



## Grade 4 Sample Lesson Plan: Safety Protects Health

### Objectives/Goals

- To have students understand and explain the health consequences of unsafe practices.

### Materials

- You Tube Video Clips (e.g., *Street Smart-Think First*, *KidsHealth.org Concussions*, *Jello Brain*).
- Printouts of CDC *Street Smarz Safety Tips: -Looking Out For Yourself, Media, Gear, Physical, Roads*
- Printouts of Blank *Headline News Templates*
- Markers, Imagery for Students to Create News Covers

### Steps

#### Step 1

- Watch the *Street Smart-Think First* Video:  
<https://www.youtube.com/watch?v=1qFUH6jIldA>
- Show age appropriate images of health consequences of not wearing a helmet or seatbelt, burn and smoke injuries, swimming hazards, and concussions from sports including online video clips (e.g., *Concussions* and *Jello Brain*) and/or have an emergency provider or trauma nurse (such as those available through the National Head and Spinal Cord Injury Prevention Program network) visit the class to educate students about health consequences of preventable injury.
- Discuss health consequences of injury and/or conduct the attached *Helmet*

## Health Smart Virginia Sample Lesson Plan

*Safety Egg Drop Lesson* to illustrate the hazards of not wearing a helmet and the protection afforded by the brain by a helmet. Discuss how most injuries can be prevented by thinking in advance and taking safety precautions to avoid the danger, following safety rules, and wearing protective gear

- Have students review *Street Smartz CDC Safety Tip Sheets* on protective gear, social media, bullying, road safety, and physical safety
- Assign 5 teams of students to major injury topics (e.g., seatbelt use, helmet use, swim safety, sports safety, home fires). Create blank printouts using one of the attached *Newspaper Headline* template powerpoint and have each team come up with a newspaper headline or cover story that warns about health consequences of not following safety practices. Share these with the class.

### Assessment Idea

- Are students able to explain health consequences of unsafe behaviors in the news headlines they develop?

### References

- CDC Street Smartz <https://www.cdc.gov/bam/safety/street.html>
- CDC Brain Injury Basics <http://www.cdc.gov/headsup/basics/index.html>
- National Head and Spinal Cord Injury Prevention Program <http://thinkfirst.org/youth>
- News Headline Templates <https://www.presentationmagazine.com/editable-powerpoint-newspapers-407.htm>
- Philly Safe Routes to School [http://saferoutesphilly.org/wp-content/uploads/2011/09/Egg Drop.pdf](http://saferoutesphilly.org/wp-content/uploads/2011/09/Egg_Drop.pdf)

### Videos

- Street Smart-Think First video <https://www.youtube.com/watch?v=1qFUH6jlldA>
- KidsHealth.Org Concussions [https://www.youtube.com/watch?v=FkLT\\_aZ2u5k](https://www.youtube.com/watch?v=FkLT_aZ2u5k)
- Jello Brain- ShawTV Edmonton <https://www.youtube.com/watch?v=BBbxCT5whN0>

### Handout

The next page includes a handout for the lesson. The handout is designed for print use only.

# Science: Helmet Safety Egg Drop, 45 minutes

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Objectives: Students will be able to:

- » Discuss the reasons why people choose to wear or not to wear bicycle helmets.
- » Explain how a helmet protects the brain and discuss what kind of consequences result from a brain injury.



Activity Book Connection: "Helmet fitting", page 5

## MATERIALS:

- » T-chart (drawing on the board is fine)
- » 1 Styrofoam cup lined with paper towel
- » 2 Eggs
- » Brain diagram (see page 61 of Teacher's Guide)
- » 2 zip-lock plastic bags

**1. T CHART (7 MINUTES):** Create a t-chart like the one to the right.

- » In the first column write "Helmet" and in the second column write "No Helmet".
- » Hold a classroom discussion by asking students why it is important to wear a helmet or why they choose to wear a helmet if they do. Record those answers in column 1.
- » Ask the students what they think holds people back from wearing helmets. Record student responses in column 2.

