**Big Idea/ Topic**

What are some safety hazards at home, at school, at play?
Why is school bus safety important?
Why is playground safety important?

**Standard Alignment**

**HEK.1:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.

a. Name healthy behaviors

b. Identify that physical health is one dimension of health and wellness.

**HEK.2:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

a. Explain how family influences personal health practices.

b. Identify what the school can do to support personal health practices.

**HEK.3:** Students will demonstrate the ability to access valid information, products, and services to enhance health.

b. Identify school and community health helpers.

**HEK.5:** Students will demonstrate the ability to use decision-making skills to enhance health.

a. Identify health-related situations.

b. Discuss when and what assistance is needed for health-related situations.

**HEK.7:** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

b. Demonstrate healthy behavior that present injuries.

**HEK.8:** Students will demonstrate the ability to advocate for personal, family, and community health.

b. Encourage peers to make positive health choices.
## Connection Standards

ELAGSEKRL1: With prompting and support, ask and answer questions about key details in a text

ELAGSEKRI10: Actively engage in group reading of informational text with purpose and understanding.

ELAGSEKSL4: Describe familiar people, places, things, and events and, with prompting and support, provide additional detail.

## Instructional Design

*This lesson has a flexible timeline and will cross over several days. This lesson is intended to reach students in a virtual setting, whether plugged or unplugged. See the bottom of the lesson for a list of unplugged supplies.*

### Part 1: School Bus Safety

Review GaDOE School Bus Safety Lesson - [School Bus Safety Lesson](#) and GaDOE School Bus Safety PowerPoint - [PowerPoint](#)

Students can complete the School Bus Safety Assessment – see below. Students can watch PBIS School Bus Safety Tips - [https://www.youtube.com/watch?v=QvYCO6-eZjA](https://www.youtube.com/watch?v=QvYCO6-eZjA)

*Unplugged variation – School Bus Safety PowerPoint Slides are below.*

### Part 2: Playground Safety

Review the information from KidsHealth regarding Playground Safety with the students - [https://kidshealth.org/en/parents/playground.html](https://kidshealth.org/en/parents/playground.html)

- Watch “What Are The Playground Safety Rules” - [https://www.youtube.com/watch?v=d6CqqITeBP5](https://www.youtube.com/watch?v=d6CqqITeBP5)

Students can complete the Safety Worksheet – see below. Students can watch PBIS Playground Expectations - [https://www.youtube.com/watch?v=12fEG1hHsA](https://www.youtube.com/watch?v=12fEG1hHsA)

*Unplugged variation – There is a copy of the “Playground Safety” article below.*

### Part 3: Classroom/School Safety

Discuss with the students the importance of classroom/school safety. What rules are in place to ensure that we are safe at school?

*PBIS Classroom Expectations Video* - [https://www.youtube.com/watch?v=5oo18gMrK7Q](https://www.youtube.com/watch?v=5oo18gMrK7Q)

*The Rules of the Classroom Video* - [https://www.youtube.com/watch?v=uWXPCP8t00M](https://www.youtube.com/watch?v=uWXPCP8t00M)

Have the students create a set of classroom rules/safety procedures to follow. Students can complete the Classroom Rules worksheet – see below.

*Unplugged Variation – Classroom Rules worksheet* – see below.
**Part 4: Emergencies and 911** – points to discuss with students - If you felt you were in danger, who are some people you could ask for help? Can you think of some times when calling 911 is the right thing to do? Can you think of times when it’s not?

