

Potential Integration:
ELA

Health
3.PCH.3.1 Use methods for prevention of common unintentional injuries.

Materials:

Appendix 1, image of a playground (from Pixabay, no attribution required)
Color Me Safe story and coloring book from the Centers for Disease Control and Prevention (<http://www.cdc.gov/injury/colormesafe/index.html>)

Focus

Show students Appendix 1, image of a playground. Ask if they know what the picture is. After someone responds that it is a “playground”, ask if there are any rules a child should follow when playing on a playground. Post list on the board as students respond. Make sure they include:

- Play responsibly.
- Make sure to take off your bicycle helmet when playing on the playground equipment. Adults should always be present when children play.
- There should be soft surfacing underneath the playground equipment.
- Pick up the trash.
- Tell an adult if playground equipment is broken, and do not play on it until it is fixed.
- Safety on Swings: Sit down while you swing. Slow down before you get off of a swing. Do not walk near someone who is swinging. You could get hit if you walk too closely.
- Safety on Climbers: Use both hands when you climb. Only climb on dry equipment. You could fall if it is wet.
- Safety on Slides: Never climb up the front of the slide. Someone may slide down and hit you. It is safest to slide down with your feet first. Only one person should slide down at a time.
- Have FUN! (from playgroundsafety.org)

The ask students why playground rules are important. Someone should answer “to keep you safe”; then ask: safe from what? Someone should answer “accidents” or “injuries”.

Statement of Objectives

Today we are going to discuss unintentional injuries, what some call accidents. We’ll look at common injuries that happen to children your age and ways to prevent these types of injuries.

Teacher Input

Make copies of the Color Me Safe story and coloring book from the Centers for Disease Control and Prevention (see pdf). There is also a Spanish language version on the website: <http://www.cdc.gov/injury/colormesafe/index.html>

Place students into groups that will allow each child an opportunity read at least one passage. You should read the first page, Let's visit the Safe Family!, then have students read the next 10 sections:

1. Cooking
2. Medicine
3. Smoke alarm
4. Playground safety
5. Car safety
6. Pool safety
7. Life jackets
8. Helmets
9. Sport safety
10. Summary

Ask students for additional ways they can protect themselves from unintentional injuries or accidents. Tell students they can take the book home to color and share with their families.

Assessment

Using the final page of the Color Me Safe booklet (see Appendix 2), ask students to draw a picture of their own Safe Family. Using words and pictures, they should incorporate at least three of the safety methods from the booklet and two not listed in the booklet.

Closure

Unintentional injuries happen every day, but almost all can be prevented. Today we discussed ways you can keep you and your families safe from a variety of accidents.

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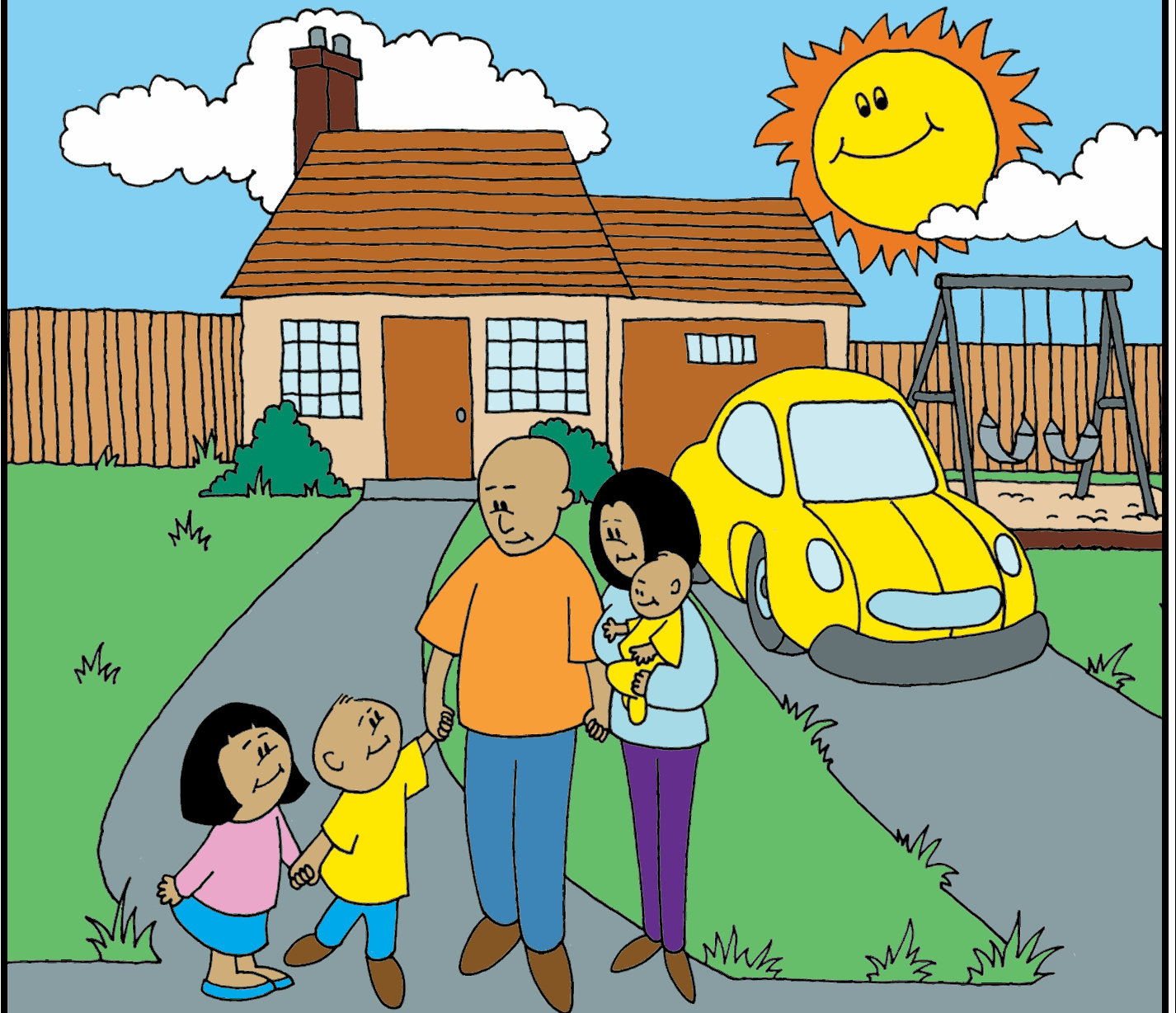


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My Safe Family

Draw a picture of your own safe family!

