

# My Family Helps Me Care for Myself

Complete one requirement of the Safety Specialist Adventurer Award.

## Safety Specialist Award



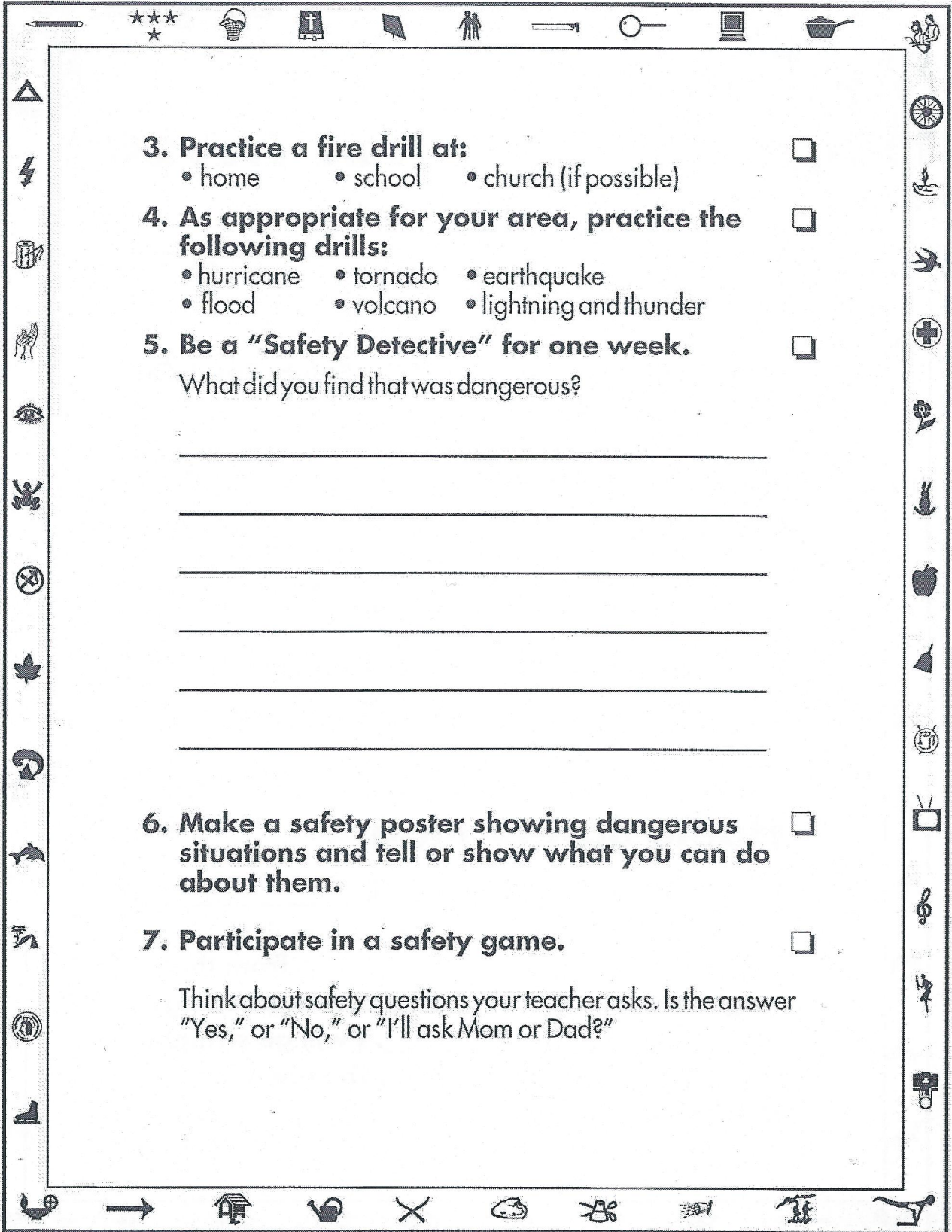
1. Watch a video or movie on home safety and discuss what you learned.
2. With your parents, develop a home fire-safety plan. Describe where the household fire extinguishers are kept and how to use them.

### Home Safety Plan

If someone finds a fire, they will \_\_\_\_\_.

I will \_\_\_\_\_ immediately.

I can call \_\_\_\_\_ from the neighbor's house. If my door feels hot, I can go out \_\_\_\_\_. I will go straight to \_\_\_\_\_. The fire extinguisher is \_\_\_\_\_.



**3. Practice a fire drill at:**   
• home • school • church (if possible)

**4. As appropriate for your area, practice the following drills:**   
• hurricane • tornado • earthquake  
• flood • volcano • lightning and thunder

**5. Be a "Safety Detective" for one week.**   
What did you find that was dangerous?

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**6. Make a safety poster showing dangerous situations and tell or show what you can do about them.**

**7. Participate in a safety game.**   
Think about safety questions your teacher asks. Is the answer "Yes," or "No," or "I'll ask Mom or Dad?"