

KINDERVISION Pre-K Lessons on Personal Safety “Safety Rhymes for Unsafe Times”

A Pre-K Personal Safety Handbook for Parents and Caregivers containing activities to involve 3, 4 and 5 year olds in the learning process of personal safety.

Overview: Research shows that children learn best when the teaching is interactive and repetitive. With this in mind, each safety lesson has a discussion that takes place while the child is engaged in completing an activity page that relates to the safety information covered. While your child does the coloring/activity sheet, talk about the safety tip. Talk calmly and openly so your child feels comfortable. Reinforce the information by playing a game or doing the suggested activity together. Role play the tip often to help your children respond instinctively to similar situations. We recommend focusing on one tip per month.

Safety Tip #1: **If you feel bad, tell Mom or Dad.**

Activity/Coloring Sheet: Draw a happy face on the circle; draw a sad face on the second circle. Color the faces.

Discuss: Talk to your children about feelings (what makes them feel happy) while they draw a happy face. Talk about good touches like hugs and high fives. Talk about what makes them sad while drawing the sad face. Talk about bad touches like hitting and pinching. Tell them that you want them to tell you about things that make them happy and sad – especially things people do that make them feel sad, scared, or confused. Tell them that the ONLY people who can touch them in private places (places covered by their bathing suits) are people YOU say are okay, like parents, grandparents, etc. No one else can do that and they should tell you immediately if anyone else tries to remove their clothing and touch them in private places – even people they know. Limit alone time with your child to only those you know WELL and trust completely – and then talk about what happened while you were not there.

Reinforce: Use the KINDI Bear paper doll with bathing suit pieces to talk about private places.

Role play: Use bath time to have the children say what’s private and what’s not. Role play with them what to do if someone touches them in a private place (yell and tell).

Extra info: Make sure all adults with access to your children have been screened.

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Safety Tip #2: Password, password, that’s your clue that mom and dad have a message for you!

Activity/Coloring Sheet: Find the password “spoons” hidden in the picture

Discuss: Talk to your children about a special word that is just for your family so if someone tells them to do something they’re not sure about, they can ask that person for the family password. If the person doesn’t know, they don’t go. PERIOD. Use a key lock to illustrate how the password protects your family – not letting anyone inside the safe zone. Tell them that passwords are like a lock on the door – only someone who has the right key can get inside. Tell them that you will give the password to someone when you send a message they don’t know about. They must keep the password a secret. That’s the best way to stay safe!

Reinforce: Play London Bridge and when the child is captured, have them pick a word that could be used as a family password to be released.

Role play: Pick a password and practice using it over several days.

Extra info: Visit www.kindervision.org to watch the safety tips and video online.

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Safety Tip #3: Lose your mom? Don’t move – just freeze. Then ask a mom to help you please.

Coloring/Activity Sheet: Maze (Help mom find the child)

Discuss: Tell your children that if they become lost or separated from you, they need to stay put and call your name loudly. They can ask another mom for help, but they should NEVER go anywhere with anyone to find you – especially outside the building. Tell them to continue to call your name as loud as they can and not stop until you find them. Staying put will help you find them faster and keep them safe!

Reinforce: Play the game “Statue” with your children. They freeze like a statue when touched. Have them practice calling you as loudly as they can from that spot.

Role play: Take them to a store and talk about what to do if they become lost.

Extra info: Never leave your children alone in an aisle or shopping cart or vehicle in the parking lot – even for a moment.

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Safety Tip #4: If a stranger says let’s go, you say NO, NO, NO!!!

Coloring/Activity Sheet: Dot to Dot (truck)

Discuss: Talk to your children about people they don’t know asking them to help find a lost puppy or giving them money to help them or taking them by the hand and leading them away from safety. Tell them that adults don’t ask kids for help and they need to tell you immediately if someone asks them to do anything without your knowing. Explain to them that even if they know the people, they always need to check with you first. Help them learn to trust their feelings. If they don’t feel safe, they probably aren’t.

Reinforce: Sing the Itsy Bitsy Bear song - and act it out as you sing.

Role play: Take them to the park and talk about what to do if someone asks for help.

Extra info: Don’t let your children answer the door until you can see who’s there.

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Safety Tip #5: Presents are nice but always think twice, And check with your parents first.

Coloring/ Activity Sheet: Find the matching gift boxes

Discuss: Talk to your children about times when they receive presents. Do they like to get presents? What kinds of presents do they like most? Are family members around when they get presents? What should they do if someone gives them a present without family around? They need to tell you so you can make sure the present is okay and thank the person. This goes for even small silly presents like a tiny toy or candy or money or anything. And NEVER keep secrets from your parents about things you have been given or things you have done without your parents knowing.

Reinforce: Play the game Simon Says using Mommy says – remind children that unless they have permission from a parent, they don't take anything from anyone.

Role play: Practice asking you first or saying no thank you to items offered from someone.

Extra info: Remind children that just because they know someone, that doesn't always mean you can trust them. Check with you first.

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Safety Tip #6: Hold hands with others in a crowd – and if you’re lost, yell really LOUD!

Coloring/Activity Sheet: Coloring sheet (KV Kids)

Discuss: Talk to your children about always playing and staying with others. They should always hold hands when in a crowd and stay close to the adult in charge. If they need to get a drink or go to the bathroom when in a store or park, they should ALWAYS go with an adult and never go alone. Talk to your children about what to do if they become lost or separated at a park or mall. Remind them to stand still and call loudly for you. Ask another mom for help, but don’t leave the immediate area with ANYONE. (Bad guys can have a “uniform.”)

Reinforce: Cut out folded paper doll cutouts that have the hands connected. Display them as a reminder that holding hands is a good way to stay safe.

Role Play: Remind your children how important it is to hold hands in a crowd

Extra info: Encourage your children early to get in the habit of always having a buddy with them. The buddy system helps keep kids safe.

TAKE YOUR CHILDREN TO WWW.KINDERVISION.ORG AND TAKE THE SAFETY QUIZ TO SEE HOW MUCH THEY KNOW – AND WHAT THEY NEED REINFORCED.

Thank you for allowing us the opportunity to work with you to protect your children from those who would harm them. All of us at KinderVision wish you and yours a safe and happy future.

