

Activity Book

This book belongs to: _____





“Hi, my name is Josh and this is my little sister Kate. It’s a very special weekend for our family because it’s our Grandma’s 70th birthday. Lots of our family have come to stay. We’re going to have heaps of fun. Grandma sometimes worries about us kids being safe. She always says ‘safety begins at home’ so we’re going to show her how safe we can be this weekend. **You can help us by doing the colouring and activities in this book.**”

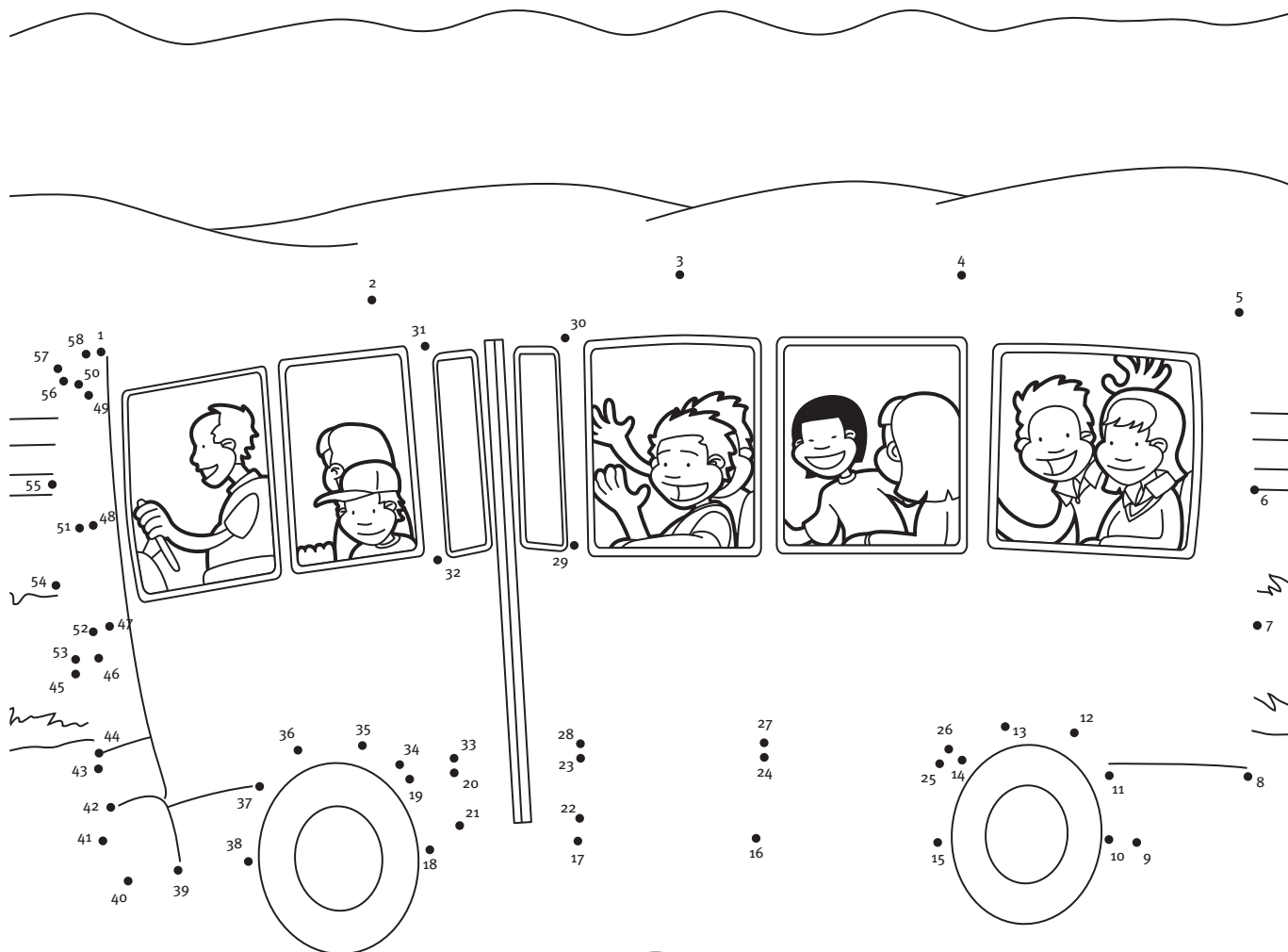


ACTIVITY 1

Join the dots

Gran lives out in the country so we've caught the bus into town. Sitting by the window is good, but I like the back seat because you feel the bumps more.

