



**LO: To understand when something becomes unsafe and how to keep myself safe.**

How do you know the girl in the photo is frightened?

What things in your body that you can't see help you to know that you are frightened?

Read the story below, and decide when you think it becomes unsafe for Mika.

*Mika and his friends were playing in the garden. It was a hot day; the sun was beating down. Mika said, 'I'm going inside to get a drink.'*

*Joanna said, 'Don't go in Mika, it will spoil the game. Look, there's a bottle of water in your garden shed. You can have that.' Mika looked towards the garden shed they were playing next to, and sure enough there was a bottle of clear liquid on one of the shelves. It certainly looked like water. Mika went to get the bottle. It didn't have a label and the seal had been broken, but he thought it would still be OK. He felt a bit funny inside. His Mum had told him to stay out of the shed because there were things in there he shouldn't touch. Just to be sure Mika took a sniff, it did smell a bit odd.*

Sometimes we experience situations that seem okay to begin with but that we realise aren't safe after a while. If this happens, you need to change your actions to reflect that.

Choose one of the story cards below. Note down the following things in your book:

- Things the children could say.
- Things the children could do.
- People who could help.
- My best piece of advice.

A group of friends are playing in the snow. One of the children point to a big pond that has frozen over. The children go to have a look. One of the children says they should try sliding on the ice across the pond. Raj is picked to go first, but he isn't sure he wants to do it. His friends tease him and say he is a baby for being scared.

Jane and Tobias are in the park. A lady comes over to say hello. Jane recognises the lady who works in the same office building as their Dad. They don't know this person but she does seem nice. She buys them a can of drink from a local shop. She also offers them a lift home and they are thinking about saying yes.

Tomika and Jenna play a gaming App on Tomika's tablet. They have been told it's scary by their friends. On the first day the game dares Tomika and Jenna to do something that will get them into trouble and post a picture of it. The App says if they don't do as they are told something bad will happen to them. Tomika wants to go along with the App, but Jenna isn't so sure.