

A SchoolBeat Educational Resource

BOOK  
2

# ACTIVITY BOOK

FOR 5-9  
YEAR OLDS



SchoolBeat.cymru

# FRIEND OR FOE

**It's important that children and young people know who they can trust and who they can't.**

**Use the words below and either cut them out or write them in the diamond opposite. Place the people who you would trust most towards the TOP of the diamond, and those you would trust least towards the BOTTOM of the diamond.**

**Teacher**

**Lollipop person**

**Builder**

**Police Officer**

**Couple in the park**

**Man walking dog**

**Traffic Warden**

**Brother**

**Mum or Dad**

**Boys playing football**

**Fire Fighter**

**Shopkeeper**

**Elderly person**

**Ambulance person**

## **REMEMBER!**

**You must always trust the people you KNOW.**

**Even though you may not know a police officer or fire fighter these people can be trusted in our society because they are officially recognised. It is important to understand that if someone is a stranger, even if they look nasty or nice, you cannot trust them because you do not know them.**

I WOULD  
TRUST THE  
MOST

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I WOULD  
TRUST THE  
LEAST

# Playing Safe Listening Quiz

For this listening activity you will need to use the Continuum Traffic Light Cards on the opposite page.

You can also print these by visiting our website:

<https://schoolbeat.cymru/fileadmin/teachers/fp/playing-safe/eng/follow-up/3c.%20Traffic%20light%20cards.pdf>

The activity involves listening to a statement, read out by your parent or carer, describing a scenario. You have to decide whether or not it is green - safe, red - unsafe or amber - unsure. You will need to explain why they have chosen that particular colour.

## Quiz Questions

1. On your way to the shop you and your friends crossed the road using the crossing and waiting for the walk sign

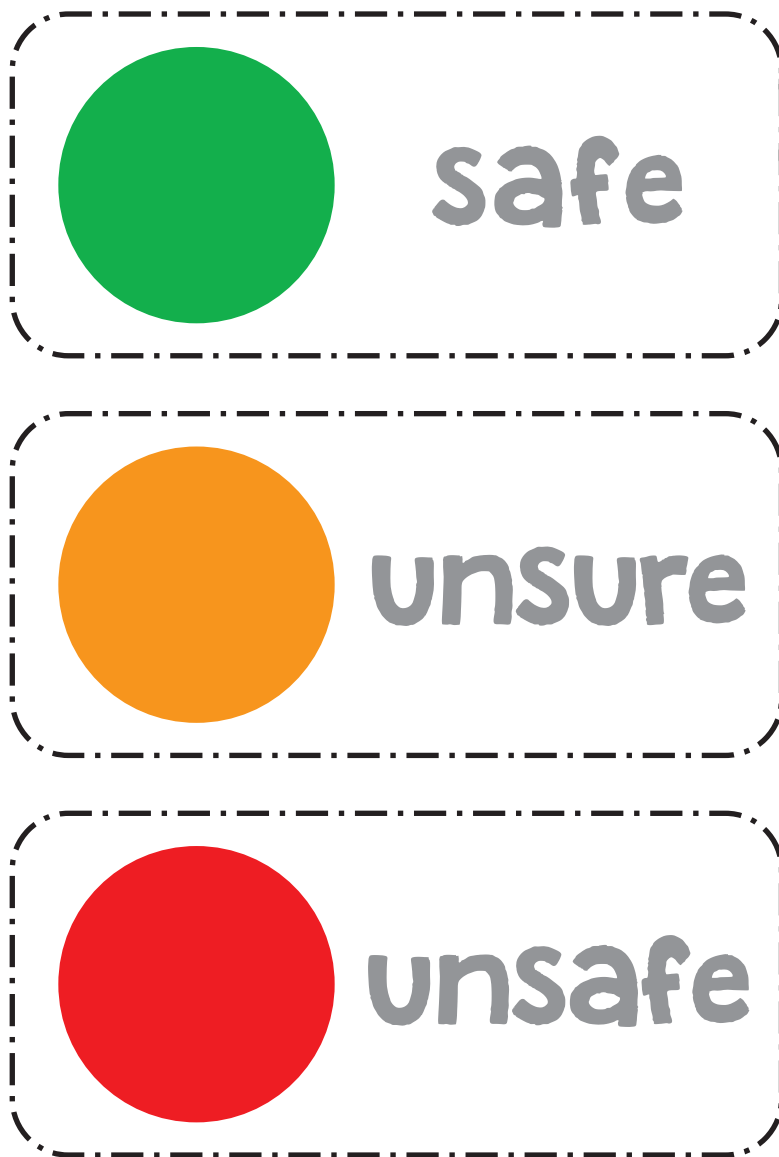
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2. You're playing ball in the garden with your friends. The ball gets kicked over the fence onto the road, you run to fetch it!