But this is a very odd bus. Someone's taken away its shape. You can give it back by joining the dots.



SAFETY TIP #1

Stand away from doorways and don't play in the aisle.

Missing letters

Here we are in town with our Uncle and Auntie. They're taking us to the shops. There are heaps of cars coming from all directions, so you have to look out carefully.

There are rules about crossing streets, but the words in these rules have letters missing. See if you can put those letters back in again.

1. If there are traffic lights or a pedestrian c _ o _ s _ _ g please use them, they are the best places to cross but you still have to be ca _ _ f _ _.
2. The non-flashing _ e _ person means do not step onto the road, wait to cross.
3. The non-flashing green person means cross. You can w _ l _ quickly straight across.
4. The f _ a _ h i _ g red person means do not step onto the road and if you are already crossing you may finish.
5. First find a safe place to cross, then s _ _ p.
6. Look all round for traffic, and li _ _ _ n.
7. If traffic is coming, let it pass. _ o _ k all round again.
8. When there is no t _ a _ fi _ near, walk straight across the road.



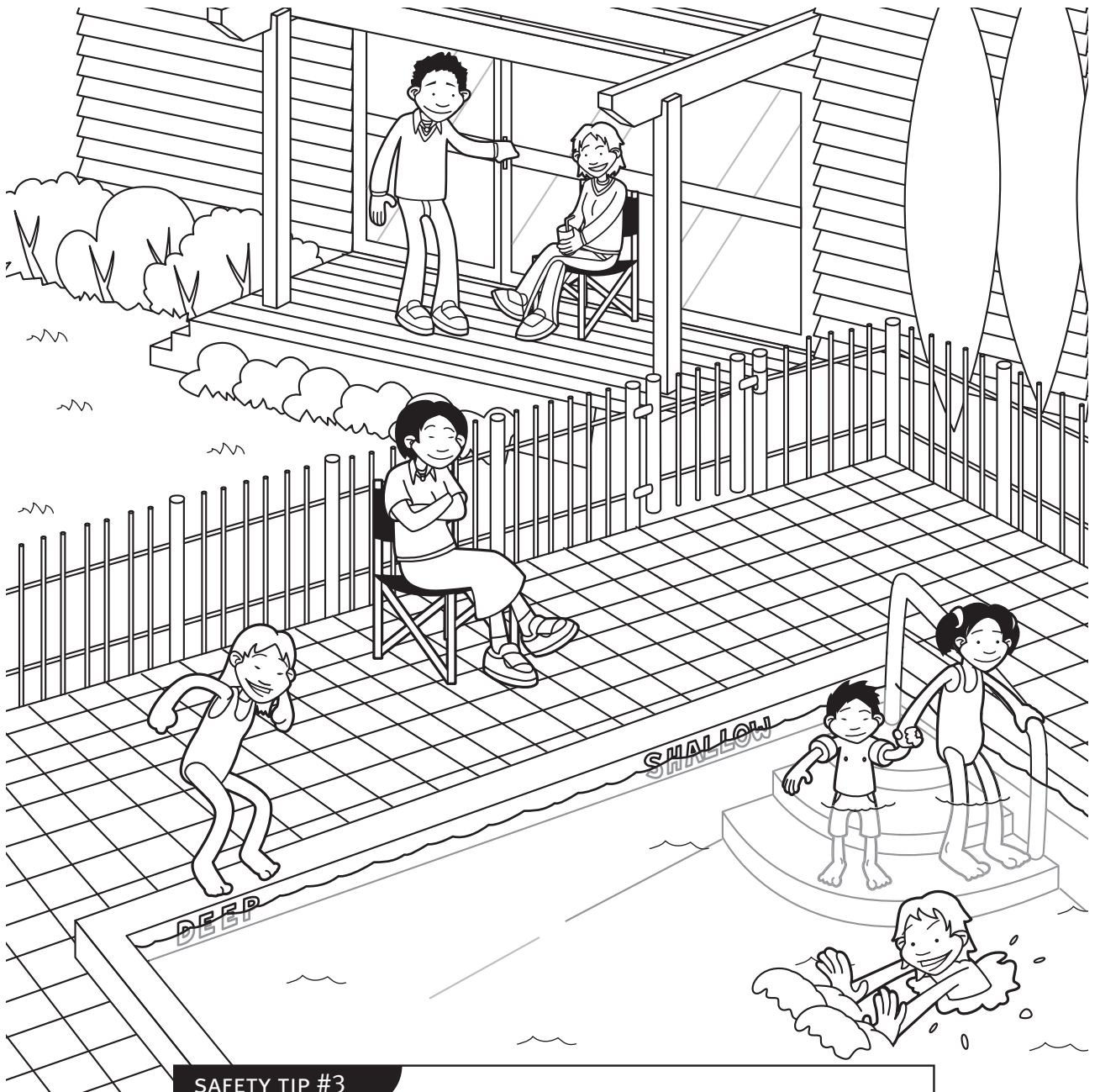
SAFETY TIP #2

**Always look and listen
before you cross the road.**

ACTIVITY 3

Swim safety

This afternoon we're in for some cool pool fun. What would be funny is if Auntie, who's keeping an eye on us, gets splashed. Some people like to dive right in which is fine as long as they check the depth first. Others get in slowly. Whichever way you get into a pool, you need to do it safely. Do you know how? Before you colour in this picture, put a circle around each person who is doing something safe to get in.