Helmet	No Helmet

**Note:** This lesson is designed to allow students to come to their own opinion that wearing a helmet is the right choice.

**2. PEOPLE WHO LOVE WHAT THEY DO WEAR HELMETS (8 MINUTES):** Ask the students, "Who do you see wearing helmets in the world?" (Common answers include athletes, firemen, astronauts, skaters, construction workers, etc.)

- » Help students make this connection: **People wear helmets because they love what they do and want to keep doing it.** For example, a football player could not be successful if he played without a helmet because he would get hurt and no longer be able to play!

**3. SMALL GROUP DISCUSSION (5 MINUTES):** Instruct students to discuss the following two questions. Have them choose one student who will share a few of the group's responses after 5 minutes.

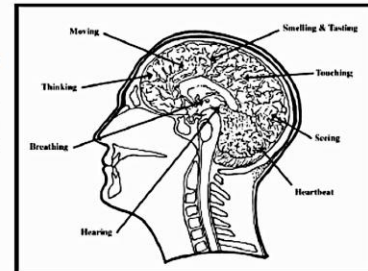
1. What can happen if you don't wear a helmet?
  2. Have you or someone you know been hurt by not wearing a helmet?
-



**4. CLASS DISCUSSION (5 MINUTES):** Have one person from each group share their answers from the small group questions. Below are sample responses to what can happen when you don't wear a helmet. Use the brain diagram (page 61) to further emphasize the importance of the brain for all human functions. Examples of brain injuries include:

- » Not being able to speak
- » Not being able to see
- » Not being able to hear
- » Having frequent headaches/migraines
- » Not being able to move your arms and/or legs
- » Having seizures
- » Not being able to remember things, like your friends' names
- » Having frequent mood swings (anxiety or depression)
- » Having trouble socializing with others
- » Not being able to get your driver's license—**EVER**

**5. BRAIN CHART (5 MINUTES):** Show students the brain chart. Briefly discuss how different parts of your brain control different functions in the body. If we hurt a specific part of our brain, we could lose control over another body function as well.

