

# Safety rules!



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# I care about others

You

Showing  
I care.

I am

Making someone  
feel special.

Helping  
someone  
who is sick  
or sad.

Words  
that I use  
to be kind.



# Signs that keep us safe

Who or what do these signs keep safe?



# Who can you call?

Use the online activity, “In Case of Emergency” to help you create posters to put around your school reminding people when to call Triple Zero (000).

On your poster remember to:

- Make the “000” large
- Make sure your message is clear

You could:

- draw
- use collage
- work with a friend





Be aware, be safe

# Inside home

What do we do to be safe?



Matches and lighters  
are tools not toys.

Safe

When camping being safe around fire and heat is important. But what about in other places?

# Outside home

What do we do to be safe?

Be very careful around fires and make sure an adult is with you at all times.





# In an emergency I can...

## Remember to:

- Call Triple Zero.



- Get help from an adult.



- Follow adult instructions.



My address:

.....

.....

Phone number:

.....





Triple  
Zero  
(000)



Your child has been learning about their health and wellbeing at school. You can continue their learning at home by visiting [lifeeducation.org.au](https://lifeeducation.org.au)

# Interview with your friend

Ask

Ask your friends:  
**What do you do to be a good friend?**  
(Write or draw what they said)

Friend's name

I am a good friend when I...



# My helping hand

Who are the people that can help me when I need it?



Write or draw the people who can help you on each finger of this hand.



# A safety story

Circle one or more of the pictures below.  
Then tell a story about being safe using those pictures.

Tell us:

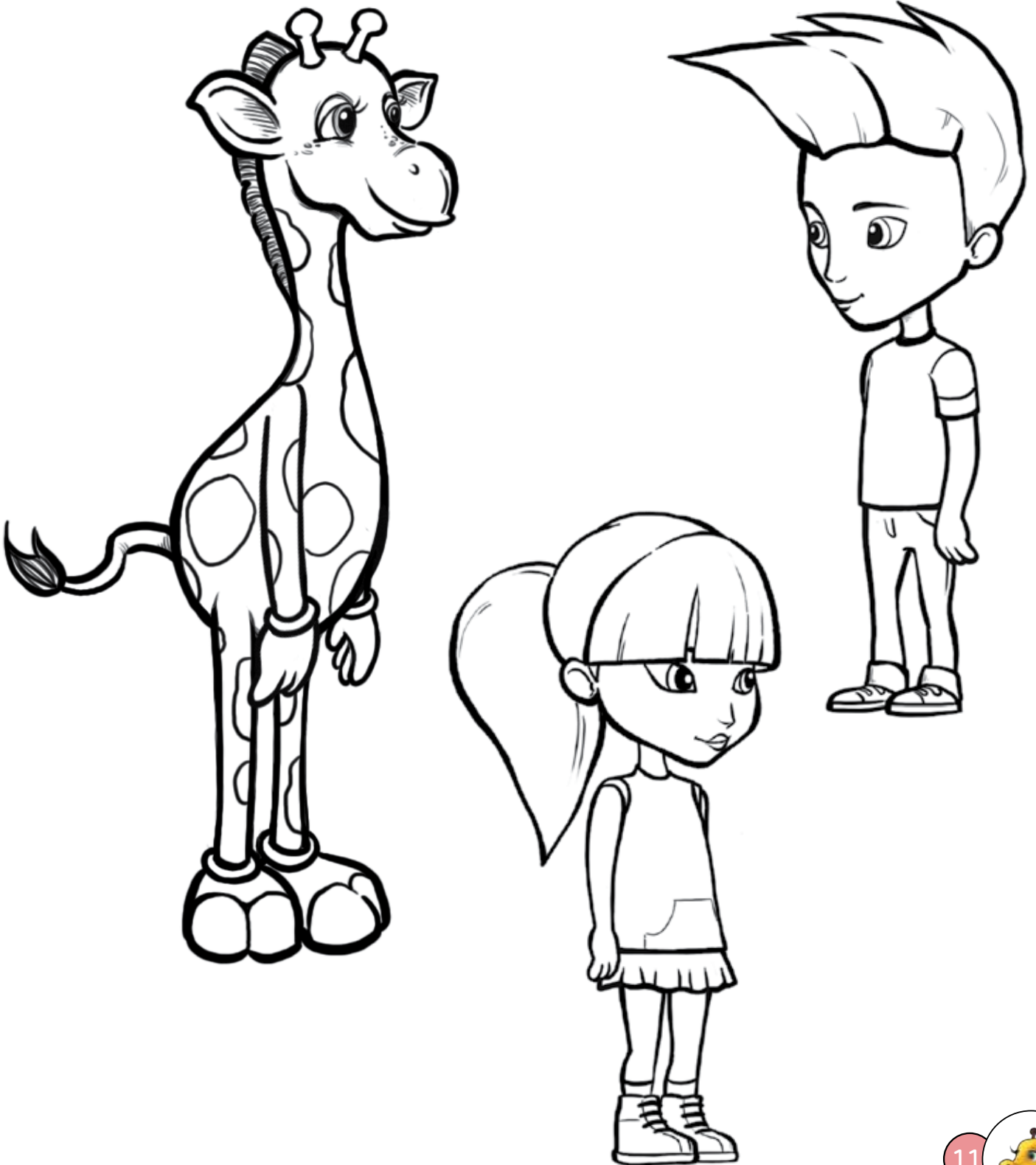
- Who was there?
- What happened?
- How did they get help?





# Good friend puppets

Colour and cut out these puppets and attach them to pop sticks. Then, have a puppet show where the puppets act out the things your friends told you in their interview.







Dear Parents/Carers,

Your child has participated in the Life Education program – a fun interactive learning experience that aims to empower children to make safer and healthier choices.

Help them extend their learning at home, using our informative parent resources.

Find these and more at [lifeeducation.org.au](http://lifeeducation.org.au)

## Safety rules!

### That's What Friends Are For

Help your child continue their learning at home by working with them to complete these activities, and by starting the conversations below.

#### Activities:

Invite a friend over to share a meal.



Make an offer to help someone with a small task.



#### Conversations:

Share a special memory of one of your childhood friends, and reflect on what made them a great friend.



Talk about all the people you know that you would describe as kind.



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For helpful information about any of these topics, check the links in the Life Education Parent Resource.  
[www.lifeeducation.org.au/parents](http://www.lifeeducation.org.au/parents)

## Safety rules!

### In an Emergency

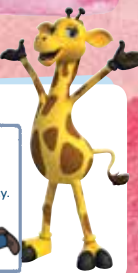
Help your child continue their learning at home by working with them to complete these activities, and by starting the conversations below.

#### Activities:

Check to see which emergency services numbers you have listed in a visible place.



Practice making a (pretend) call to Triple Zero (000) to report an emergency.



#### Conversations:

Discuss what you would do if you were lost. Consider a range of scenarios.



List all of the different emergency services, and who might come to help in different types of emergencies.



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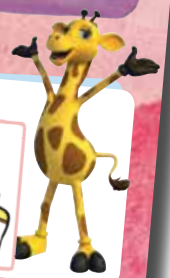
## Safety rules!

### Out and About

Help your child continue their learning at home by working with them to complete these activities, and by starting the conversations below.



Go and explore the outdoors, and take some supplies to ensure you are safe. E.g. water, sunscreen, mobile phone.



Discuss necessary provisions when going hiking, to the beach, or to the park.



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[www.lifeeducation.org.au/parents](http://www.lifeeducation.org.au/parents)

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**Empowering our children and young people to make safer and healthier choices through education**

