

# Keeping Safe

## SPHE STRANDS:

**Myself – Taking care of my body – Growing and changing – Safety and protection**

### Video

- Invite the children to watch the following video showing the Safe Cross Code: <https://www.youtube.com/watch?v=DlluoGcCKNg>
- Play the video a second time and invite the children to stand behind their chairs and try the dance moves shown on screen.

### Chatting

Chat to the children about road safety using questions such as:

- Can you remember any of the things the video told us to remember when we are crossing the road?
- Why is crossing the road dangerous?



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- Is every road dangerous to cross? Why or why not?
- The video tells us how to be careful and keep ourselves safe when we are walking on the roadside. How can you be careful if you are a driver? Why is it very important that drivers are careful? (They could hurt or kill someone.) How can you be careful if you are a cyclist? Could a cyclist hurt someone if they weren't careful?



## Activity

Show the children the following (or similar) image showing dangers in the home.

Discuss the potential hazards/danger using questions such as:

- Do you see anything dangerous in the picture? Tell me one thing that you see and what you think might happen next.
- What should this family be more careful about?
- Sometimes when we are careless we might be the cause of someone else getting hurt. Can you think of ways you can keep other people safe by being more careful – at home, in school, in town?



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## Reflection

Invite the children to close their eyes and to sit very still with their feet on the floor. Then read the following:

Jesus wants us to love ourselves and to love others. He asks us to take care of each other. Think of all the ways your family takes care of you. Help us to keep ourselves safe and to be careful not to hurt anybody else.

Together we will say the 'Angel of God' prayer:

Angel sent by God to guide me  
Be my light and walk beside me  
Be my guardian and protect me  
On the path of life direct me.  
Amen.