin when we are outside.

<p>Put on sunscreen before you go outside.</p> <input type="checkbox"/>	<p>Wear a hat with a brim.</p> <input type="checkbox"/>	<p>Put on cool clothes that cover your skin.</p> <input type="checkbox"/>
<p>Protect your eyes with sunglasses.</p> <input type="checkbox"/>	<p>Re-apply sunscreen later in the day.</p> <input type="checkbox"/>	<p>Stay in the shade when you can.</p> <input type="checkbox"/>

Answers

Page 3

Discussions will vary, below are some points that might be covered:

1. A hair dryer should not come into contact with water, as it can electrocute the user. This can happen with any piece of electrical equipment.
2. Always walk with scissors closed and hands wrapped around the sharp end of scissors (demonstrate this in class or ask a student to do this). If a student falls when not carrying scissors correctly, or if a student runs into a student not carrying scissors correctly an injury will occur.
3. Ensure that hot items are placed out of reach from children to avoid burns to the body. Loose clothing is particularly susceptible to being caught and trapped in fires. Some items of clothing are more flammable than others.
4. Always place the tops back on items that, if swallowed by younger children, are potentially harmful.
5. You can electrocute yourself by placing a metal utensil inside a toaster while it is switched on.
6. If you leave the iron faced down on the ironing board you could start a fire. Always unplug the iron when it is not in use.
7. Do not leave hot items close to the edge of a work surface which young children might be able to reach.
8. Never place your hands inside a moving blender or food processor as you can get your fingers caught in the blade.

Page 4

Students are encouraged to identify a safe place. This is another protective behaviour. Brainstorm places that the students class as "safe" on the board (cubby, bedroom, or an imaginary place).

Page 5

teacher; no; Safety; police officer; friend; parents

Page 6

surf life saver/police officer

Page 7

Students should colour the children who are alone.

Page 8

Possible responses: Lifting heavy items from a shelf without a teacher's help can cause an accident or injury; Standing on shelves could be dangerous if the shelves tip or the student falls backwards; Leaving bags and other items on the floor can result in a student tripping and injuring him/herself; throwing objects, such as rulers could hurt another student; carrying scissors by the handle can injury another student - always carry scissors by closing the scissors and wrapping your hand around the sharp end of the scissors; rocking on your chair could lead you to fall backwards; chewing lead pencils can cause lead poisoning or can be dangerous if someone knocks you; obstructing fire extinguishers is dangerous in the event of a fire; stretching electrical cords across the floor can cause an obstruction to children walking around the classroom and could electrocute someone.

Page 9

Students need to tick: the sausages on the BBQ, the burning candle, the flowers, the stew. Students should cross: the cigarette smoke, the car exhaust fumes, the factory smoke, and the gas cylinder.

Page 10

- 1) Students should colour: broken bottle, other sharp things in the sand, the girl with sunburn and no hat, the big waves, the washed up jellyfish.
- 2) Students should colour: the broken glass bottle and other debris, the broken swing, the big tree roots, the cracked slide.
- 3) Students should colour: the car reversing, the loose shopping trolley, the little boy standing away from his mummy and the oil leak.

Page 11

Students should tick and colour: the girl's large brimmed hat, her sunglasses, her full-length bathers, her sunscreen, the umbrella, the bottle of sunscreen and the clock.