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3. When we were in the park having a picnic and it was time to go home we decided to go the quickest way- through the hedge and across the railway track instead of going across the bridge. We did look to see if there was a train coming.

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4. Your friends decided to go to the football field to play but you know the older boys were playing a match. So you all decided to go to the park instead.

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5. A group of friends go for a walk in the woods near your home. They come to call for you. Your mother was talking to your neighbour so you didn't ask her if you could go.

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6. My friend Sara and I went out on our bikes along the pavement to Mali's house. She wasn't in so we went to ask our mothers if we could ride on the cycle path.



7. One day we decided to go for a walk to the park and asked permission to go. Next to the park there were cows in the field. Aled said they wouldn't hurt us and for us to go into the field and stroke them.

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8. When we were at the beach we decided to go to the rockpools to find crabs. Mum was willing for us to go to the nearest pool. We didn't find any crabs so we decided to go back to mum.

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9. There's a pond in our park. I don't think it's very deep. When our ball bounced onto the water I took off my shoes and socks and went into the pond to fetch it.

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10. When you were playing in the field behind your house Huw, one of your friends, saw a kite caught in some electricity wires. Huw wanted to climb up the pylon to get it.

Visit the 'Playing safe' pupil section on our for loads more activities!  
<https://schoolbeat.cymru/en/pupils/age/5-7/Playing-Safe/>

# RIGHT OR WRONG?

**Tarian says: It's always important that we do the right thing!**

**Read the following scenarios and then think about:**

- 1. Are they Right ✓ or Wrong X ?**
- 2. How you would feel in each situation?**