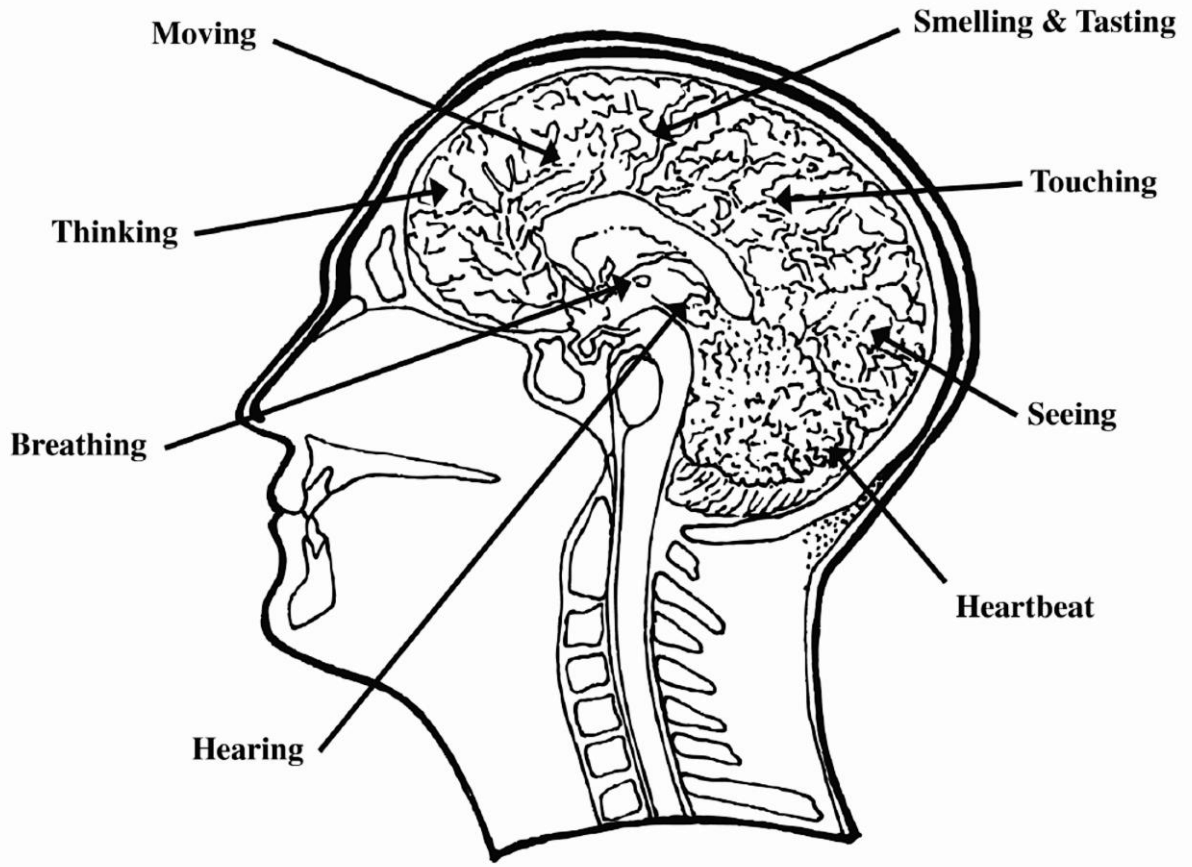


**6. EGG DROP (15 MINUTES):** To demonstrate how a helmet protects our brain, complete an egg drop demonstration.

1. Place two eggs in zip lock bags
2. Wrap one egg in a paper towel and place it in a Styrofoam cup. The cup represents the helmet. Drop the cup from your waist straight to the floor.
  - » The egg should not break (though it may have cracks).
  - » Allow the students to make observations, but do not hold the discussion yet.
3. Take the egg in the other bag and drop it to the floor. The egg will break.
4. Call on students to share their conclusions about what this demonstration means: **Helmets will protect our brains from getting hurt.**
5. Share with the students that helmets are made out of thick Styrofoam that protects our head.



*For a more hands-on lesson, pair students up and let each pair of students drop the eggs and record their observations. Add on an additional 10–15 minutes for this procedure!*



