

PRIDE 123

Safety Detectives



Year 5



Healthy Schools
MANCHESTER



This activity book belongs to...

A large, empty rectangular box with rounded corners and a yellow border, intended for writing the name of the owner.



Congratulations! You are now a Junior Safety Detective. In this activity booklet you have 4 Health and Safety missions to complete.

Working in a team with parent or carer, work through the booklet to complete all of your Health and Safety Missions. Make sure read all instructions first.

Make sure you complete design your safety badges and write the safety pledge together then you can stick somewhere for all to see.



THE SAFETY-DETECTIVE PLEDGE

To keep safe we will...

1.

2.

3.



Start date

Junior detective name

Finish date

Senior detective name

JUNIOR SAFETY DETECTIVE

Detective name

Detective age

Secret code number

Stick or draw a picture of yourself here!

SENIOR SAFETY DETECTIVE

Detective name

Detective age

Secret code number

Stick or draw a picture of yourself here!



Your first mission is about getting creative and talking about how you can protect yourself and your family too. Answer the questions in the boxes together, cut out the shapes then thread some string or wool through the holes and attach the shapes together.

Once you've made your safety mobile you can hang it in the home for all to see.

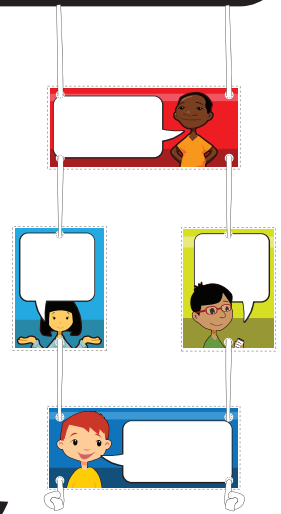
For this task you will need: scissors, some string or wool and an adult to help.


1 Cut out the shapes below and on the next page.

2 Cut out the holes 


3 Lay out the shapes onto a table, and measure out 2 pieces of string/wool to use.

4 Thread the string/wool through the holes so the mobile looks like this





To protect others I will...



In the future if I am worried I will...

Notes for parent or carer

The aim of this activity is to have discussions about health and safety. This can be good preparation for more sensitive topics in the future. The earlier open communication is established the more likely it is to happen in the future.

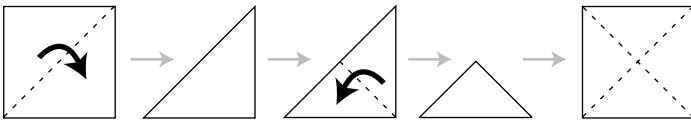




For this mission you are going to make a 3D puzzler, which tests your acting and your response skills. Working with your parent or carer cut the square out as neatly as possible then follow the folding instructions. If you are uncertain what to do, remember to ask for help.

For this task you will need patience, some scissors and an adult to help and challenge you to the tasks.

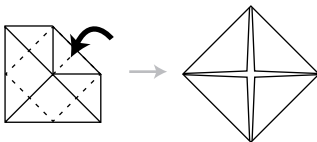
1 Cut out the square (make sure you stick to the lines). Fold and crease the square along each diagonal. Open it out and lay it flat.



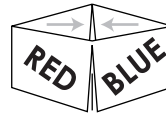
4 Fold the square towards you in half.



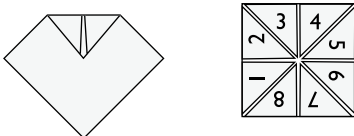
2 Turn the square over so that the writing is face down. Fold all four corners into the centre again



5 Put your thumbs in the flaps and push the top corners towards the centre.



3 Turn the square over again (with the flaps facing down). Fold the four corners into the centre again.



6 Open out the top flaps.



Put one finger or thumb in each of the four compartments - this will allow you to operate the origami puzzler.

Notes for parent or carer



This activity creates the opportunity to see how your child would respond in difficult situations. Once your child has acted out their response, model your response too!

This can be an encouraging way to educate your child about assertiveness, confidence and to have belief in themselves and their actions.

1 You are online and get a friend request from someone you don't know.
 What do you do?

2 A friend suggests you go to their 'older friends' house, where you know you shouldn't go.
 Act out your response to them.

3 You are at family party and an older cousin offers you beer.
 Act out your response to them.

4 A friend suggests you go to their 'older friends' house, where you know you shouldn't go.
 Act out your response to them.

5 You are at a friend's house and you see them stealing a cigarette.
 Act out your response to them.

6 In the playground a group of people keep calling you names.
 What should you do? Who can you talk to?

7 You tell a friend a secret who tells everyone else.
 Act out telling your friend how they made you feel.

8 You are worried about something.
 Who do you tell?

9 One of your friend suggests stealing some sweets from the shop.
 Act out your response to them.



Notes for parent or carer

Encourage your child to be confident to act out the different responses. This can help to prepare them for challenges in the future. Consider how the tone of voice, body language and assertiveness can make a difference on outcome. You can act a role play too this will help children learn correct responses.



Every Junior Detective knows that information comes from other people. Your final task is to interview different people who do or don't smoke and to find out their thoughts and feelings about smoking. From all this information you will learn some real facts about addictive habits.



Interview as many people as possible.