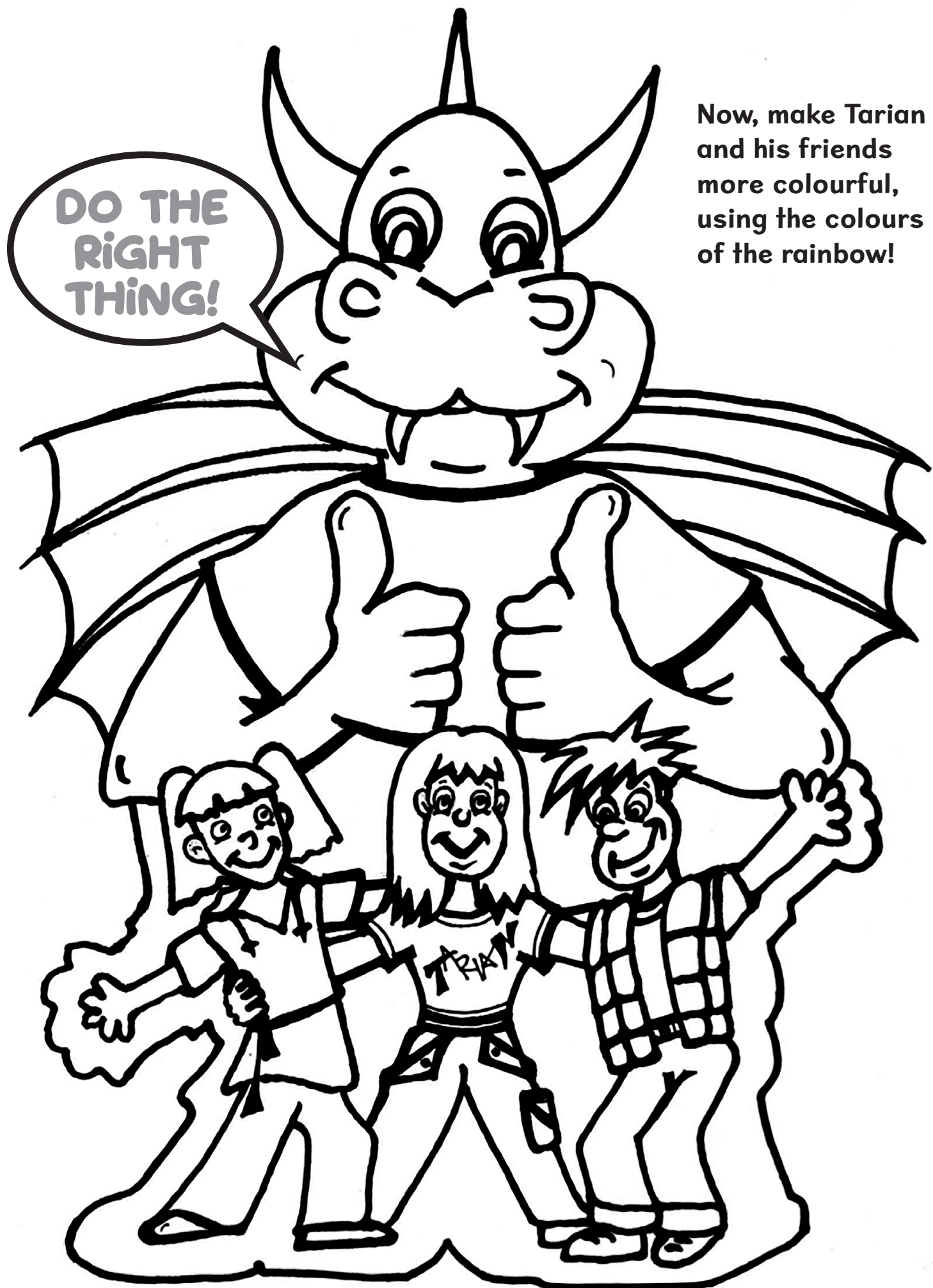


Right or Wrong?	✓ or X	How would you feel?
You take money from your Mum's purse		
You share your chocolate with your friends		
You give some sweets to all your friends in class except the new boy		
You take a cake in to school on your birthday to share with everyone		
You help your Gran in the garden		
You sit by your friend who is feeling sad		
You carry a book for your teacher		
Your friends are arguing		
You see your friend push a boy over in the yard		
You tell tales on your friends		
You laugh at the girl who falls over in the yard		

**Feelings might include:** happy, joyful, delighted, angry, mad, cross, fear, scared, frightened, sad, disappointed or let down

**REMEMBER:** It's important that we recognise our feelings! If something feels good it's right, BUT if it feels bad it's wrong!





Now, make Tarian  
and his friends  
more colourful,  
using the colours  
of the rainbow!

# 'Right or Wrong' Song

Sing our 'Don't Drop litter...' to the tune of 'Ten Green Bottles'.

Don't drop litter, put it in the bin...

Don't drop litter, put it in the bin...

If you see a crisp packet lying on the floor...

Don't drop litter, put it in the bin!

Change the item of rubbish for each new verse:

Milk carton

Fruit peeling

Sweet wrapper

Drinks can/carton

Piece of paper (and so on)



Now, colour the picture!