Color Me Safe



A Coloring Book from CDC's Injury Center

National Center for Injury Prevention and Control
Division of Unintentional Injury Prevention

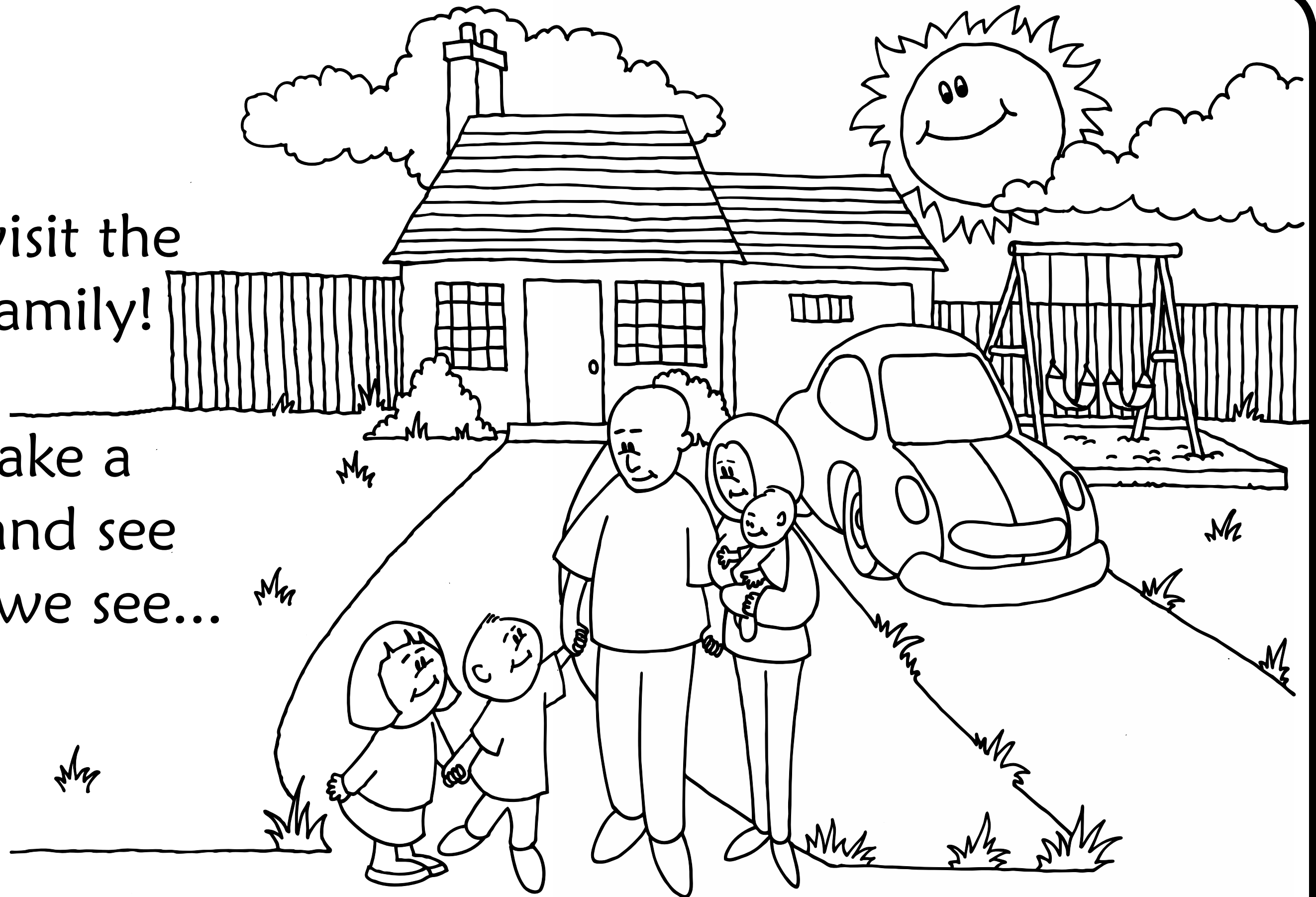


