

# Safety Smart® Ambassador Lesson Plan

## Safety Smart® Healthy & Fit! A Lesson In Health And Safety For Children K–2

### INTRODUCTION

LifeSmarts invites you to become a Safety Smart Ambassador! As a Safety Smart Ambassador, you will have the opportunity to share reassuring, clear and confidence-building messages to help children live a better life. Safety Smart engages and excites children in fun, creative and interactive ways and can be presented in the classroom, at camp, during scouting or youth group meetings, basically anywhere children are gathered.

### SNYOPSIS

When Timon wakes up sick, Pumbaa helps Timon understand that some germs can make you sick. Timon learns about the importance of healthy habits like hand washing, healthy eating and staying active.

### OBJECTIVES

*Students will understand that:*

1. Some germs can make you sick.
2. You should cover your mouth and nose when you cough or sneeze.
3. Washing hands is the best protection against getting sick and spreading germs.

### LESSON VOCABULARY and DEFINITIONS

<b>Germs</b>	<b>Tiny organisms; some can make you sick</b>
<b>Hand Washing</b>	<b>Removing germs by rubbing hands with soap under warm water for 20 seconds</b>
<b>Healthy Habits</b>	<b>Things you do to take care of your body</b>

### PROGRAM OUTLINE FOR A 30-MINUTE SAFETY SMART HEALTHY & FIT! LESSON

Materials:			
<ol style="list-style-type: none"> <li>1. Safety Smart <i>Healthy &amp; Fit!</i> DVD</li> <li>2. Activity Sheets located on DVD (See Notes)</li> <li>3. Duplicate the activity sheet <i>Is it Safety Smart?</i> for all students or display using a document camera or projector</li> </ol>			
Before the presentation: Check equipment and cue DVD			
Duration	Activity	Detail/Questions	Suggested Prompts
1 minutes	Who am I?  Why am I here?	Introduce yourself and tell the children how you would like to be addressed.	I am here to help you learn about being healthy and fit. Being healthy and fit means learning to take good care of you.

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3 minutes	DVD Safety Smart Healthy & Fit! Introduction  Vocabulary	Introduce the DVD, the characters Timon and Pumbaa from <i>The Lion King</i> , and let the children know they are going to be learning about healthy habits with Timon and Pumbaa.  Show the vocabulary cards and read the definitions with the children.	Let the children know that you will be stopping the DVD several times for discussion.  Ask children to listen for the vocabulary words while watching the DVD.
1 minute	Expectations	Attention    Response	I need you to listen and watch the DVD carefully. We can start when everyone shows me that they are ready.  Please raise your hand when you would like to answer a question or share something during our discussion. Your teacher will help me call on you.
6 minutes DVD 00:00-2:54	Scene 1: What Are Germs?	<b>GERMS</b> Stop DVD to discuss <i>germs</i> .	
	Discussion	What is a germ?	A tiny organism that you need a microscope to see and some of them can make you sick.  After the children answer hold up the Germ Vocabulary Card and read the definition to them.
		What tip did Pumbaa give Timon to keep germs from spreading?	Cover your mouth and nose whenever you cough or sneeze.
		If you don't cover your mouth and nose when you cough or sneeze, what could happen?	The air becomes filled with germs and if those germs spread, they can make others sick, too. By covering our cough and sneeze, we stop germs from spreading.
		What did Pumbaa say about shoulders, elbows and tissues?	We can stop germs from spreading by coughing or sneezing into them.
		Share this interesting fact with the children: The germs from a sneeze can travel 100 miles per hour!	
Look at the picture on the screen carefully. See the yellow and green spots. What are they?  What do the handprints show?	Handprints of places the boy touched.  The boy had germs on his hands and the prints show how he spread them to every place he touched.		

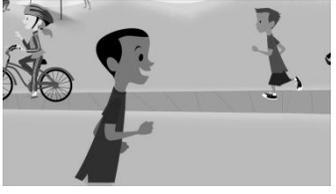
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5 minutes DVD 2:55-4:-35	Scene 2: Germ Free Philosophy	<b>WASHING HANDS</b> Stop DVD to discuss <i>washing hands</i> .	
	Discussion	What did Pumbaa tell Timon was the most important thing he could do to protect himself against harmful germs?	Wash your hands – after children answer, hold up the Hand Washing Vocabulary Card and read the definition to the children.
		Pumbaa told Timon he should wash his hands many times during the day to stop germs from spreading.  When should you wash your hands?	When to wash hands: <ul style="list-style-type: none"> <li>• When you get home from school</li> <li>• Before you eat or touch food</li> <li>• After you use the bathroom</li>   <li>• After you have been around someone who is sick</li> <li>• After touching animals</li> </ul> Repeat the correct method for washing hands: <ul style="list-style-type: none"> <li>• use soap</li> <li>• warm water and</li> <li>• scrub for 20 seconds</li> </ul>
5 minutes DVD 4:36-5:57	Scene 3 Eating Well & Staying Fit	<b>HEALTHY HABITS</b> Stop the DVD to discuss <i>healthy habits</i> .	
	Discussion	Pumbaa told Timon he needs to develop good habits in order to stay healthy and fit. What was the habit Pumbaa was talking about?	Eating well is a good habit. After children answer, hold up the Healthy Habits Vocabulary Card and read the definition to the children.