Watch **Learn About 911 with Emergency Ernie** video - [https://www.youtube.com/watch?v=ulf4oKqTUC8](https://www.youtube.com/watch?v=ulf4oKqTUC8)

From KidsHealth in the Classroom - [https://classroom.kidshealth.org/classroom/prekto2/personal/safety/strangers_911.pdf](https://classroom.kidshealth.org/classroom/prekto2/personal/safety/strangers_911.pdf)

Activity: Max lives in a town called Safetyland, and today he’s walking to school for the first time. Max has a lot of questions about how to stay safe on the way. Let’s see if we can help him by answering his questions: • “Other kids who live near me are walking to school, too. Should I go with them?” • “If someone I don’t know well offers me a ride, should I say yes? What if it’s raining and I don’t have an umbrella? Should I say yes then?” • “If I’m late, is it OK to take the shortcut through the woods?” • “If someone makes me feel scared, should I be quiet or scream and yell?” Now let’s take a look at the map that shows Max’s way to school. First, we’re going to read the safety rules at the bottom. Then, when we get to the right spot on the map, we’re going to draw a shape. The colored shape we draw should match the safety rule that Max should follow. Once all the shapes are in the right places, we'll know that Max made good decisions and got to school safely!

Students can complete the **Strangers and 911** worksheet – see below.

**Unplugged Supplies:**
- School Bus Safety PowerPoint – see below.
- School Bus Safety Assessment – see below
- “Playground Safety” article by KidsHealth – see below.
- Safety Worksheet – see below.
- Classroom Rules Worksheet – see below.
- Strangers and 911 Worksheet – see below
- Rules and Expectations Worksheet – see below.
- Safety Unit Assessment – see below.

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**Evidence of Student Success**

**Sample Assessments**
- Kindergarten Safety Assessment and Rubric – see below.
- Rules and Expectations Worksheet – see below.
Student Learning Supports

Ideas for Differentiation:
Our goal is for all students to be actively engaged. Below are changes to the lesson to help achieve that goal for students who need additional support. Note: Be careful using these lessons for all students. If students can complete the activities on their own, it would be best to let them do this independently.

- Students can complete the activities alone, with a group, or as an entire class.
- On the final assessment, there are several choices for the students to choose from to show their knowledge and understanding.

Opportunities for Extension:
- You can extend the bus safety activity by having the students act out how to properly act on the school bus.
- Have the students create a public service announcement about playground safety.
- Students can watch the video – Why Rules Are Important - [https://youtu.be/WB3zolACjul](https://youtu.be/WB3zolACjul)
- Check out the KidsHealth First Aid and Safety Center - [https://kidshealth.org/en/parents/center/safety-center.html](https://kidshealth.org/en/parents/center/safety-center.html) What other topics interest you?

Engaging Families

- Parents can assist the student with the final project for the unit.
- Students can have a family meeting regarding safety in their homes.

**All activities and resources should be previewed before student use. Adjustments should be implemented to provide for individual abilities, needs, and safety.**
School Bus Safety

- This unit will teach you about:
  - School bus stop safety
  - School bus danger zone
  - Loading & unloading
    - How to cross the road (if required)
  - Loading and unloading at school
  - Riding the bus safety
  - Emergency school bus evacuation

Bus Stop Safety

- Important behaviors at the bus stop:
  - Arrive 5 minutes before bus is scheduled
  - Go back home for help if you miss bus
  - Never walk to another stop
  - Never have parents drive to another stop
  - Bus driver will not know
  - Have all items in book bag before leaving home
  - Wait in safe place, 12 feet away from traffic
  - Do not cross before bus comes

More Bus Stop Safety

- Never speak to strangers
- Respect property of others
- Keep noise down while waiting
- Stay away from road
- No horseplay, pushing or shoving
- Form a "single file" line 12 feet away from road
- Use no electronics when boarding

School Bus Danger Zone

- Danger from passing cars
- Rear of school bus
- Danger Zone
- Front of school bus

Loading from Door Side

- A blowing bus horn means danger.
- Look & find safety.
- 12 feet
- Stay
- 2. Wait
- 3. Look
Unloading to Across the Road

1. Look out for danger zones
2. Look both ways
3. Stop & wait
4. Walk, don't run

5. Important behaviors when unloading:
   - Make sure no items get caught by the driver or door
   - Exit danger zone & get bus driver’s attention
   - Something left behind on bus
   - Something dropped near bus

Unloading at School

More Unloading at School (1)