**Draw a plan of your village and label it on how you could make it safer.**

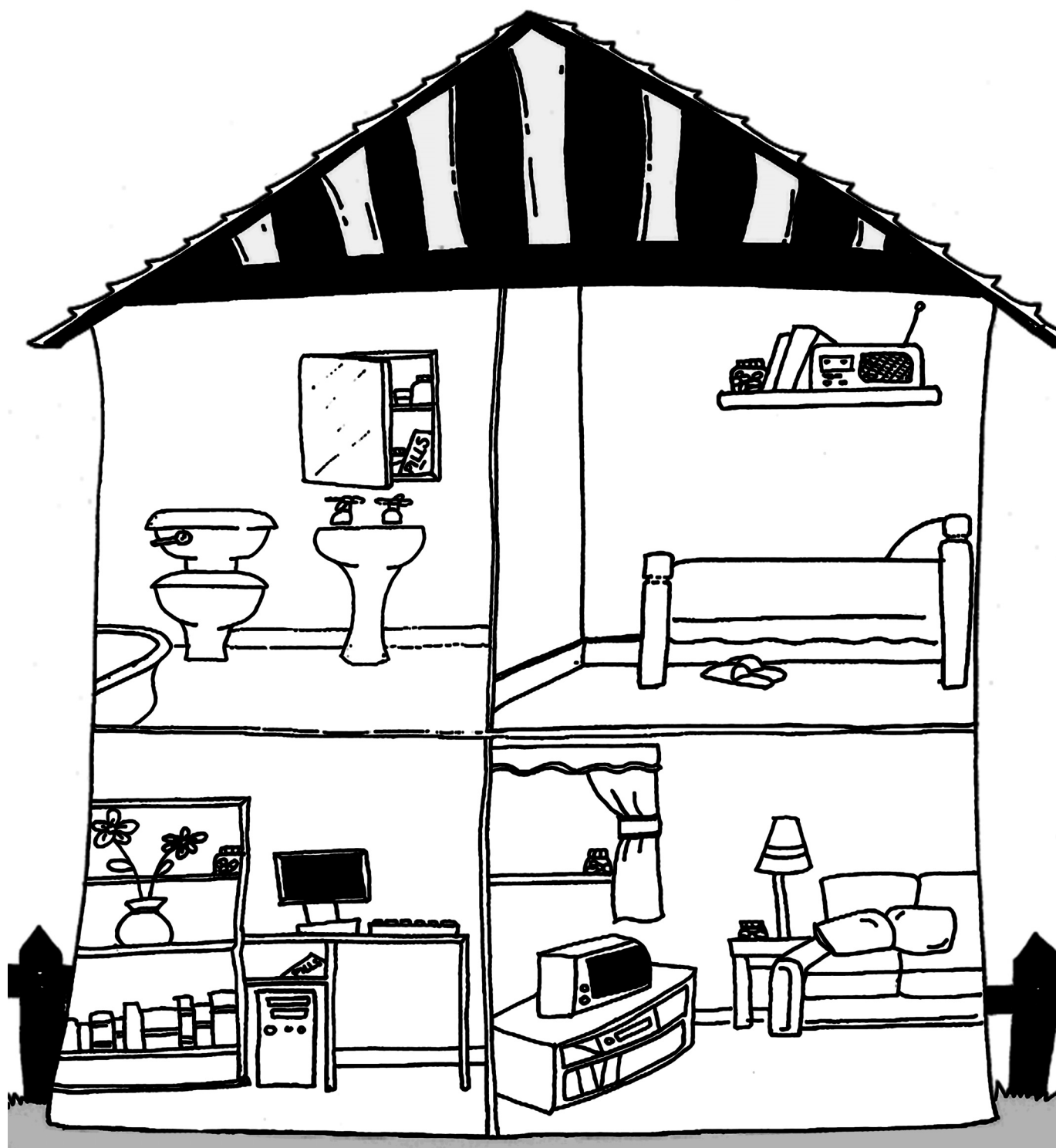
# MY STREET, TOWN OR VILLAGE PLAN

[illegible]