SAFETY TIP #3

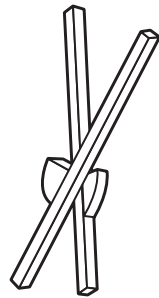
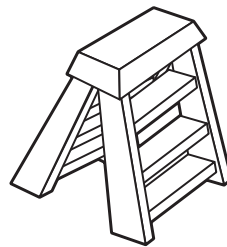
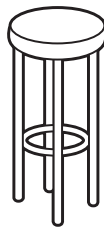
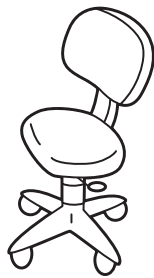
Check the depth before you jump in.

ACTIVITY 4



“After our swim, we go inside to help Dad with the decorations for Grandma’s birthday party. He can’t reach high enough to put the balloons up. **What should he use to help him?**”

Choose the safest thing for Dad to use.
Draw it into the picture.



SAFETY TIP #4

Don't try to get something that's out of reach by climbing on a chair or table

ACTIVITY 5

Word Find

We play cricket while the adults get the barbecue going for tea. I asked if I could help but my Uncle said cooking with fire is best done by an adult and playing back yard cricket is best done by me!

They won't let us play in the drive or on the road, but my parents say it's safe for us to play in the back yard. Safe for us, but maybe not for the windows!

If the ball goes in the long grass we'll have to hunt for it... like you'll have to hunt for the list of words hidden in among all these letters. Then you can colour in the picture.



- | | | | |
|-------------|-------------|-----------|----------------------|
| HELMETS | REST | NUTRITION | ELEVATION |
| ICE | COMPRESSION | DIAGNOSIS | PROTECTIVE EQUIPMENT |
| SUPERVISION | STRETCHING | RULES | RICED PROCEDURE |
| STRAINS | SPRAINS | HYDRATION | FOOTWEAR |
| HEADGEAR | RUNNING | FAIR PLAY | EYEWEAR |
| COOL DOWN | SPORTS | WARM UP | MOUTHGUARDS |