1. Remain seated until bus is stopped and door is opened
2. Do not push or shove, but wait your turn to get off
3. Have all belongings inside book bag
4. Use handrail for safety
5. Walk (don’t run) straight towards school
6. Stay away from bus, in full view of driver

More Unloading at School (2)

1. Keep walking until out of danger zone, 12 feet away from bus
2. Never run between parked cars and buses
3. Walk directly inside school
4. Do not wait for friends

Loading at School

1. Important behaviors when loading:
   - Have all belongings inside book bag before leaving classroom
   - Dropped items are a danger
   - Never chase after a moving bus
   - Better to miss bus and be safe!

More Loading at School (1)

2. Walk straight towards bus door
3. Be sure bus driver can see you
4. Stay away from front and rear bus tines and board bus promptly
5. Load in an orderly manner.
6. If you get on wrong bus by mistake, tell bus driver.
More Loading at School (2)
- Use handrail for safety
- Go directly to seat
- Never place head, arms or any object out of bus window

Riding Safely
- Important behaviors when riding the bus
  - Sit the safe way:
    - Facing forward
    - Back against seatback
    - Bottom against seat bottom
    - Fully within the seat space
    - Remain absolutely quiet at railroad grade crossings

More Riding Safely (1)
- Follow bus driver’s directions the 1st time
- Always go directly to seat
- When on the bus, remain seated
- Always sit forwards with your back against the seat
- Tell bus driver if someone is picking on you
- Keep aisles and exits clear at all times

More Riding Safely (2)
- Respect others and their property
- Be quiet enough to not distract driver
- Don’t eat, drink, or chew gum on bus
- Don’t throw any objects
- Don’t stick any body part out of bus window
- Don’t bring or use tobacco, drugs, or weapons on bus

More Riding Safely (3)
- Don’t bring animals or glass objects on bus
- Don’t use obscene gestures and/or language
- Don’t use cell phones on bus or when exiting
- Never use electronic device or wear ear buds when exiting
- Only get off of bus at your stop
- Keep bus clean
Emergency Evacuation
- When might you evacuate?
  - Accident
  - Fire
  - Emergency where you need to leave bus quickly
- There are 3 ways to evacuate the bus:
  - Front door
  - Rear door
  - Front and rear doors

More Emergency Evacuation (1)
- Buses also have:
  - Roof hatches
  - Emergency windows
- In all types of evacuation:
  - Listen to bus driver’s instructions
  - Remain calm
  - Remain quiet
  - Stay seated until it is your turn to leave
  - Unload letting seats take turns

More Emergency Evacuation (2)
- In all types of evacuation (Continued):
  - Leave books, lunch boxes, and other belongings on bus
  - Walk as you leave the bus. Do not run.
  - Go 100 feet (3 bus lengths) away from bus
  - Remain in an orderly group
  - Wait for further instruction from bus driver or student helper

Were You Paying Attention?
- How far should you wait off the road at your school bus stop?
  - 12 feet
- If you need to cross the road to get on the bus, where should you be standing when the driver gives the signal to cross?
  - Still standing 12 feet away from road
- For students crossing to board in AM, where must you stop and look?
  - At the edge of the road

Were You Paying Attention?
- When unloading in PM, what must you do before stepping off the bus?
  - Look for moving cars on the right side
- If you need to cross in the PM, where do you stop & wait for the driver to signal?
  - End of crossing gate
  - Center of road

Were You Paying Attention?
- When you exit in the PM, how far should you go off the road before stopping?
  - 12 feet
- Why is it important for items to be in book bag before boarding in AM or PM?
  - Dropped items are a danger
- What should you do if you drop something near the bus or leave something on the bus?
  - Get out of the danger zone
  - Get driver’s attention & wait for instruction
**Georgia School Bus Safety K & 1 Assessment**

There are specific safe student behaviors that can enhance the safety of students when waiting at a school bus stop. In the 2 columns below write or draw **safe and unsafe** acts that a student should remember when waiting at a school bus stop.

