

This week is health and wellbeing week and so each day we are focusing on a different topic related to this area. Select from the challenges below.

Beach and Water Safety

Use the information on the slides to create a mini information leaflet about beach safety.

Safety Flags

At beaches there are special flags:

- red flag – it is not safe to swim
- red and yellow flags – you should only swim between the flags
- black and white flags – this area is not safe for swimming



Water Safety Signs

- Signs that warn you of danger are a yellow triangle shape and are placed to help you spot danger. This one means there is a steep drop.
- Signs that mean you should not do something are a red circle shape with a red line running through it, a white background and black symbols. They tell you about something you are not allowed to do.



Water Safety Signs

- Signs that tell you to do something are usually a blue circle shape with white symbols.



**Life jackets
must be worn**

- Information signs are white with black symbols.



**SWIM
AT YOUR
OWN RISK**

Learn How to Help

- If you see someone in difficulty, tell an adult.
- Call 999 if there is an emergency.
- Ask the lifeguard to help.

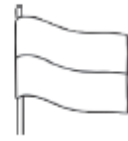
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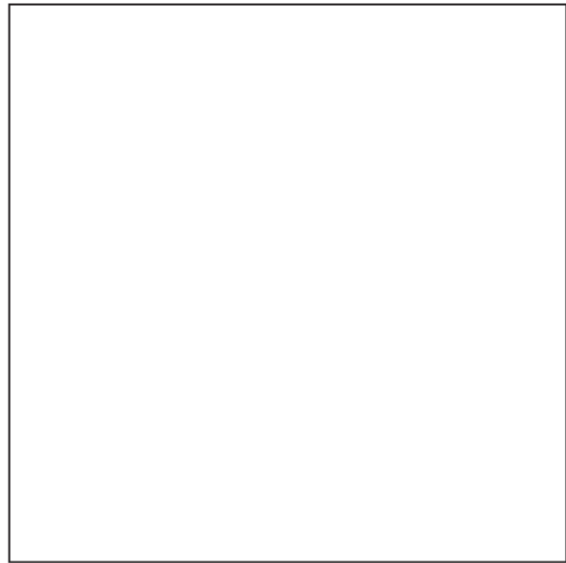
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Beach Safety

