



Children's Health  
Education Center™

A member of Children's Hospital and Health System.



1533 N. RiverCenter Drive, Milwaukee, WI 53212  
Phone (414) 765-9355 • Toll-free (866) 228-5670  
Fax (414) 765-0996  
BlueKids.org

# Safety and Injury Prevention

## Suggested CHEC-out activities

### Books

- **“Arthur’s Fire Drill,”** Brown, Marc. Random House Books for Young Readers, 2000.
- **“Officer Buckle and Gloria,”** Rathmann, Peggy. Putnam Juvenile, 1995.

### Web sites

- Danger Rangers, [www.dangerrangers.com](http://www.dangerrangers.com)
- American Academy of Pediatrics, [www.aap.org](http://www.aap.org)
- Safe Kids Worldwide, [www.safekids.org](http://www.safekids.org)
- U.S. Fire Administration, [www.usfa.fema.gov/kids](http://www.usfa.fema.gov/kids)
- Children’s Health Education Center, [www.bluekids.org](http://www.bluekids.org)
- I’m Safe!, [www.imsafe.com](http://www.imsafe.com)
- Liberty Mutual Insurance Company, [www.befiresmart.com](http://www.befiresmart.com)

### 1 Safety role plays

Discuss various things in the home or outside the home that might be unsafe. Have students practice telling a grown up what they see and that they need help.

### 2 Home safety hunt

Have students walk through their home with their parent or guardian. Together they can look for things that are unsafe and come up with a safer solution. Students can each share with the class one thing they did to make their home safer.

### 3 Two ways out

An important part of an escape plan is for each child to know two ways out of his or her bedroom and two ways out of the home. Send students home to discuss an escape plan with their parent or guardian. Each student should come back to school and share their two ways out with the class.

### 4 Transportation bulletin board

Cut out a car shape for each student to decorate. Make roads on a bulletin board using black construction paper with white and yellow lines. Have students place their cars on the road and discuss where they might be traveling to. Make sure to discuss how to be safe while traveling in a car.