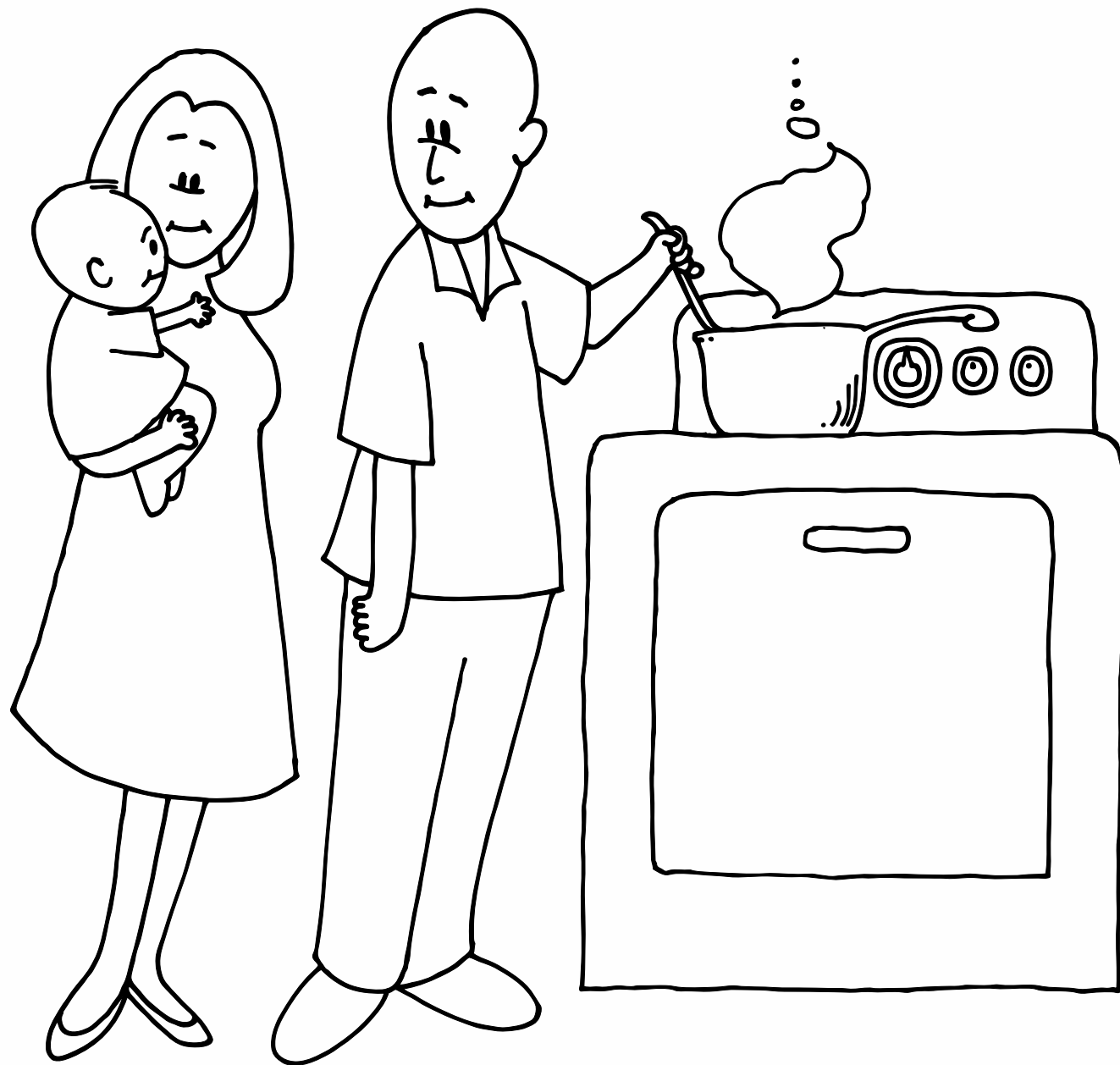
Color Me Safe

A Coloring Book from CDC's Injury Center

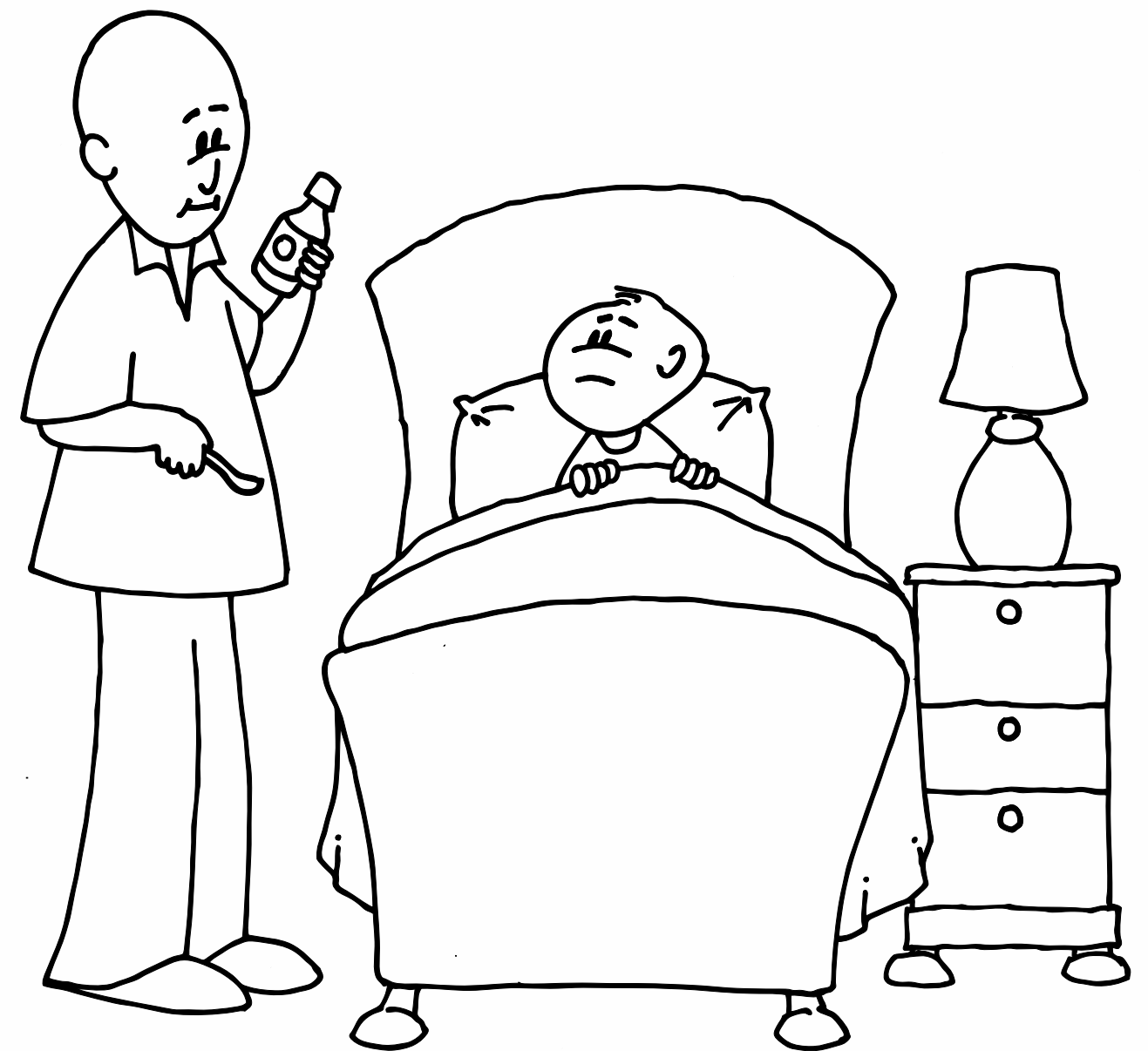
Let's visit the
Safe Family!

