



# KID KICK SKILL SHEET

OCT 2017

## Word of the Month SAFETY

Personal Safety is an important lesson to learn. You always want to be responsible for your own personal safety. That includes being safe at home, school, while playing with friends, and on the mat. To be safe, you'll want to be aware what is going on around you and pay attention to things or people that could cause harm or injury. Practice your safety skills with the checklist below.

- Look both ways before crossing the street
- Next time you go for a walk, invite a friend and use the buddy system
- Ask your parents to show you a first aid kit. Get familiar with what's inside and how to use it
- Know your address and phone number
- Work on an emergency plan with your parents if a fire were to happened at your house
- Pick up your toys around the house so they aren't a tripping hazard
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