



## Grade K Sample Lesson Plan: Unit 1 – Introducing Safety

### SOLs

- K.1.J. Recognize ways to be safe (e.g., tying shoelaces, wearing a helmet, using a car safety seat and seatbelt).
- K.2.L. Describe sun safety practices
- K.3.I. Describe how safety choices can prevent injuries (e.g., wearing helmets, tying shoelace using seat belts and safety seats, and sitting in the back seat of vehicles with airbags).
- K.3.J. Describe common safety rules and practices for individuals, families, and communities

### Objectives/Goals

- Students will recognize that being safe is engaging in behaviors and practices to avoid harm and injury and be able to describe safety practices and make safer choices.

### Materials

- Teacher, Wear sneakers with laces
- Magazine pictures/internet images of safe and unsafe situations
- Grades K-2 Lessons - SunWise Tool Kit: <https://www.neefusa.org/sunwise>
- Images of sunglasses, sunscreen, full clothing, umbrellas

### Procedure

#### Step 1

- Ask for volunteers to tell you what safety is. Give students the definition of safety as actions we take to avoid being injured or hurt

#### Step 2

- Ask each student: What are some of the ways they made themselves safer getting ready and coming to school in the morning? Did we tie our laces before we left the house? Give the example of an untied shoe lace and ask kids how that can be unsafe (i.e. risks of tripping and falling). Ask for volunteers to tell you how to make walking in shoes with laces safer –laceup your shoe. Check everyone’s shoes for tied laces; demonstrate the proper way to tie shoe laces. have students tighten up any loose laces.

### Step 3

- Additional discussion: did you walk to school this morning? Did you ride a bike? Did you ride in a car? Let's talk about some of the ways we made our morning safe as we did these things. Talk about how students arrived at schools in vehicles – if they were in a car did they buckle up or sit in a safety seat? Were they sitting in the back seat? Talk about vehicle safety; did they sit carefully on the bus behind the padded bus seat?

### Step 4

- Show some images of safe and unsafe situations (examples are readily available from the internet of riding bikes with/without helmets, pushing, unsupervised/supervised swimming, correct/incorrect seat belt usage).

### Step 5

- In reviewing the images, ask students to identify the safer situation. Ask them to tell you how the people with helmets, safety seats/seatbelts, staying away from hot water and the stove, are safer. Provide correct information.

### Step 6

- Complete one of the following 10-20 minute activities from the K-2 SunWise Lesson: *Hot Potato, A Sunwise Beach Party, Sunny Says, Keep an Eye on Sun Safety, WackySunglasses.*

### Step 7

- Alternatively, complete the following lesson provided by Ellen Booth in Scholastic Early Childhood Today (Author: Ellen Booth Church).

## Scholastic Early Childhood Today – Sun Safety/A Summer Safety Activity

### Materials

Sun-protection items to use as props, such as empty plastic sunscreen bottles, brimmed hats, sunglasses, loose and densely knit clothing, etc.; beach items to use as props, such as beach balls, towels, sand toys, etc.

Set Up and Prepare: Gather materials appropriate for a pretend trip to the beach and place them in the dramatic-play area or outside in the shade.

### Procedure

Step 1: Have a discussion about the sun. What do children know about the sun? Can they feel the difference between being in the sun and being in the shade? Tell children how the sun's rays can cause serious sunburn. Ask if anyone has had a sunburn, and what it felt like. Step 2: Introduce ways children can protect themselves from getting sunburned. Introduce sunscreen, sunglasses, the best type of clothing to wear (loose and densely woven fabrics), and brimmed hats. Step 3: Tell children that it is important to avoid direct exposure to the sun during

peak hours, which are between 10 a.m. and 3 p.m. (Quick tip to share: If they see that the length of their shadow is shorter than they are tall, they need protection from the sun. On the next bright, sunny day take children outdoors and try this simple experiment!)

Step 4: Now invite children to take a pretend trip to the beach. Allow free time for children to explore their own way of using the props. Offer suggestions and ask questions to help children explore the uses and purposes of each sun-protection product.

<http://www.scholastic.com/teachers/lesson-plan/sun-safety-summer-safety-activity>

- Have students to go home and talk to their parents about safety rules and create a picture/write down at least 3 safety rules to share in class the next day. Have students share these rules. Discuss how many students brought in the same rules and that this is because these are ways of keeping the community safe. Remind them of additional safety rules that may have been left out.

### **Assessment Idea**

- Give students a blank sheet with a header “Safety is...” and have them write a sentence or draw images to complete the sentence. Do students draw/write a safety behavior on their worksheet?
- In the classroom discussion, when given a choice between safe and unsafe behaviors, do students select the safe behavior?
- Give students a blank sheet with a header “Safety in the Sun” and have them paste images of items that protect them from the sun.
- Can students name one way of preventing sunburn?
- Did students complete homework assignment?

### **References**

- SunWise Tool Kit <https://www.neefusa.org/sunwise>
- Sun Safety: A Summer Safety Activity <http://www.scholastic.com/teachers/lesson-plan/sun-safety-summer-safety-activity>