Let's take a
look and see
what we see...

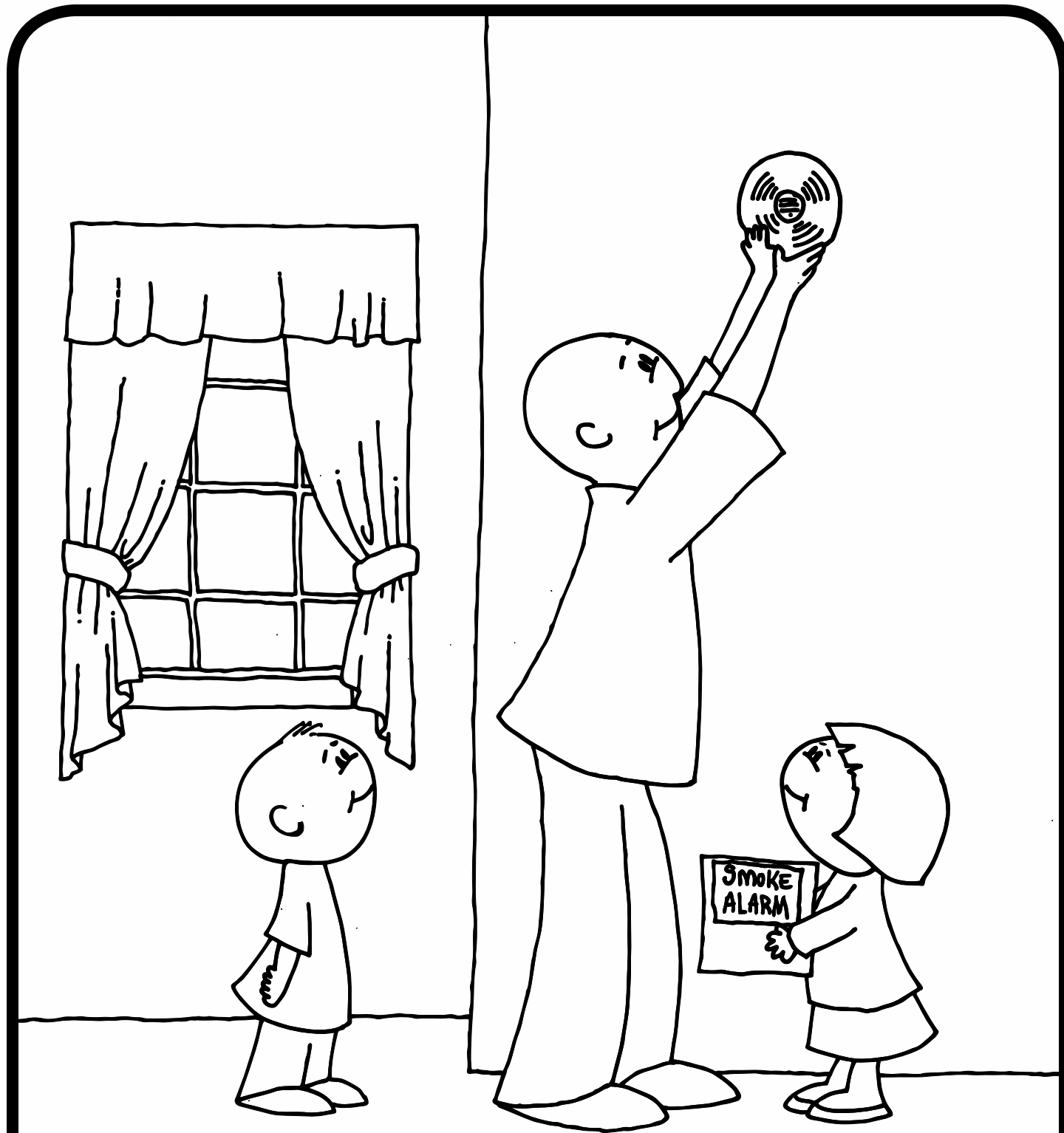




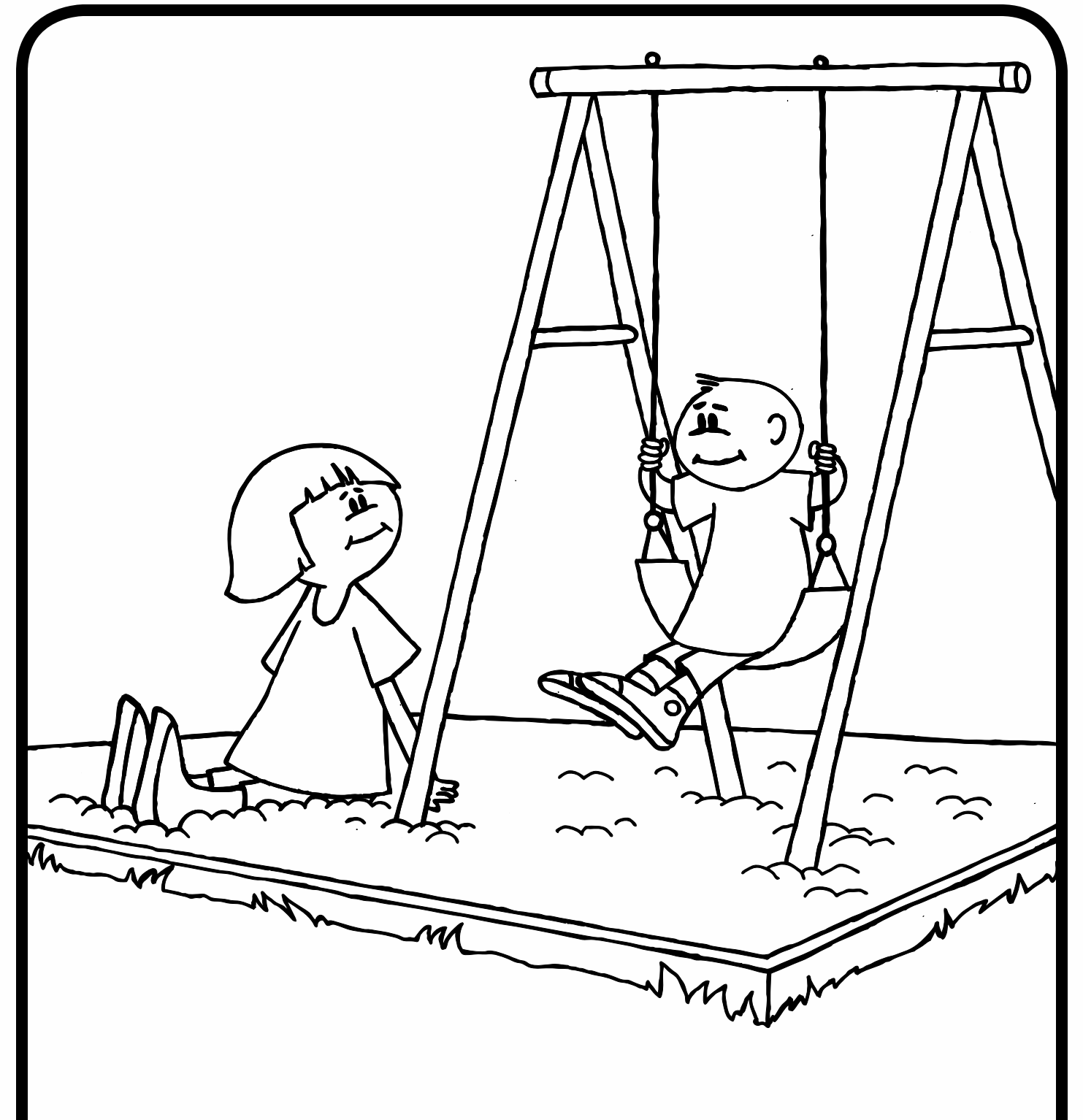
When food's on the stove and it's time for a meal, cooking