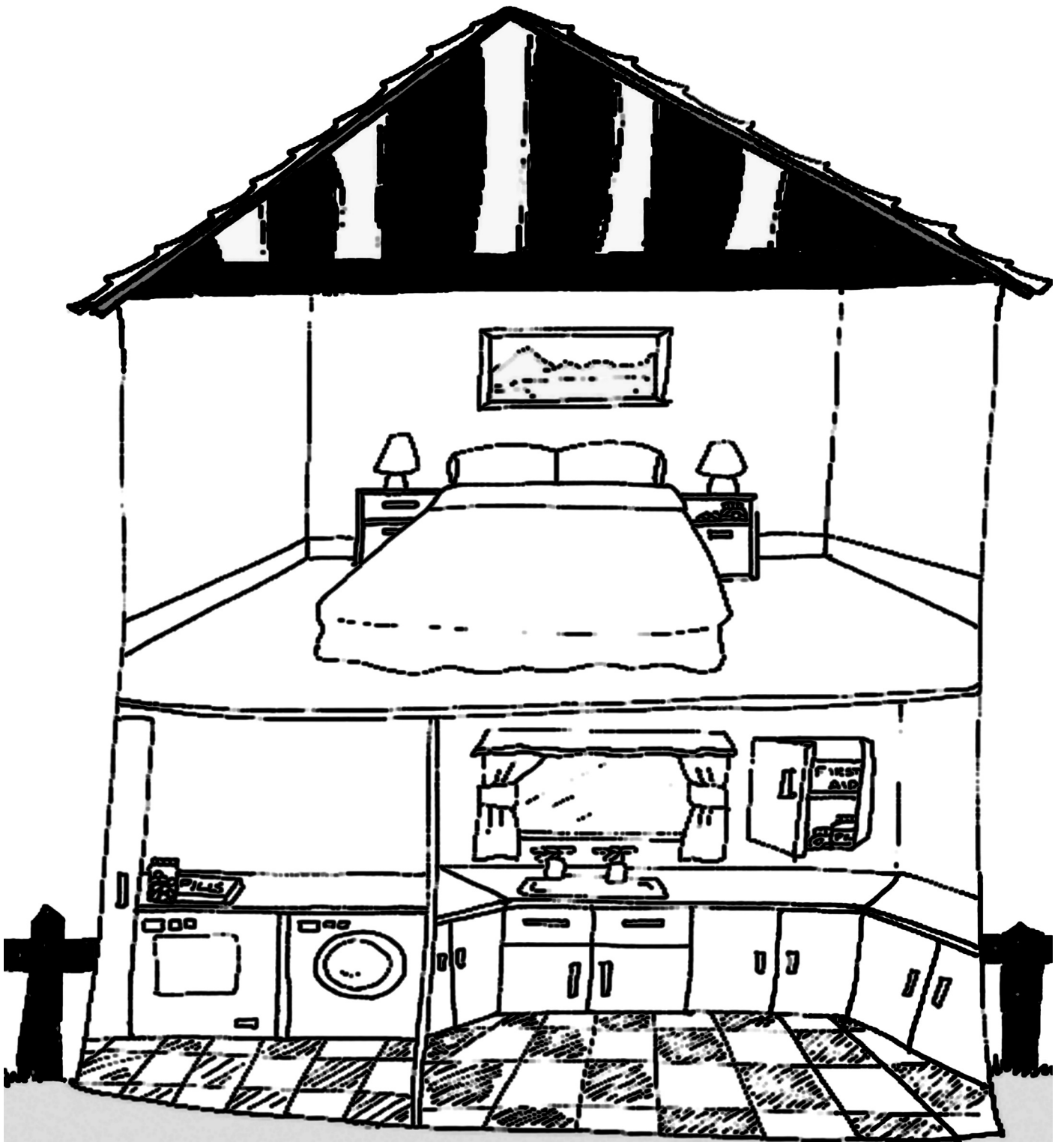
# WHO? WHAT? WHERE?

## Home Activity

Using the drawing of the house, label where cleaning products and medicines are kept in your house and indicate with a tick ✓ or cross X whether their location is safe or unsafe.



Parent or carer to facilitate discussion and reinforce the main safety messages while discussing the child's answers.



