

# Preventing Injuries

Safety should be your top priority with kids. Be proactive to prevent injuries before they happen. Here are some safety tips:



## Sports

- \* Wear protective gear (helmets, shin guards, etc.)
- \* Follow the rules of the game



## Swimming

- \* Always swim with a buddy.
- \* Learn to swim by taking a class.
- \* Swim where there is a lifeguard.

## Simon Says

### Ready

- No equipment needed
- 2 or more players

### GO!

1. The oldest in the family is the 1<sup>st</sup> “Simon.”
2. Simon tells the others to do a variety of activities. If Simon says, “Simon Says” before the direction, others do it. If Simon doesn’t say, “Simon Says,” others should ignore the request.
3. Try the following activities or create your own:
  - Moving body parts (e.g., wiggle your hips, lift your knees, etc.)
  - Jogging in place
  - Marching
  - Stretching
  - Hopping and jumping
  - Twisting and turning
4. Have fun! Try to trick others into moving by calling commands quickly.
5. After playing for a bit, give your child a turn to be Simon.



## Sun

- \* Wear sunscreen.
- \* Stay out of the sun between 10 a.m. and 4 p.m., when the sun is the hottest.
- \* Drink lots of water, even if you’re not thirsty.



## Activities on Wheels

- \* Ride only during daylight hours.
- \* Wear protective gear (helmet, knee pads, etc.).
- \* Stay away from traffic and busy streets.



**READ  
ALL  
ABOUT  
IT!**

I Can Be Safe: A First Look at Safety  
by Pat Thomas

Germs Make Me Sick!  
by Melvin Berger

**SPARK™**  
K-2

# TAKE THE ROAD TO A HEALTHY LIFE!

Move along the road to find activities you can do. After completing an activity, color the sign next to it. If you do it again, put a star next to the sign. How many colored signs and stars can you earn this month?