with care is part of the deal.



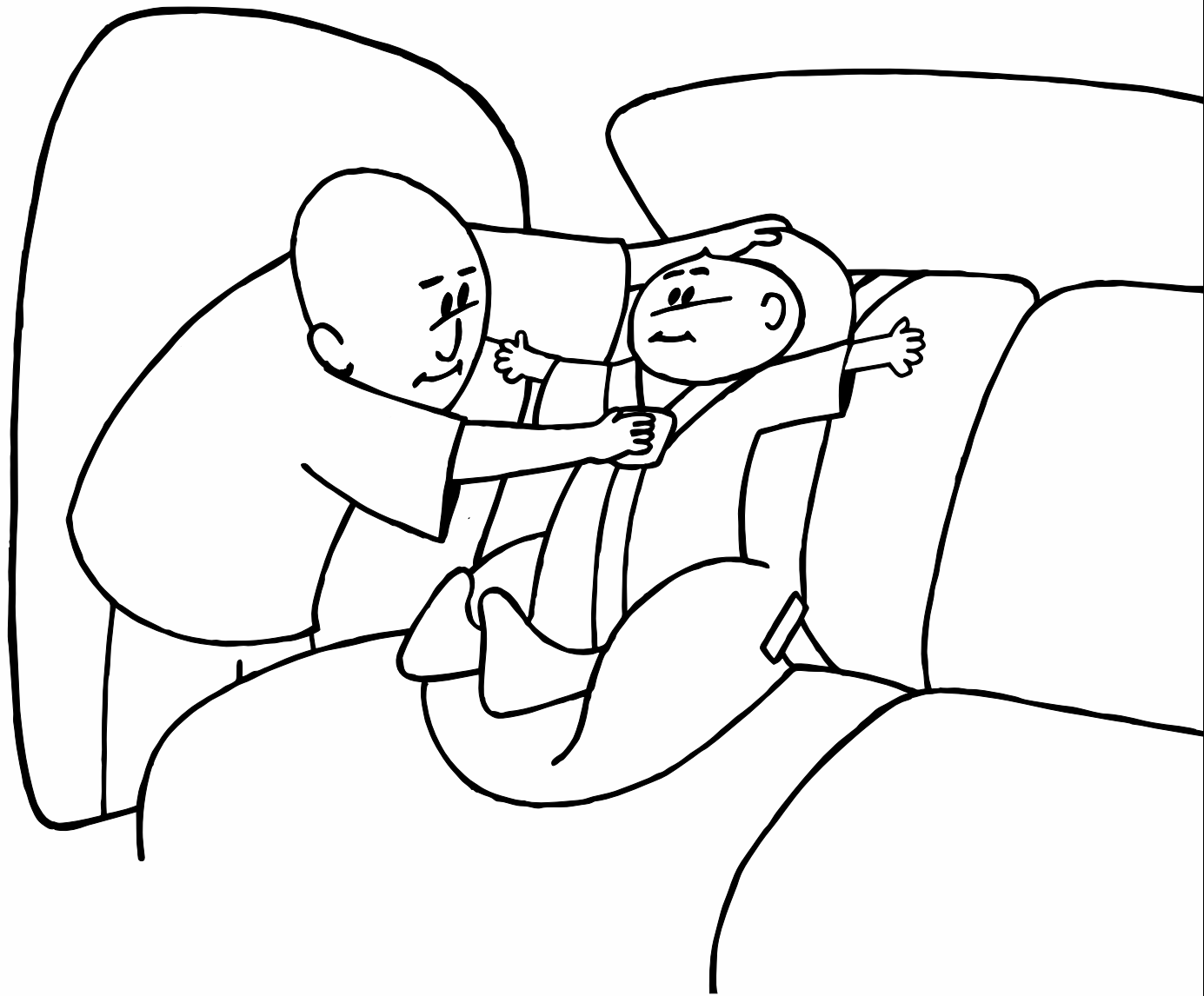
When one of the kids is at home and sick, an adult measures the right dose of medicine to help do the trick.