**Why is it important to keep cleaning products and medicines safe at home?**

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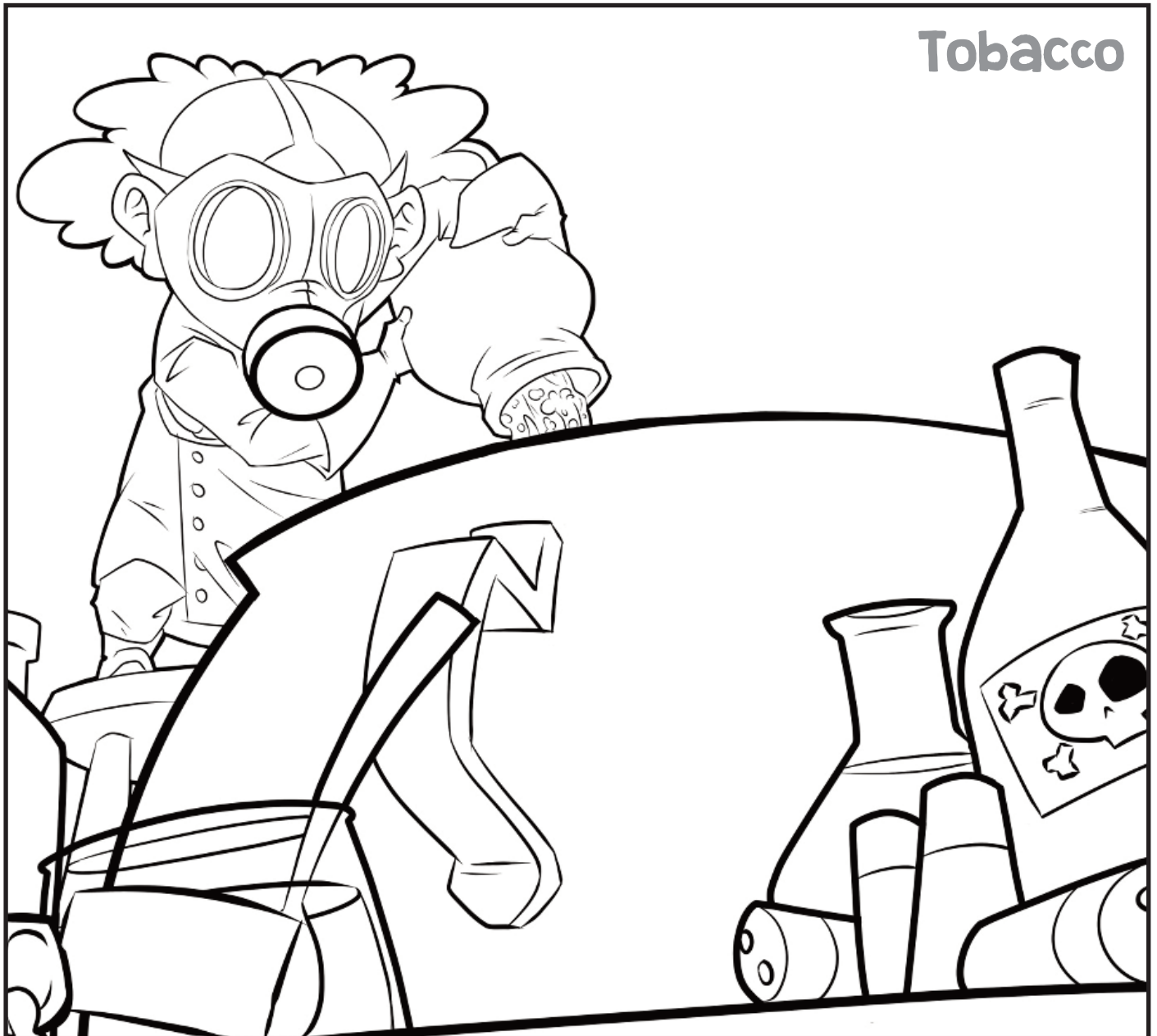
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# Sinister Substances

**We see these Sinister Substances every day!  
Remember to take care when they come your way!  
Tobacco, Alcohol and Solvents too...  
All three are poisons which can be dangerous to you!**