		We heard Pumbaa tell Timon that our bodies need vitamins and nutrients to stay healthy and fit and we can get them from eating healthy foods. What healthy foods did he recommend?	A variety of foods including: whole grains, green vegetables, and brightly colored fruit.
		Timon asks Pumbaa, “What does eating healthy have to do with keeping germs away?” What did Pumbaa say?	Eating healthy keeps our bodies strong. When we are strong, we are more likely to fight off harmful germs.
4 minutes DVD 5:58-10:58	Scene 4 Sleeping is Smart! Scene 5 Healthy & Fit Song	<b>HEALTHY HABITS, cont.</b> Stop DVD and review <i>healthy habits</i> .	
		Think about all the healthy habits that Timon and Pumbaa showed us in the DVD. Who can help me list them?	<ul style="list-style-type: none"> <li>• Cover your mouth and nose when you sneeze or cough.</li> <li>• Wash your hands for 20 seconds with warm water and soap.</li> <li>• Wash hands when you get home from school.</li> <li>• Wash hands before you eat or touch food.</li> <li>• Wash hands after you use the bathroom.</li> <li>• Wash hands after you have been around someone who is sick.</li> <li>• Wash hands after touching animals.</li> <li>• Get plenty of sleep.</li> <li>• Eat a variety of (brightly colored) foods from different food groups.</li> <li>• Exercise at least one hour every day.</li> <li>• Brush and floss your teeth after eating.</li> </ul>
5 minutes	<i>Is it Safety Smart?</i>	Display the <i>Is it Safety Smart?</i> activity sheet on the screen, using a projector or a document camera.	
		What is happening in each picture? Decide if it is Safety Smart or not. Help children identify what is happening in each picture.	

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<i>Is it Safety Smart?</i> activity sheet prompts:	
	Top left: <i>washing hands</i> , YES-washing hands kills <i>germs</i>
	Top right: sneezing or coughing into the air, NO-germs are spread when we do not cover our mouth and nose when we sneeze or cough
	Middle left: fruits & vegetables, YES-a “variety” of foods is one of the <i>healthy habits</i> that helps our bodies fight germs
	Middle right: running or exercise, YES-at least one hour of physical activity and play a day keeps our bodies strong
	Bottom left: sleeping, YES-getting enough rest helps our bodies stay strong and fight <i>germs</i>

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		<p>Bottom right: brushing teeth, YES-when we brush and floss our teeth after eating we can prevent cavities</p>
<p>1 minute</p>	<p>Thank You</p>	<p>Thank the audience for their interest in being <i>Healthy &amp; Fit</i> and helping you with the lesson. Encourage them to start sharing the Safety Smart lessons they have learned.</p>

### EXTENSION

1. To extend the learning you can provide a Take-Home Activity packet for each child. Each packet should include Sample Parent Information (see below) that explains the lesson, and your choice of Activity Sheets. For example, *Timon and Pumbaa's Safety Smart Checklist* and *Healthy and Fit Coloring Page* activities for Kindergarteners; *An Hour a Day* and *Describe a Picture* strengthen 1<sup>st</sup> graders comprehension of the presented material; and *Timon and Pumbaa's Health and Fitness Tips* and *Health and Fitness Words* are concept reinforcement activities for 2<sup>nd</sup> graders.
2. Award each child a Safety Smart Certificate and remind the group that their example of safe behavior will help others become Safety Smart.
3. To help children begin thinking about ways they can put Safety Smart lessons into practice, duplicate the *Timon and Pumbaa's Health and Fitness Board Game* and give to the teacher to use in a follow-up review of the Safety Smart lesson.
4. Teach the *Safety Smart® Goes Green!* lesson for Kindergarten - 2nd grades.

### NOTES

To access the Activity Sheets

- Insert the DVD into your computer DVD-ROM drive
- Mac users: Double click on the DVD Icon on your desktop
- PC users: Right click on the DVD Icon and select Open
  - Open the ROM folder
  - Click on the Index.HTML file

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### SAMPLE PARENT INFORMATION

#### Safety Smart® Ambassadors visit (class or group name)

This week our class (group) participated in the Safety Smart Ambassador Program. The Safety Smart Ambassador Program is part of an educational project developed through a partnership between UL (Underwriters Laboratories) and the National Consumers League's LifeSmarts Program.

Student leaders from \_\_\_\_ High School shared the youth education video *Safety Smart® Healthy & Fit!* and children learned about germs, hand washing and forming healthy habits. They also learned that they can take positive action to care for their own health and that being healthy and fit is one way to be Safety Smart.

The Safety Smart Program, created for elementary students by UL and The Walt Disney Company, encourages and empowers children to practice safe, healthy and environmentally responsible behaviors.

Families can reinforce the concepts learned in this lesson by working with their children on the take-home activities and encouraging them to be healthy and fit.

**germs**



**hand washing**

**healthy habits**