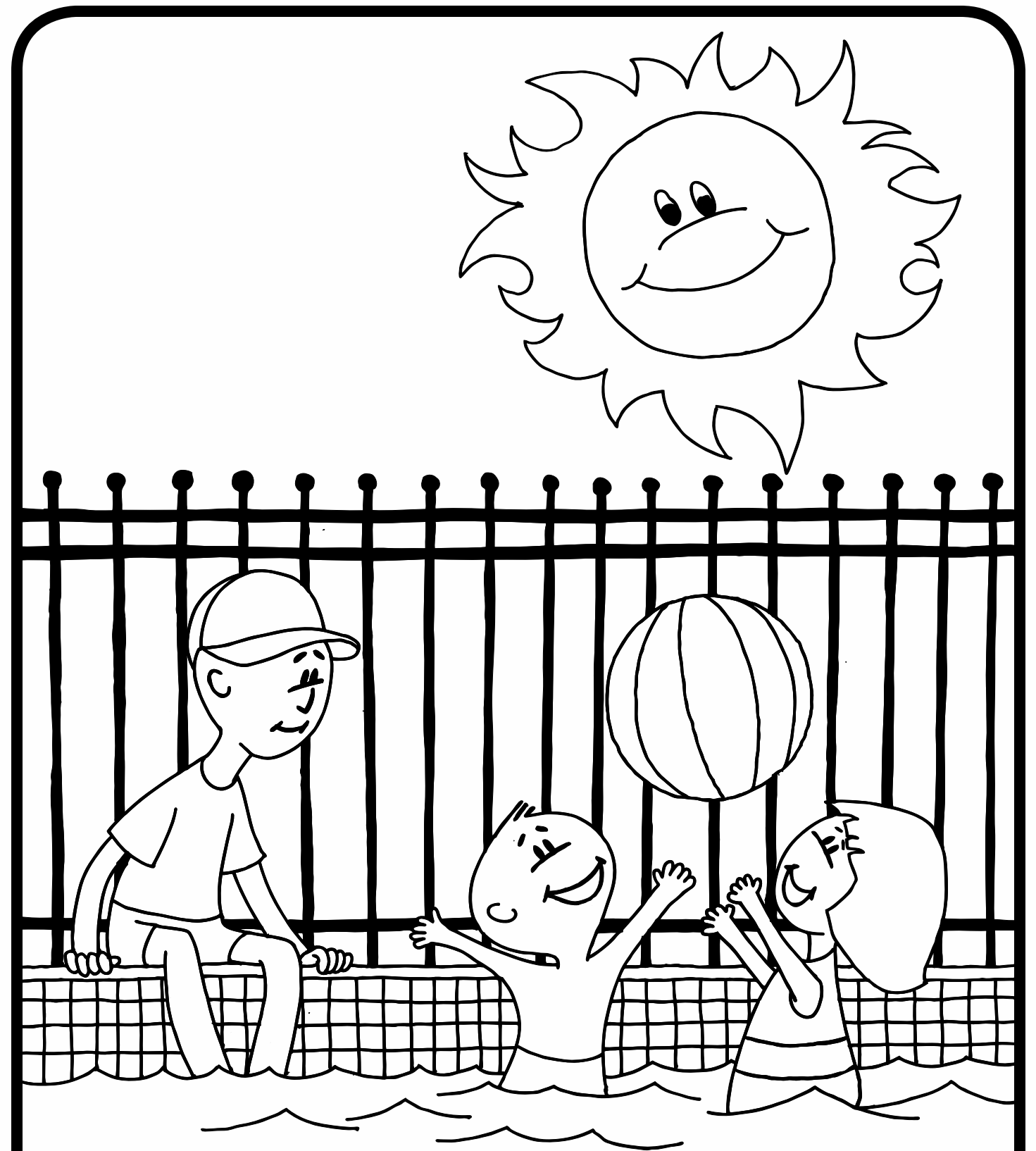
The Safe Family tests their smoke alarms twice a year, so if ever there's a fire, they'd be heard loud and clear.



Under the swing set, there's something soft like sand or wood chips, you see? To keep the kids from getting hurt, like scraping a knee.



