Playing Outside

Drink lots of water all day, even if you’re not thirsty.
Take breaks to cool down.
Play in a shady area.
Wear light clothes.
Leave beehives & wasp nests alone.
If you feel hot, tired, or dizzy, get out of the sun and tell an adult.
Computer Safety

1. Only your parents should know your passwords.
2. Do not agree to get together with anyone you meet over the internet. TELL YOUR PARENTS right away if someone asks!
3. Never send pictures without checking with your parents.
4. Follow the rules agreed on by you and your parents.
Water Safety Rules

• Never swim alone.
• Swim only in safe, guarded areas.
• Dive or jump only after asking permission.
• Don’t run around a pool, push, or dunk other swimmers.
• Be extra careful in the ocean because the waves can knock you down.
Kitchen Safety Rules

1. ASK permission to cook.
2. Wash your hands and DRY them.
3. Wipe spills to prevent falling.
4. Use potholders or oven mitts with hot stuff.
5. Let an adult do any cutting.
6. If a fire starts, GET AN ADULT!
   DON"T put water on it!
Safety Rules

1. Get permission before going anywhere, doing anything, helping anyone, taking anything, getting into a car.
2. Don’t go anywhere on your own. Take a Friend, it’s more fun.
3. Say No if someone wants you to do something wrong or tries to hurt you!
4. Tell your parents or an adult you trust if anything happens to you!
Biking Safety Rules

- Always ride with traffic and stay close to the curb.
- Always be alert--watch out for people, cars, and potholes. Always obey traffic signals and signs.
- Always walk your bike across streets. Look left then right before you start to walk.
- Keep both hands on the handle bar so you don't go out of control.
- One person to a bike, don’t ride double.

WEAR A HELMET!