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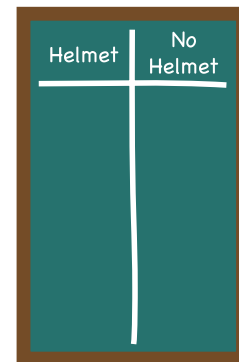
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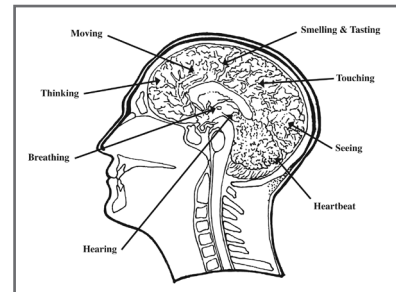
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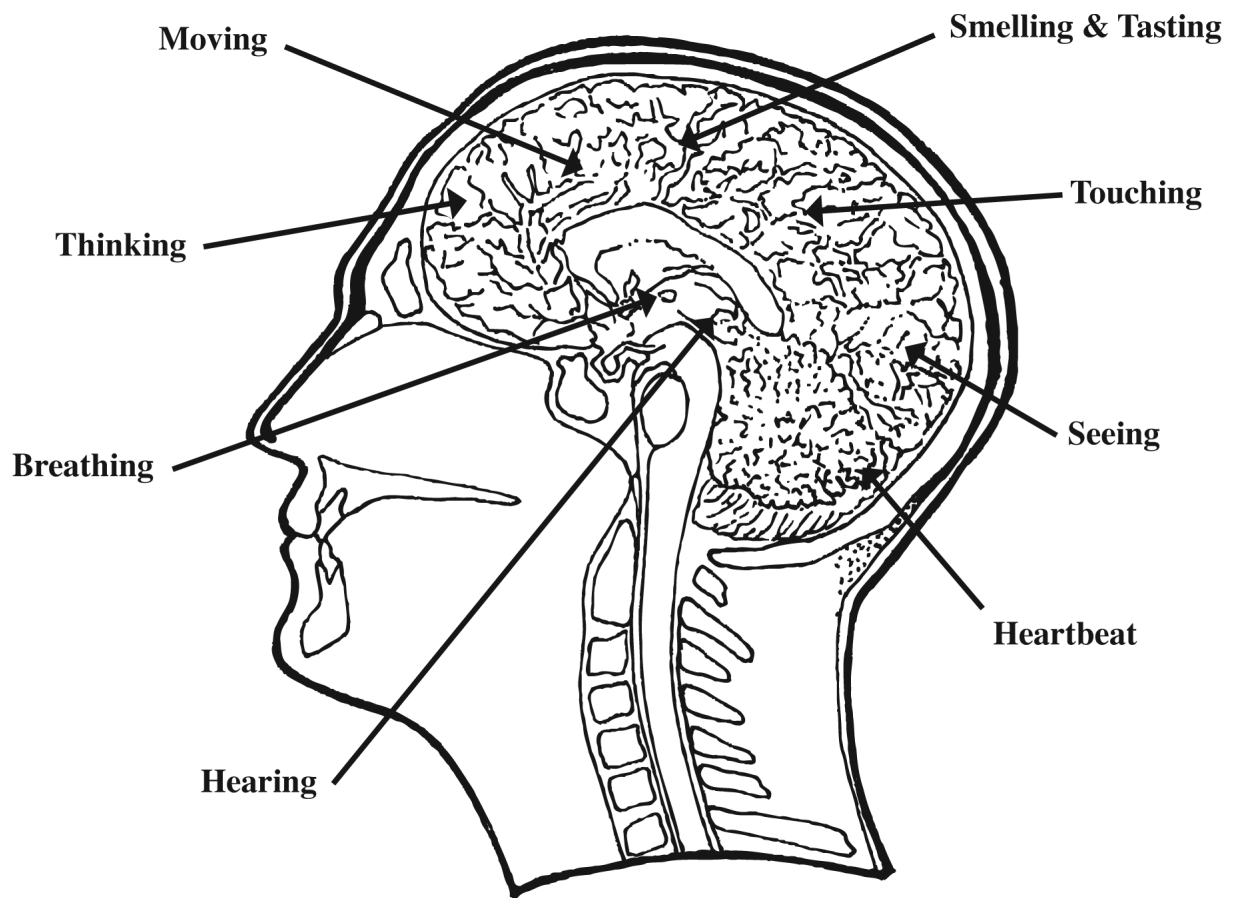
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#### PA Science Standards

- **3.4.5.D3:** Helmet Safety Egg Drop Demonstration: Determine if the human use of a product or a system creates positive or negative results.







# Having Fun & Staying Safe? It's Easy!

Safety Gear Tips



## Safety Gear Tip # 1

### SAFETY STYLE.

Be sure to gear up anytime you plan to play your game. Be sure you know which protective equipment you should be wearing.



## Safety Gear Tip # 2

### GAME GEAR.

Check out the right way to wear protective equipment. It could mean the difference between a trip to the movies or one to the emergency room.



## Safety Gear Tip # 3

### LIFE VESTS.

Put on a life vest whenever you're out for a spin on the wakeboard, water skiing, tubing, or rafting down the rapids. If you fall in, the life vest will keep you afloat.



## Safety Gear Tip # 4

### HELMETS.

You gotta wear one when you are on your bike, rollerblades, skateboard, or scooter to protect your noggin from serious injury.