<table>
<thead>
<tr>
<th>SAFE</th>
<th>UNSAFE</th>
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Playground Safety

Why Is Playground Safety Important?

Playgrounds and outdoor play equipment offer kids fresh air, friends, fun, and exercise. But it's important to make sure that faulty equipment, improper surfaces, and unsafe behavior don't ruin the fun.

Each year, more than 200,000 kids are treated in hospital ERs for playground-related injuries. Many of these accidents can be prevented with careful supervision.

You can make the playground entertaining and safe for your kids by checking equipment for possible hazards and following some simple safety guidelines.

And teaching kids how to play safely is important: If they know the rules of the playground, they're less likely to get hurt.

Adult Supervision Is Key

Adults can help prevent injuries by making sure kids properly use playground equipment. If an injury does happen, an adult can help the child and give any needed first aid right away.

Kids should always have adult supervision on the playground. Keep your eyes on young kids (and sometimes older ones) because they can't always be sure of distance and may not expect dangerous situations. Older kids like to test their limits on the playground, so it's important for an adult to keep them in check.

Before you visit a playground, check to make sure that play areas are designed to allow an adult to clearly see kids while they're playing on all the equipment.

Teaching Kids About Playground Safety

Another key part of playground safety: Kids must know how to be safe and act responsibly at the playground.

Kids should know to:

- Never push or roughhouse while on jungle gyms, slides, seesaws, swings, and other equipment.
- Use equipment properly — slide feet-first, don't climb outside guardrails, no standing on swings, etc.
- Always check to make sure no other kids are in the way if they're going to jump off equipment or slide, and land on both feet with their knees slightly bent.
- Leave bikes, backpacks, and bags away from the equipment and the play area so that no one trips over them.
- Always wear a helmet while bike riding, but take it off while on playground equipment.
- Never use playground equipment that's wet because moisture makes the surfaces slippery.
• Check playground equipment in the summertime. It can become uncomfortably or even dangerously hot, especially metal slides, handrails, and steps. So use good judgment — if the equipment feels hot to the touch, it’s probably not safe or fun to play on. Contact burns can happen within seconds.

• Wear clothes without drawstrings or cords. Drawstrings, purses, and necklaces could get caught on equipment and accidentally strangle a child.

• Wear sunscreen when playing outside even on cloudy days to protect against sunburn.

Safe Equipment Guidelines

Swings, slides, and climbing equipment have different safety concerns. And some kinds of equipment are not safe for playgrounds, no matter how careful kids are.

Swing Safety

Swings are the most common source of childhood injuries from moving equipment on a playground. But a few simple precautions can help keep kids safely swinging:

• Swings should be made of soft material such as rubber or plastic, not wood or metal.

• Kids should always sit in the swing, not stand or kneel. They should hold on tightly with both hands while swinging, and when finished swinging, stop the swing completely before getting off.

• Children should stay a safe distance from other kids on swings, being careful not to run or walk in front of or in the back of moving swings.

• Kids should never ride with more than one child to a swing. Swings are designed to safely hold only one person.

Seesaw Safety

Using a seesaw requires cooperation between kids. They're generally not recommended for preschoolers unless the seesaw has a spring-centering device to prevent sudden contact with the ground. Regardless of design, both seesaws and merry-go-rounds should be approached with caution.

Other safety tips to keep in mind:

• Seesaw seats are like swings: one child per seat. A child who is too light to seesaw with a partner should find a different partner — not add another child to his or her side of the seesaw.

• Kids should always sit facing one another, not turned around.

• Teach kids to hold on tightly with both hands while on a seesaw, not to touch the ground or push off with their hands, and to keep feet to the sides, out from underneath the seesaw.