L G I C O O L D O W N D R S T R A I N S S T U
D S T R E E D S C I W F A I R P L A Y E E N U
I P R O T E C T I V E E Q U I P M E N T E W E
A O S E R U D E C O R P D E C I R R D S H S U
G A E V W A R M U P A R E N M S R O S O L T C
N N L R E S T L A M A N O E D T S N O I V R R
O O U P N T N E N E C I R R O G I N F D H E H
S I R H O U O H W E S G A T P A N R D I U T S
I T S T E E T T E S S U P E R V I S I O N C T
S A T S T A O R E A G G A P T I I C E I A H P
I R R T N O D R I H T S S R S O U O R P E I S
T D O D F N P G T T O G T R E Y E W E A R N I
O Y P T A M N U E D I R U N N I N G U G U G T
T H S R O R O R R A E O O E L E V A T I O N T
R O E C T M I L A P R T N S R O W O U G O F N
D V A S R C R E M E N E V I A E U S I I P U I

SAFETY TIP #5

Always have an adult with you around barbecues and fires.

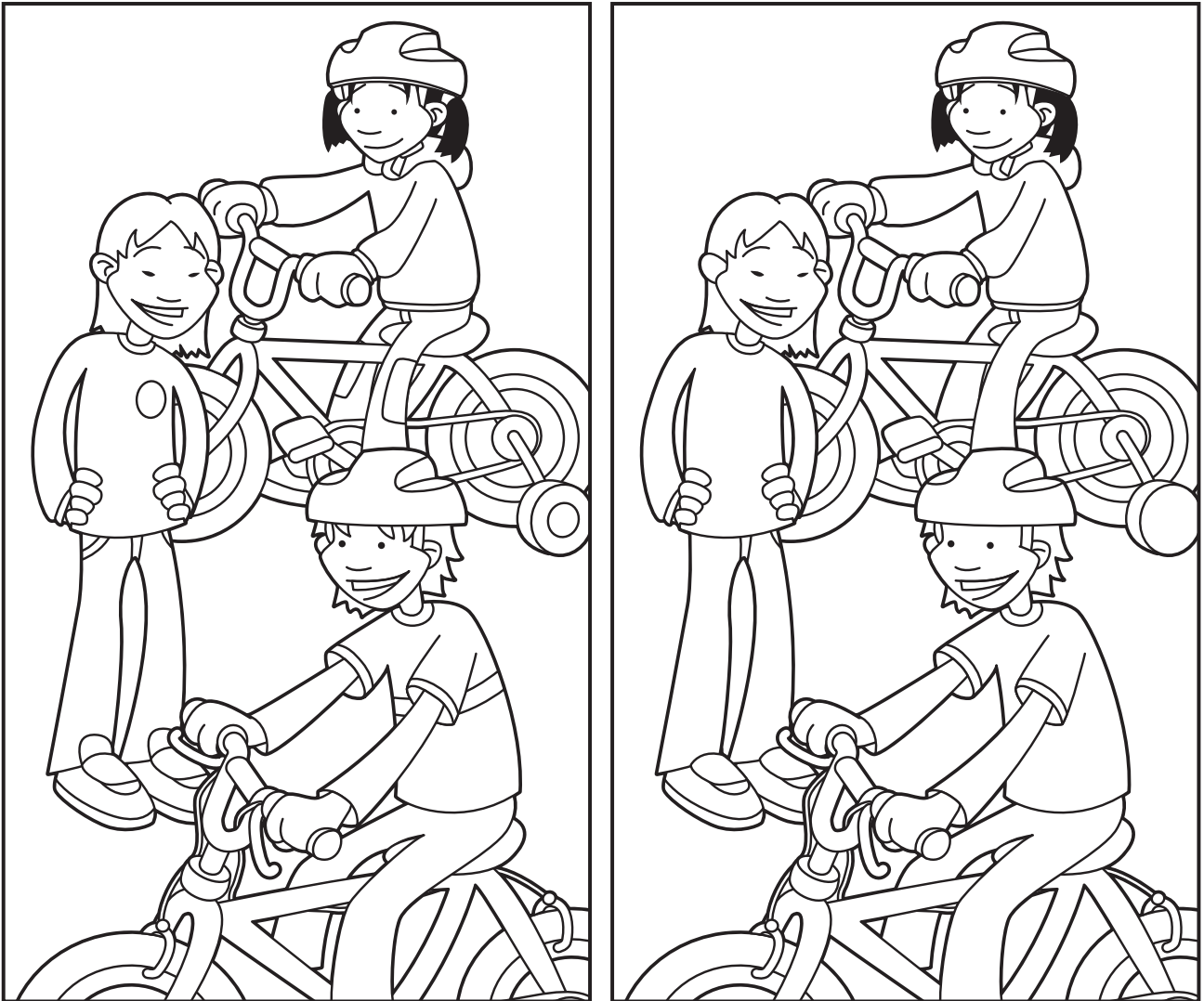
ACTIVITY 6

Spot the difference

My sister and me go riding our bikes in the park while the other kids finish their game of cricket.

My friend Michelle is at the park too and asks if she can ride my bike. I have to tell her no because she hasn't got a helmet and the ones we're wearing won't fit her.

Can you spot all 11 differences in these two pictures?



SAFETY TIP #6

Always wear a helmet that fits – not too big or too small.

Find the fish