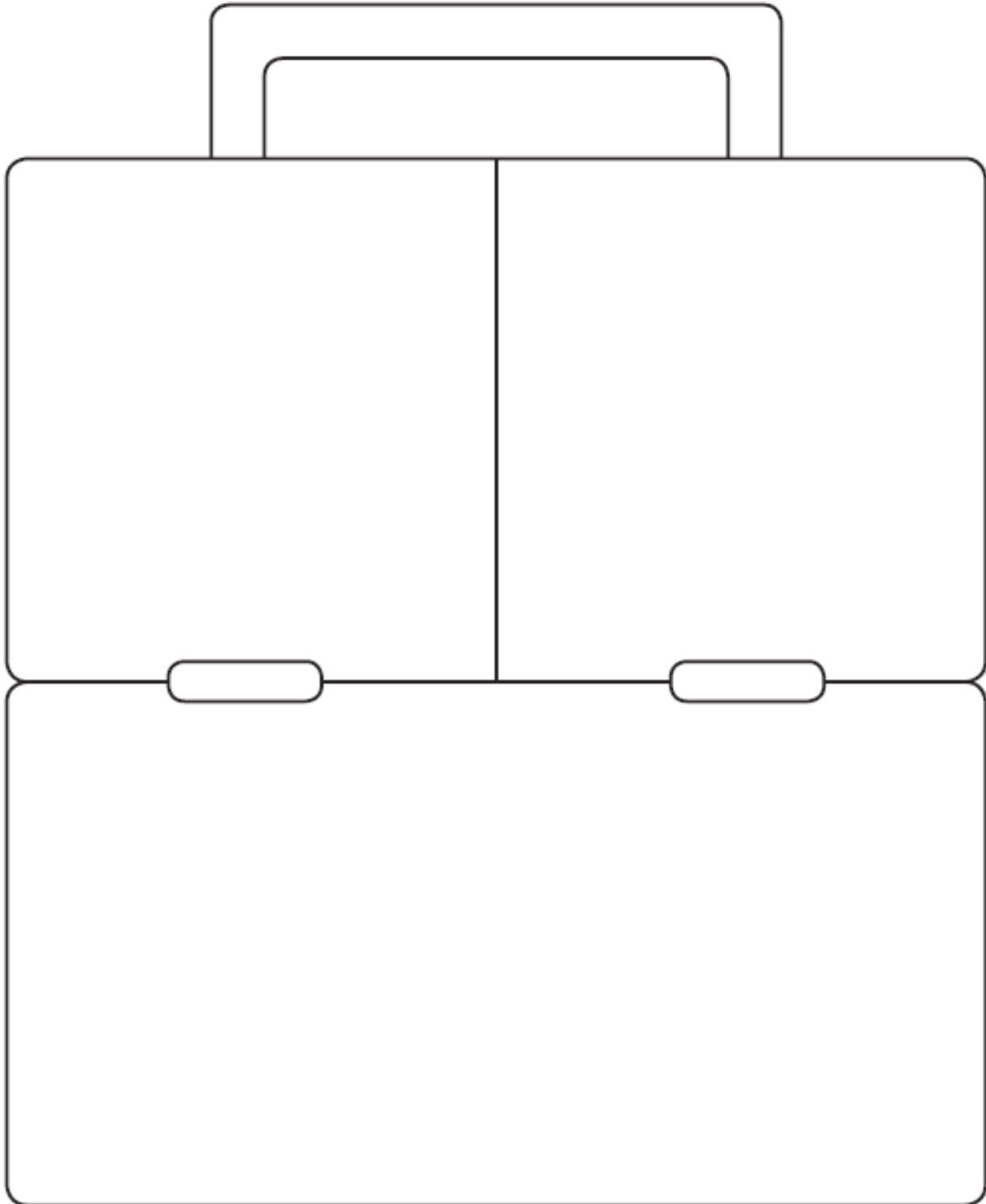


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Healthy Eating

You are going to the beach for the day. Design a healthy lunch box you could take with you. Use the Eat Well Plate on the next page to help with your lunch planning to ensure it is a balanced diet.





880 x 800

How to Cross the Road Safely

Cut out the steps to crossing the road safely. Put them in order and glue them in your book.

When the road is clear, walk across the road.

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Keep looking left and right until the road is clear.

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Walk to the edge of the footpath and wait.

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If you are not sure if the car is close or far, wait.

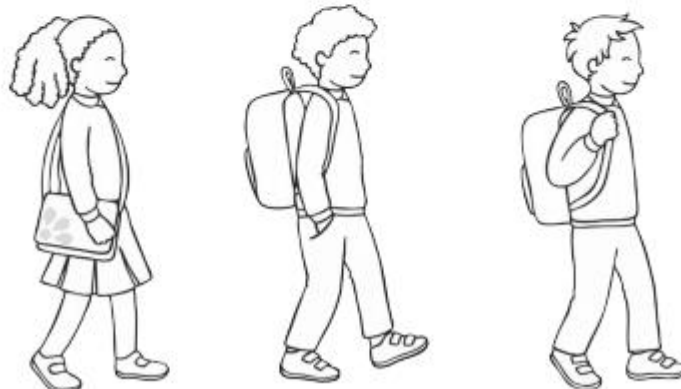
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Look to the left, then to the right.

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If there is a car close by, wait.

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Name: _____

Fire Station Word Search



EXTINGUISHER	WILDFIRE	HELMET
FIREFIGHTER	HYDRANT	JACKET
DEPARTMENT	STATION	LADDER
INSPECTION	ENGINE	OXYGEN
DISPATCH	GLOVES	RESCUE