Questions for non-smokers

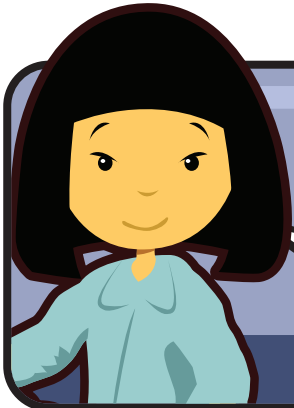
1. Have you ever tried smoking? (If no, go to question 4)
2. What age were you when you tried smoking? Can you tell me about how you felt when you tried it?
3. Why did you stop smoking, and how do you feel about that now? (go to question 5)
4. What made you decide not to try smoking?
5. What would be different if you smoked now?
6. What are the effects of smoking?
7. How would you feel if I started smoking in the future? What would you say or do?
8. What would you say to someone who was thinking of starting to smoke?

Questions for smokers

1. How old were you when you first tried smoking?
2. Did you smoke on a regular basis?
3. Can you tell me about your first cigarette?
4. How do you feel about smoking now?
5. Have you ever tried stopping smoking? How did you find it?
6. What is good about smoking? What is bad about smoking?
7. What would you say to someone who was thinking of starting to smoke?
8. How would you feel if I smoke when I'm a teenager? What would you say or do?



Make up your own questions too!



Safety Detectives this is a game for 2-4 people. For this mission you will need to cut out the numbered spinner, the cards and the counters below so you can move around the board.

Spin the spinner to see who goes first then travel around the board, completing the health and safety tasks and questions as you go. The winner is the first person to get to the end of the game and to be a safety specialist!

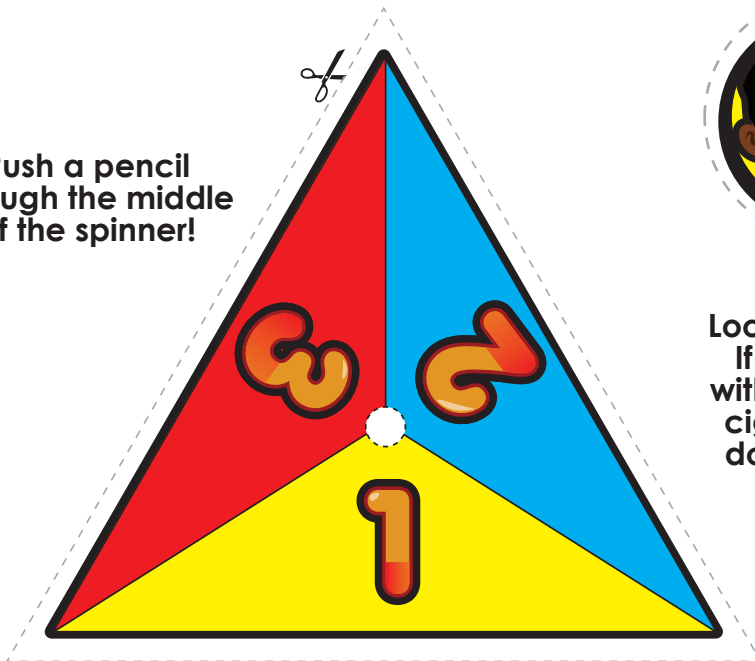
If you land on a square with the magnifying glass symbol, pick up a card!



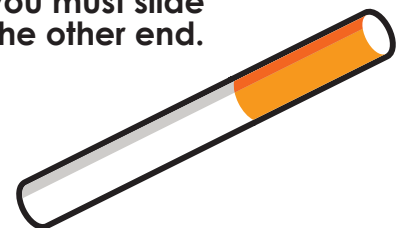
Pick your character!



Push a pencil through the middle of the spinner!



Look out for the cigarettes!
 If you land on a square with the coloured end of a cigarette, you must slide down it to the other end.



Notes for parent or carer

This is a fun activity to educate your child about Health and Safety. Try to involve all family members in the game. It is everyone's responsibility to keep safe in the home.





SAFETY ROUTE



Talk about what you would do if there was an emergency at home.

SAFETY ROUTE



As a family, check your smoke alarm is working properly.

SAFETY ROUTE



Role play with another player - saying 'no' to something you don't want to do e.g. smoking. Move forward 2 spaces.

SAFETY ROUTE



You have eaten your 5 a day, move forward 1 space.

SAFETY ROUTE



You recycle all the papers in the home, well done!

SAFETY ROUTE



You tell your brother the dangers of smoking, move forward 1 space.

SAFETY ROUTE



Say one thing you like about all players.

SAFETY ROUTE



True or false- alcohol is a drug? Move forward 1 space if correct.

SAFETY ROUTE



Name 3 safety rules for medicines, move forward 1 space for each correct answer.

SAFETY ROUTE



What colour do the lungs turn if a person has smoked for a long time? Move forward 1 space.

SAFETY ROUTE



Where do you think matches and lighters should be kept?

SAFETY ROUTE



Ask all players to do 5 star jumps!

SAFETY ROUTE



Where and how should you cross the road?

SAFETY ROUTE



Touch your toes 10 times!

SAFETY ROUTE



You talk to someone about your worries, move forward 2 spaces.

SAFETY ROUTE



What number do you dial in an emergency? Move forward 1 space.

SAFETY ROUTE



Empty speech bubble for writing.

SAFETY ROUTE



Empty speech bubble for writing.

SAFETY ROUTE



Empty speech bubble for writing.

SAFETY ROUTE



Empty speech bubble for writing.