

## Keeping Safe and Healthy

I know the risks associated with strangers.

I know about the risks of heights

I know why we take medicine and the dangers of taking medicine without adult supervision.



## Feelings

I know what grief is and what I can do to help myself.



Talk to someone.  
Make a memory box.  
Take time out.

Visits/ special occasions:  
Safety week

## Why are we learning this?

To know how to keep myself safe.

To know that it is good to be me and make improvements.

## Why is it important?

So we understand how to keep ourselves safe.

So we understand that we are who we are and that is good, and that we can improve on our own things.

## Key Vocabulary and Definition

Grief	great sadness
Tablet	a small, flat, round piece of medicine
Medicine	A treatment to prevent disease.
Adult	A person or animal that is finished growing up is an adult
Supervise	to direct during the carrying out of a task
Pharmacy	a place in a store or hospital in which drugs are prepared and sold
Doctor	a person who cares for and gives medicine to sick people
Prescription	an order written by a doctor for medicine to treat a patient
Stranger	people that children or families do not know very well or do not know at all
Public	a group people
Safe	providing protection from harm
Window	an opening in a wall or vehicle that lets in air and light and provides a view out
Stairs	a series of steps or flights of steps for passing from one level to another
escalator	a set of stairs that moves