

**American Medical Association Alliance, Inc.**  
**“I Can Be Safe” Activity Book**  
**Page-by-page Teaching Suggestions**



In general...

Either read or ask children to read the words on each page, including the directions.

*I Can Be Safe at home.*

- Review each item and discuss whether or not it is safe, giving the children hints and suggestions. Then ask them to circle the pictures of things that could hurt them at home, and to color these things red. Next, ask if the children understand why these things can be dangerous, and what sorts of injuries could result. Mention that some things (the skate, for example), can be fun in their proper place, but can be dangerous if left on the stairs.

*I Can Be Safe from danger.*

- Ask the children to complete the maze. Remind them of some important safety rules: 1) Never go anywhere with someone you don't know. 2) Don't accept car rides from anyone, unless they know your family "password" (a secret word everyone in your family remembers). 3) Always use the buddy system, so you and your friends can be safe together.

*I Can Be Safe on streets.*

- Talk with the children about the four illustrated situations. Make sure they understand that streets can be dangerous places, that they should be extra careful when crossing them, and that they should never play in the street. Then ask them to circle the pictures that show what's safe to do when crossing the street, and to draw an "X" through what isn't safe. Tell the children to watch the traffic lights, look both ways before crossing, and hold hands when crossing streets. Emphasize that crossing in the middle of the block is not safe. Also, tell them to ride bikes, rollerblades, and skateboards on the sidewalk, and if they have to cross a street to get off and walk, rather than ride.

*I Can Be Safe in cars.*

- Ask the children to connect the dots to find out what they should always do when riding in a car. Remind them how important seatbelts are, and that in most places it is against the law to ride in a car without one. Tell them that if the car crashes, seatbelts will help reduce injuries. Finally, tell the children that they can keep everyone safe by being on their best behavior while riding in cars. Bad behavior—yelling, rough-housing, or throwing toys—could make the driver lose concentration and cause an accident.

*I Can Be Safe at play.*

- Ask the children to find the eight hidden objects in the picture that could hurt them, and to color them red. Then ask them how these things could be dangerous (for example, an iron could burn them; gas/chemicals could start a fire or hurt their skin; a knife could cut them). Ask them what they might say if another child asked them to play with these objects.

*I Can Be Safe from fire.*

- Ask the children to draw lines around the nine words in the word-find that describe things that can cause fire. Tell them they should never play with any of these objects, because they could burn themselves or start fires in their homes. Then, ask them to circle the pictures that show what to do if their clothing catches on fire, and to draw an “X” through what not to do. Ask the children if they understand why they shouldn’t run if their clothing is on fire. Do they know one of the elements that fire needs to keep burning? The answer is air—and when they run, they feed the flames. Finally, ask everyone to practice “Stop. Drop. Roll.”

*I Can Be Safe.*

- Ask the children to read the sentences on what they will and will not do. Make sure they understand why they should follow these rules. Remind them that their parents and teachers are not trying to be “spoilsports,” but that they care about them, love them, and want them to have happy lives. Tell the children that now it’s their turn to take responsibility for themselves and to BE SAFE.

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