

Stay Safe This Summer

- 1 Wear sunscreen or a hat or both when you are out in the sun.
- 2 Never go swimming alone when you are at the beach or at a river.
- 3 Always do what the lifeguard tells you at the swimming pool.
- 4 Always be careful when you are crossing the road. [See Page 31, Week 8 in this book.]
- 5 Wear a helmet, if you are out riding on your bike or out on your skates.
- 6 Always let your family know where you are going to play.
- 7 Don't stand too near swings or see-saws when other people are using them.
- 8 Don't EVER play with matches.
- 9 Don't talk to strangers.
- 10 Do have lots of fun with your friends!

CHECK-UP

- 1 Talk about staying safe with your friends and family.
- 2 Why should you never swim alone?
- 3 When should you use a helmet?
- 4 What should you do when you are going out to play?
- 5 Why should you never play with matches?

