

Student Resource: Staying Safe Outdoors - Self-Check (primary)

1. Place a checkmark beside the safety rules you would follow on a hike to show you know how to stay safe.

- drink lots of water
- eat snacks
- tell the teacher if you don't feel well
- tell the teacher if you feel cold and are shivering
- tell the teacher if your feet are wet
- watch for things you can trip on like tree roots

2. Place a check beside the rules to show you know what to do to be safe in the sun.

- put sunscreen on
- take my hat off to cool my head if I get hot
- stay in the shade as much as I can
- wear a helmet when I am on a bike

3. What should you do if you get lost?

- stay where you are
- try to find your way back to the group

Answers:

Question 1: Check all.

Question 2: Check all but “Take my hat off to cool my head if I get hot” and “wear a helmet when I am on a bike”.

Question 3: “stay where you are”.