Finally, we get to go fishing down at the river. I've been looking forward to this all week but the adults say kids shouldn't go near water without them being around so I've had to wait until they could come with us. It's more fun with more people anyway.

The fish aren't interested in eating our bait much today. I think most of them are hiding from us. Can you see where they've got to? Count how many fish there are, then colour us all in.



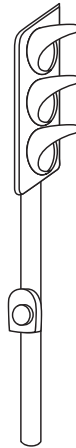
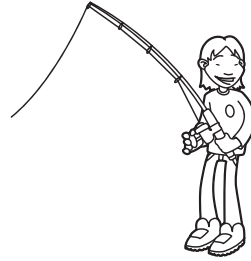
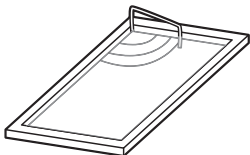
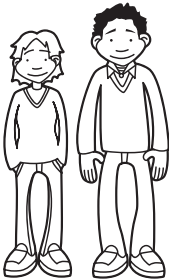
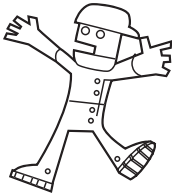
SAFETY TIP #7

Never go swimming without an adult.

ACTIVITY 8

Match the picture

My family and I have been so busy these holidays, we have got up to so much. Match the pictures on this page with what they belong to and see what we've been up to.





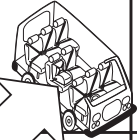

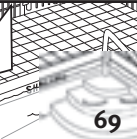


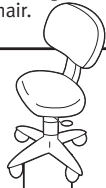





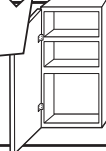
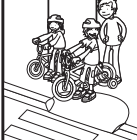








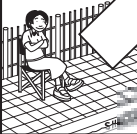
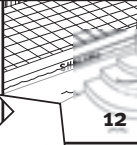
SHALLOW



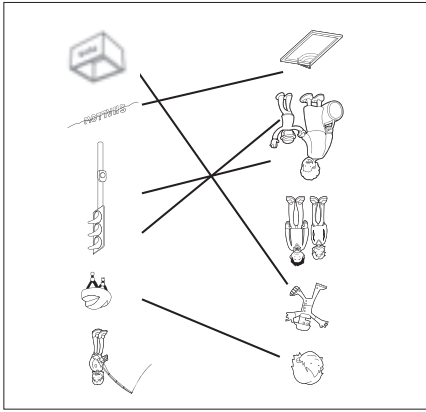


This game is for 2 to 4 players. You will need a counter each and a die.

