



STOP TRIPS & FALLS LESSON PLAN

✓ TALKING POINTS

- Put away toys and clothes.
- Keep walkways clear.
- Play two steps away from windows.
- Follow playground rules (no horseplay).
- Use lights at night.
- If you need something up high, ask a grown-up.

5 HAVE 5 MINUTES?

ACTIVITY ONE: Do Falls Hurt?

Ask children to raise their hands if they have ever fallen. Does anyone still have a boo-boo from a fall that happened a long time ago?

Explain that many kids are seriously hurt in falls. Today, we are giving them a very important job to do. They can help keep kids safe by becoming a Fall Safety Sheriff.

15 HAVE 15 MINUTES?

ACTIVITY ONE: Be a Fall Safety Sheriff

Together with the children, make badges on contact paper and write each child's name on his or her badge. Explain that by wearing this badge, the student is now an official Fall Safety Sheriff. Their first job is to make sure the classroom, playground, or Safety Town are free from hazards that could cause people to trip. Go on a walk together, looking for toys or stuff that has been left out, cords that people could trip over, debris on the walkways, etc. Help the children "fix" any problems they find.

ACTIVITY TWO: Can You See?

Put some cones or other "soft" items on the ground. Ask for two volunteers. Blindfold those students and ask them to walk from one side of the room or the grass to the other. Stay close by to help the students avoid the obstacles. Now talk with the children about how hard it is to see at night when everything is dark. What helps people see at night so they don't trip or fall?

HAVE TIME FOR A LESSON?

OVERVIEW: The purpose of this Activity/Lesson is to help motivate students to prevent falls.

DURATION: 15-30 minutes

- OBJECTIVES:**
- ★ Children will be able to identify 3 tripping/falling hazards.
 - ★ Children will be able to explain why it is important to keep stairs and walkways clear.
 - ★ Children will show 2 things they can do to prevent falls.

- MATERIALS NEEDED:**
- Paper (1 sheets per child, folded in half to form a 4-page booklet); markers, crayons

Explain that many people have something called a "manual," which is a book that helps them do their job. Now that the children are Fall Safety Sheriffs, they need to create their own manuals to help them do their jobs at home.

Give the children the paper and the markers. Instruct them to draw 4 things they are going to do at home to help prevent falls (*examples: keep toys off the stairs; put their bikes and helmets away; help their parents make sure that there are working night lights; ask people to put their shoes away so the don't block walkways, etc.*)

The next day, follow up with the students and find out what they noticed and did at home to prevent falls.