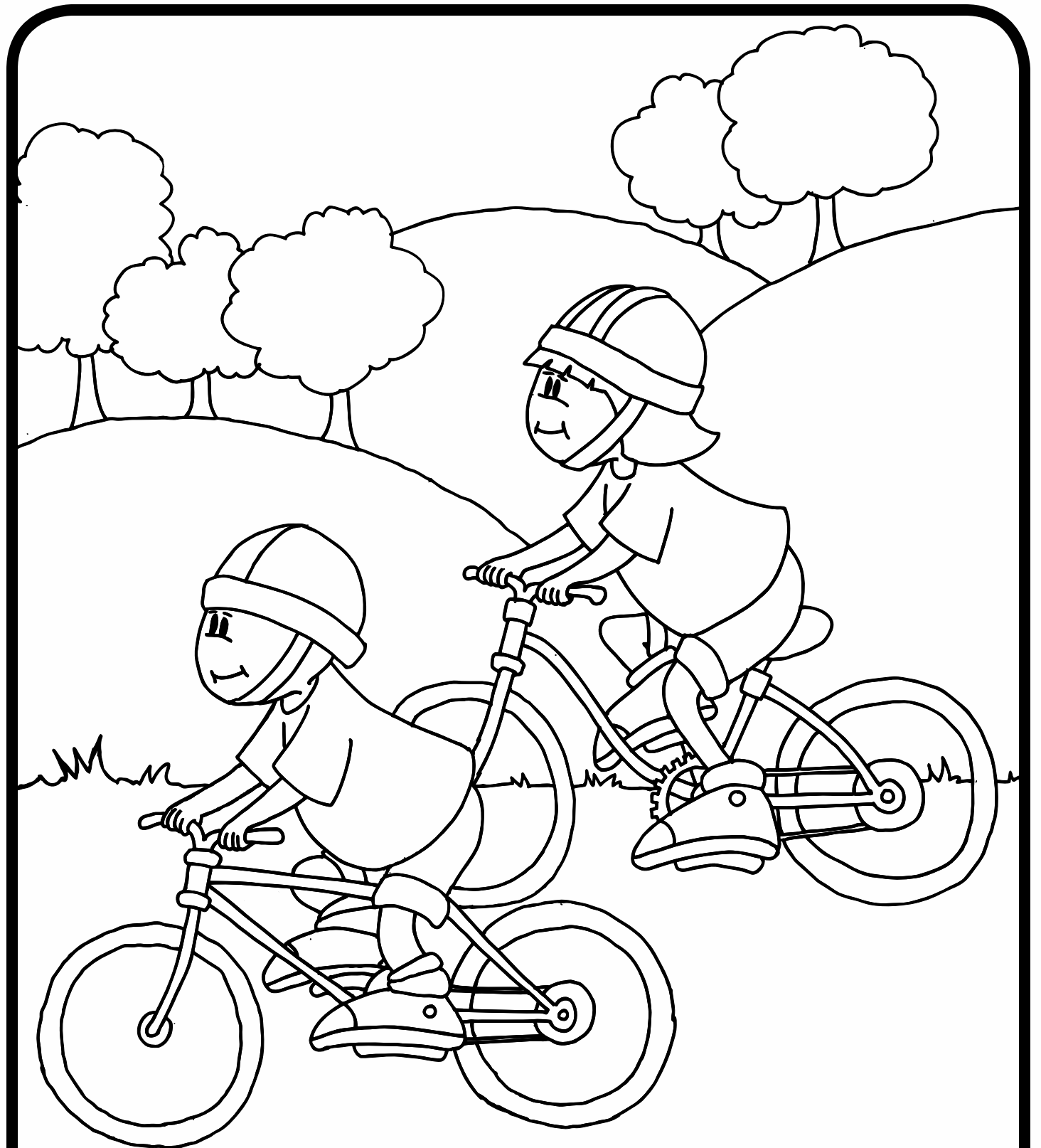
No matter the distance, be it near or far,
the right safety seats keep kids safe in the car.



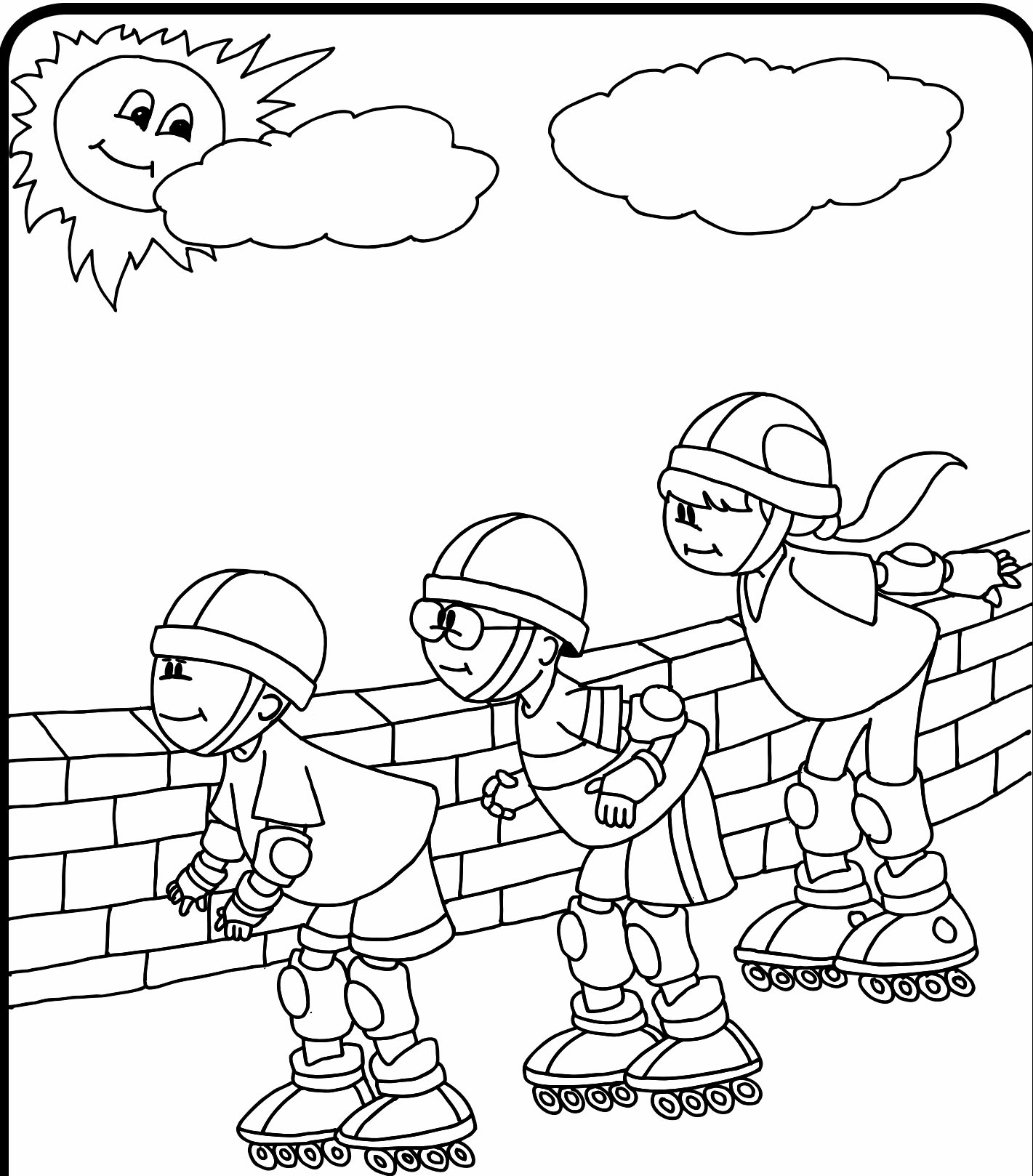
When it's time to jump in the water and stay cool,
an adult always watches the kids at the pool.