## Safety Gear Tip # 5

### REFLECTIONS.

Be sure to wear reflective clothing and shoes so cars can see you easily anytime during day or when it is dark in the morning or at night. |



## Safety Gear Tip # 6

### SEATBELTS.

Putting on your seatbelt is the most important thing you do when you get in a car. Wear it right and tight—it may just save your life.



# STREET SMARTZ

Looking Out for Yourself Tips



## Looking Out for Yourself Tip # 1

### BUDDY UP.

Security can't be everywhere you are, so cruising around alone can be risky. It's safer and more fun to travel with your buds whenever you are out and about.



## Looking Out for Yourself Tip # 2

### BULLIES.

If you feel like someone at school is giving you a hard time for no reason, practice a few comebacks with your mom and dad.



## Looking Out for Yourself Tip # 3

### SEE A BULLY?

If a friend is being picked on, help them out by making sure an adult knows what is going on. That's the best way to make sure the bullying stops.



## Looking Out for Yourself Tip # 4

### PRESSURE SITUATIONS.

There are lots of ways to say NO. Just change the subject, or end a conversation that is making you feel pressured.



## Looking Out for Yourself Tip # 5

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# STREET SMARTZ

Media Savvy Tips



## Media Savvy Tip # 1

### PRIVACY PLEASE.

Your name, email and home addresses, phone number, age, and birthday are personal information and shouldn't be shared.



## Media Savvy Tip # 2

### SAFE SURFING.

Make it easy by sticking to sites that you know. There are plenty of sites for kids just like you!



## Media Savvy Tip # 3

### STICK TO WHAT YOU KNOW.

Steer clear of sites you're in doubt about or ask mom, dad, or a teacher to surf with you.



## Media Savvy Tip # 4

### TO CHAT OR NOT TO CHAT—NOT!

Save chatting for your friends at lunch, recess, after school, or on the phone, not in a chatroom online. Or, simply IM your friends.



## Media Savvy Tip # 5

### TOO LOUD, TOO LONG.

Being able to carry your tunes with you is great but listening for hours at high volume can affect your hearing and block out noises that keep you aware of what is going on around you.



# Having Fun & Staying Safe? It's Easy!

Physical Activity Safety Tips



## Physical Activity Safety Tip # 1

### **FUN IN THE SUN.**

When you are swimming at the pool, lake, or ocean, know your limits. Remember, you will have to swim back and you can get tired before you know it.



## Physical Activity Safety Tip # 2

### **DRINK UP!**

When you're playing hard, make sure to drink plenty of water. That way, you'll be able to stay in the game.



## Physical Activity Safety Tip # 3

### **SUN SAFETY.**

Use screen with a sun protection factor (SPF) of 15 or more and slather it everywhere 30 minutes before you go outside. Put more on every few hours.



## Physical Activity Safety Tip # 4

### **CHECK IT OUT.**

Check out the conditions of the field or floor where you are playing and the surface you are riding on. If it's wet, slippery, bumpy, or has lots of traffic, find another day or place to play.



## Physical Activity Safety Tip # 5

### **WATCH THE WEATHER.**

If you see a storm rolling in, pack it up and head home.



# Having Fun & Staying Safe? It's Easy!

Safety Routes Tips



## Safety Routes Tip # 1

### **RULES OF THE ROAD.**

Always be alert and aware of what's around you and stay in familiar places. It is more fun to have friend along than going solo.



## Safety Routes Tip # 2

### **FUN ON WHEELS.**

When rollerblading, biking, or skateboarding, use trails and bike paths that are in good shape and smooth. Also, avoid paths with broken asphalt and potholes, and stay away from unknown areas.



## Safety Routes Tip # 3

### **CLEAR VIEW.**

Make sure you can see the traffic coming toward you and be aware of what is behind you.



## Safety Routes Tip # 4

### **CHECKING IN.**

Always let someone know where you are, when you are coming home, and what path you're taking.