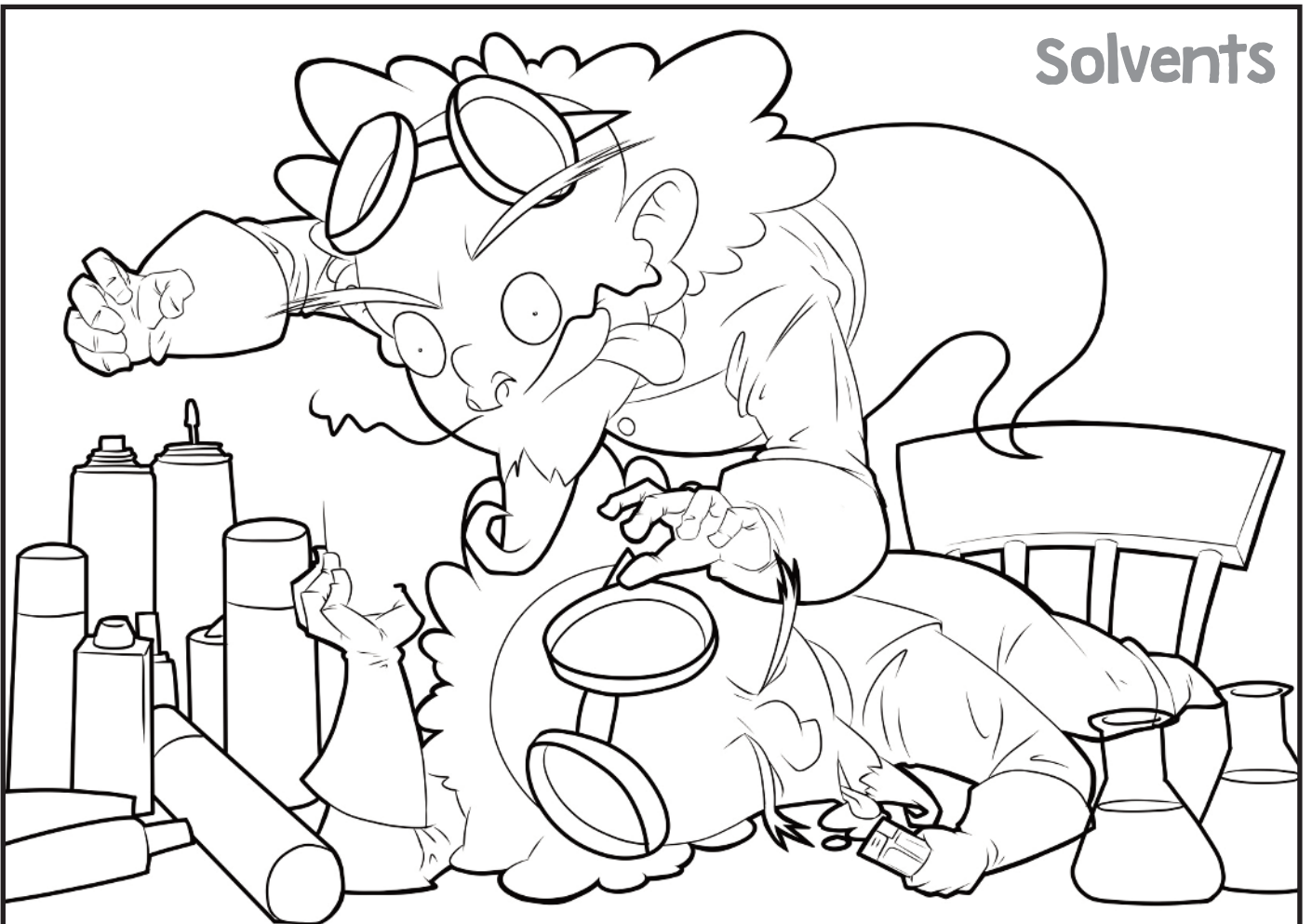
**Download our Sinister fortune Teller too! Available by clicking:  
[https://schoolbeat.cymru/fileadmin/teachers/ks2l/sinister-substances/cym\\_eng/1b.\[Cym\]-Dweud-Ffortiwn-\[Eng\]-Sinister-Fortune-Teller.pdf](https://schoolbeat.cymru/fileadmin/teachers/ks2l/sinister-substances/cym_eng/1b.[Cym]-Dweud-Ffortiwn-[Eng]-Sinister-Fortune-Teller.pdf)**



## Alcohol



## Solvents



**More downloadable resources  
are available on our website too!**



**SchoolBeat.cymru**