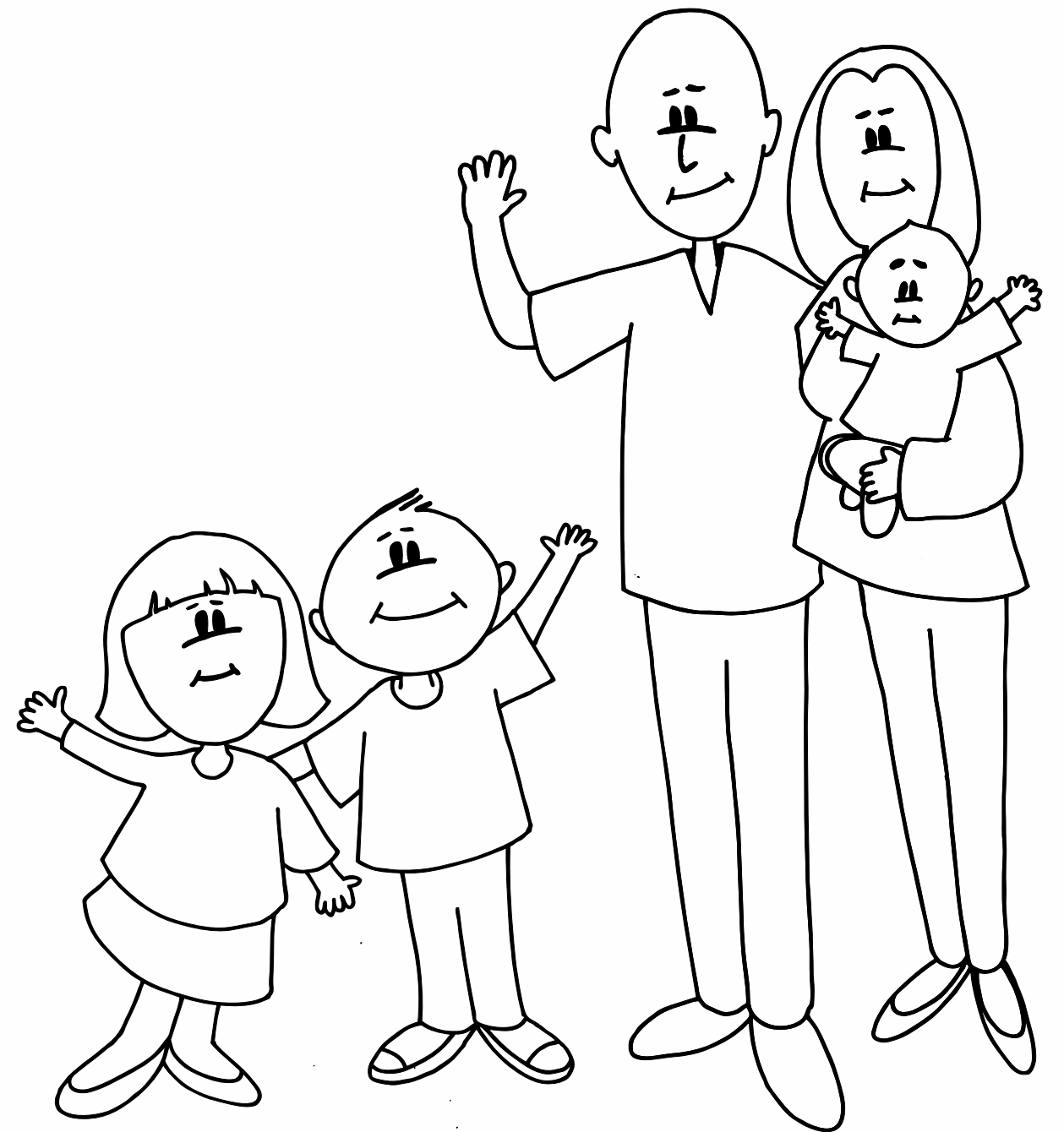
And out on the open water, at the beach or on a boat,
life jackets help keep everyone afloat.



The kids remember - mom and dad have always said,
“Whenever you ride a bike, wear a helmet on your head.”



And they know there's always time - it's never too short -
to put the right gear on for every sport.

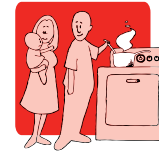


The Safe Family sure knows what to do
to keep themselves safe - and now I do, too!

My Safe Family

Draw a picture of your own safe family!

Steps you can take to prevent leading causes of child injury include:



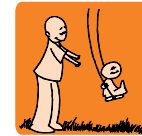
Burns

- Install and maintain smoke alarms in your home.
- Develop and practice a family fire escape plan.
- Set your water heater's thermostat to 120 degrees Fahrenheit or lower.
- Use safe cooking practices, such as never leaving food unattended on the stove.



Drownings

- Install a four-sided isolation fence, with self-closing and self-latching gates, around backyard swimming pools.
- Wear life jackets in and around natural bodies of water.
- Learn cardiopulmonary resuscitation (CPR) and get recertified every two years.
- Supervise young children at all times around bathtubs, swimming pools, and natural bodies of water.



Falls

- Use playground equipment that is properly designed and maintained, and that has a soft landing surface material below.
- Use home safety devices, such as guards on windows that are located above ground-level, stair gates, and guard rails.
- Wear protective gear when playing active sports, such as wrist guards, knee and elbow pads, and helmets when in-line skating.
- Supervise young children at all times around fall hazards, like stairs and playground equipment.



Poisonings

- Store medicines and other toxic products such as cleaning solutions in locked or childproof cabinets.
- Put the poison control number, 1-800-222-1222, on or near every home telephone.
- Follow directions on the label when giving medicines to children. Read all warning labels.
- Dispose of unused, unneeded, or expired prescription drugs.



Road traffic injuries

- Use appropriate child safety seats.
- If you have a teenage driver, sign an agreement in order to limit risky driving, such as having multiple passengers and driving at night.
- Transport children in the back seat of your vehicle.
- Make sure children wear motorcycle and bicycle helmets.

www.cdc.gov/safecchild

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