

# Preschool Theme Kits SAFE KIDS



### **BOX CONTENTS**

#### **BOOKS**

No Dragons for Tea Jean Pendziwol Elliott's Emergency Andrea Beck

Berenstain Bears Learn About Strangers

Stan and Jan Berenstain

It's My Body

Lory Freeman

**Emergency!** *Gail Gibbons* 

Stop, Drop and Roll (Book with CD)

Margery Cuyler

Maisy's Fire Engine

Lucy Cousins

D.W. Rides Again!

Marc Brown

Germs Make Me Sick!

Melvin Berger

DVD

Be Safe!

TOY

Hero action figures (6)

#### **ADULT RESOURCES**

Learning Basic Skills Through Music: Health and Safety (CD)

ACTIVITY NOTEBOOK

BEYOND THE KITS STORYTIME HANDBOOK FOR YOU: a copy of these activities is available in back of this notebook.

Welcome to the *Safe Kids* Theme Kit. Our target age group is 2 to 5 year olds but we have included at least one board book for babies to use. All these books read aloud well, and there are activities, finger plays, and teacher guides to help you. Also, take a look at the general information sheet on the inside cover of this notebook. ENJOY!

## Related Activities

-Fun and Games-

#### **WASH AND SCRUB\***

Fill the sensory table with warm water. Provide small bars of soap, a container of soft soap, nail brushes, cloths, sponges, and plenty of dry towels. Children can wash the dolls from the play area or practice washing their own hands.

#### STARRING THE HUMAN BODY \*

Feature a different body part each day (the arm, the foot, teeth, etc.) and have the children think about all the things you can do with that body part. Also discuss health – how to care for a cut or bruise, how to care for your teeth, etc.



#### **SAFETY WALK\***

Take your group for a walk in an area where many different safety signs are found. Go over meaning with the children and explain why they are important.

#### **SAFETY TALK \***

Hold up a card with 911 printed on it. Ask the group if they know what the numbers mean. When do we call this number? Talk about different emergency situations we would call 911 for help. Stress the importance of only using this number in emergency situations.

Invite a police officer, firefighter, or medical worker to discuss important safety issues, or take a field trip to a police station.

Work with your children and their families to help them learn their family name (Jones, Rodriguez, etc.), phone number with area code and home address. This is important information for them to know.

#### SAFETY, SIMON SAYS \*

Turn Simon Says into a safety game. Use "Simon Says" for safe behavior (e.g. "Simon says look both ways."). For unsafe behavior drop the "Simon says" (e.g. "Run across the street" "Leave your shoes untied"). Have the children take turns being the leader.

\*Used with permission from King County Library System.

#### -Songs and rhymes-

#### THE SHAPE-UP SONG \*

(Sung to: Farmer in the Dell)

We're jumping up and down We're jumping up and down We're getting lots of exercise We're jumping up and down. (more verses)

We bend and touch our toes...
We kick our legs up high...
We jog around the room...
We wiggle our whole body...
We stretch up to the sky...

#### **SNEEZING** \*

(Sung to: Farmer in the Dell)

I think I am going to sneeze (ha chew)
I think I am going to sneeze (ha chew)
If you sneeze, pass the tissue please...
Ha Chew, Ha Chew, Ha Chew
(Pass around a box of tissues and have each child take one. Teach the song, having the children sneeze into the tissue. At the end, have each child toss their own tissue in the garbage. This helps them practice where to put dirty tissues, and to not share their germs by having someone else pickup and/or put away their dirty tissue.)

#### SO GOOD FOR YOU \*

Milk, fruits, vegetables, Meat and brown bread too. Try to have some every day, They're so good for you.

#### HAND WASHING SONG

Wash, wash, wash, your hands, Play our handy game. Rub and scrub, scrub and rub Germs go down the drain HEY!

Repeat with this ending:
...dirt goes down the drain HEY!

Safe Kids Theme Kit

#### **Questions or Suggestions:**

Call the Youth Services Dept. at (360) 384-3150

#### -Fingerplays-

#### TRAFFIC LIGHT

The red at the top
Tells us to STOP!
The green below
Tells us to GO!
The yellow in the middle
Tells us to WAIT!
Please don't worryYou won't be late!

#### **GOOD EXERCISE \***

(do actions as rhyme indicates)

I stretch and stretch my arms out wide As if to make them longer. I stretch and stretch and stretch, For that will make me stronger.

I stretch and stretch my arms up high As high as they will go. I stretch and stretch and stretch and stretch, For that will make me grow.

## (Extend arm out with palm facing out.)

(Sweep arm out as traffic director would do.)
(Extend both arms out.)



#### AT THE CURB

At the curb before I cross,
I stop my running feet.
And look both ways to left and right,
Before I cross the street.
For cars and bikes
go zooming past,
And sometimes can surprise,
So I listen with my ears,
and look with both my eyes.

(point to feet)

(point to ears) (point to eyes)

# TWINKLE TWINKLE TRAFFIC LIGHT SONG

Twinkle twinkle traffic light
On the corner shining bright.
Red means STOP!
(hold up red card)
Green means GO!
(hold up green card)
Yellow means go but VERY SLOW
(hold up yellow card)
Twinkle twinkle traffic light
On the corner shining bright.



How You Can Help

- Use and return kits promptly so that they are available for others.
- Please check box contents before returning.
- Do not use the book drop. Please return kits inside an open library.