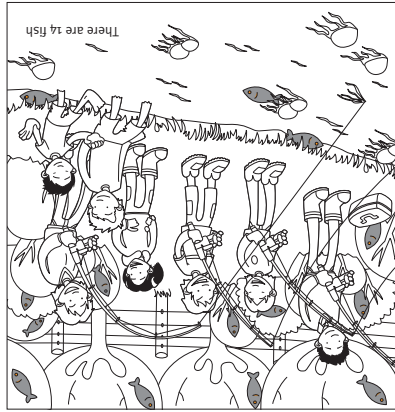
Players start at square 1 and finish at square 100. Players take it in turns to throw the die and move their counter the number of spaces shown on the die. If a player's counter lands on a picture the counter must move up or down in the direction of the arrow. When a player rolls a 6 they may take another turn. The winner is the first player to reach 100.

									100				
91	92			94	95	96	97	98	99				
90	89	Make sure you wear a helmet and other safety gear.  88		87	86	Always wear your safety belt. 		83	82				
73	 74	Check the depth before you jump in. 		76	77			79	80	81			
72	71			70	69			66	65	Don't try to get things out of reach by standing on a chair. 			
55			57	58			60		62				
54	53			51	50			49	48	47	46		
37	38			39		Never taste anything without asking an adult first. 		42		Always have an adult with you when crossing the road. 	45		
36			34	33				31		Make sure you put toys away, so you don't trip over them. 	29	28	
19	20			22	23			25				27	
18		Always wear a helmet that fits properly. 		16	15			13				11	10
1	2			4	5			7	Never go swimming without an adult. 		8	9	

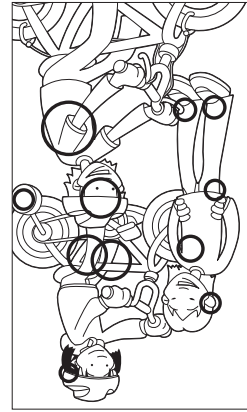
Answers



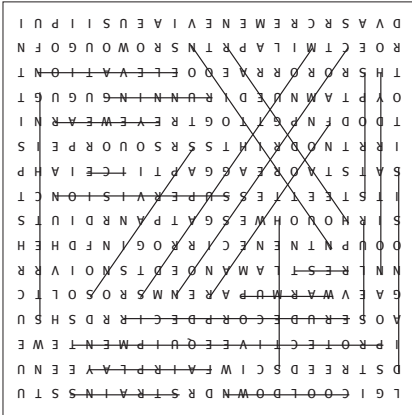
Activity 8



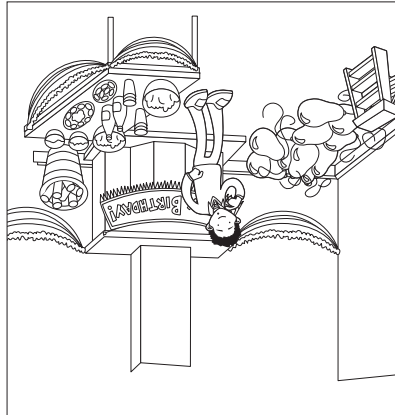
Activity 7



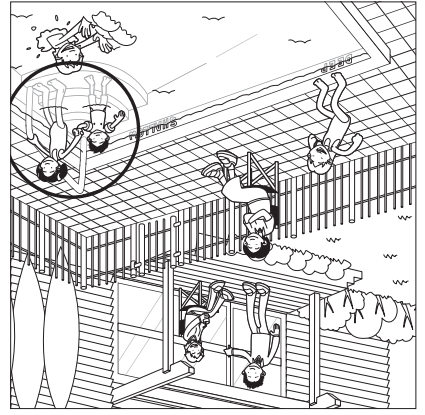
Activity 6



Activity 5



Activity 4



Activity 3

1. If there are traffic lights or a pedestrian **crossing** please use them, they are the best places to cross but you still have to be **careful**.
2. The non-flashing **red** person means do not step onto the road, wait to cross.
3. The non-flashing green person means cross. You can **walk** quickly straight across.
4. The **flashing** red person means do not step onto the road and if you are already crossing you may finish.
5. First find a safe place to cross, then **stop**.
6. Look all round for traffic, and **listen**.
7. If traffic is coming, let it pass, **look** all round again.
8. When there is no **traffic** near, walk straight across the road.

Activity 2