• Kids should stand back from a seesaw when it's in use. They should never stand beneath a raised seesaw, stand and rock in the middle, or try to climb onto it while it's in motion.
Slide Safety

Slides are safe if kids are careful when using them. Guidelines to keep in mind:

- Children should take one step at a time and hold onto the handrail when climbing the ladder to the top of the slide. They should not climb up the sliding board itself to get to the top.
- Kids should always slide down feet first and sitting up, never head first or on their back or stomach.
- Only one child should be on the slide platform at a time, and kids shouldn't slide down in groups.
- Kids should always check that the bottom of the slide is clear before sliding down. When they reach the bottom, they should get off and move away from the end of the slide so it's clear for other kids to slide down.

Climbing Equipment Safety

Climbing equipment comes in many shapes and sizes — including rock climbing walls, arches, and vertical and horizontal ladders. It's usually more challenging for kids than other kinds of playground equipment.

Be sure your kids are aware of a safe way down in case they can't complete the climb. The highest rate of injuries on public playgrounds is seen with climbing equipment. This is dangerous when not designed or used properly. Adult supervision is especially important for younger kids.

Climbing equipment can be used safely if kids are taught to use both hands and to stay well behind the person in front of them and beware of swinging feet. When they drop from the bars, kids should be able to jump down without hitting the equipment on the way down. Remind kids to have their knees bent and land on both feet.

Reviewed by: Kate M. Cronan, MD
Date reviewed: September 2019

Nemours

Note: All information on KidsHealth® is for educational purposes only. For specific medical advice, diagnoses, and treatment, consult your doctor.

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SAFETY

Why do we have rules on the school bus?

Why do we have rules for the playground?

What are some rules that your parents follow each day?
Classroom Rules

Who among the following kids are following the classroom rules?
Give them stars for a job well done.

- Raising their hand
- Making fun of a classmate
- Littering in the classroom
- Running in the classroom
- Sharing with a classmate
- Helping a classmate
- Saying thank you
- Saying please
- Not listening during class

Name: 

Teacher: 

Grade & Section: 

Date: 

Georgia Department of Education
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8.15.2020 • 15 of 12
Safetyland Rules

1. Stay away from places that have no people. (purple oval)
2. Know safe spots along the way. (green triangle)
3. Tell a parent where you're going. (red diamond)
4. If an adult asks you for help, walk away. (blue star)
5. Never ask kids for help. (yellow circle)
6. Stay with a buddy. (orange rectangle)
7. Stay away from strangers.
**RULES & EXPECTATIONS**

Write or draw a picture of rules you should follow on the bus, at school, and at home.

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<thead>
<tr>
<th>Bus</th>
<th>School</th>
<th>Home</th>
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**Kindergarten Safety Unit Assessment**

At the end of the safety unit, the students will be able to:

- describe school bus safety tips.
- describe playground safety rules.
- describe safety tips in their home.

**Materials/resources**

- Collection of pictures.
- Chart paper
- Newsprint
- Crayons

**Directions:**

At the end of the safety unit, have the students create a poster showcasing 3 safety tips that they learned over the unit. The tips can be for the school bus, on the playground, or in their home.

**Grading Rubric:**

<table>
<thead>
<tr>
<th></th>
<th>Level 4</th>
<th>Level 3</th>
<th>Level 2</th>
<th>Level 1</th>
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<tbody>
<tr>
<td><strong>Safety Tips</strong></td>
<td>3 safety tips were featured</td>
<td>2 safety tips were featured</td>
<td>1 safety tip was featured</td>
<td>No safety tips were featured</td>
</tr>
<tr>
<td><strong>Neatness</strong></td>
<td>Project neat and free from grammatical errors</td>
<td>Project is either neat but has errors OR not neat with no errors.</td>
<td>Project is somewhat neat, and has less than 4 errors.</td>
<td>Project is not neat and has more than 4 grammatical errors.</td>
</tr>
<tr>
<td><strong>Pictures</strong></td>
<td>There were at least 3 pictures for the safety tips.</td>
<td>There were at least 2 pictures for the safety tips.</td>
<td>There was 1 picture for the safety tips.</td>
<td>No pictures were included in the project.</td>
</tr>
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**Students could also use technology to create their project of safety tips. Teachers could also have the students write a paragraph to integrate language arts in the health lesson.**