



**BCDI**

Black Child  
Development Institute

ATLANTA

**AGES 6-8**

# KEEPING US SAFE

**SEPTEMBER 2024**



## ACTIVITY GUIDE

**FOR PARENTS & EDUCATORS**

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## Keeping Us Safe Activity Guide (Ages 6-8)

*As children grow and become more independent, understanding how to stay safe in their community, school, home, and neighborhood becomes increasingly important. This activity guide is designed for parents of children ages 6 to 8, providing practical and engaging activities that teach essential safety skills while fostering a deep connection to their cultural heritage. Each activity is thoughtfully created to not only enhance children's knowledge of safety but also to celebrate and incorporate the rich traditions, values, and stories that are meaningful to your family. By combining safety education with cultural awareness, this guide aims to empower children to navigate their world with confidence and pride in who they are.*

- 1) **6 Year Olds**
- 2) **7 Year Olds**
- 3) **8 Year Olds**
- 4) **Cultural Story Activities**

# 6 Year Olds

## 1 Community Safety Walk

- **Activity:** Take a walk around the neighborhood with your child and point out safe places, such as a neighbor's house, the local library, or a place of worship. Discuss why these places are safe and how they can go there if they ever feel unsafe.
- **Cultural Connection:** Include a discussion of culturally significant locations, like community centers or cultural heritage sites, and their roles in the community.

## 2 "What's My Plan?" Home Safety Checklist

- **Activity:** Create a checklist of safety practices at home (e.g., not opening the door to strangers, knowing where the first aid kit is). Work with your child to go through each item and discuss why it's important.
- **Cultural Connection:** Incorporate practices and items that reflect your family's cultural traditions (e.g., specific safety practices tied to cooking traditional meals).

## 3 Storytelling with a Safety Lesson

- **Activity:** Read or tell a story from your cultural heritage that includes a safety message, such as a folktale where the protagonist stays safe by making wise choices.
- **Cultural Connection:** Choose a story that reflects your family's cultural background, and discuss how the lessons from the story apply to modern-day safety.

## 4 Role-Playing Different Scenarios

- **Activity:** Role-play different safety scenarios with your child, such as what to do if they get lost in a store or need help at school. Practice using culturally significant phrases or gestures that might be used in your community.
- **Cultural Connection:** Integrate cultural norms or manners (e.g., how to address elders when asking for help) into the role-play.

## 5 Creating a Safety Song

- **Activity:** Create a simple song or rhyme about safety with your child. Use a melody or rhythm from a traditional song or one that is familiar to your family.
- **Cultural Connection:** Incorporate elements of your cultural music or language to make the song more relatable and memorable.

# 7 Year Olds

## 1 Mapping Safe Routes

- **Activity:** Work with your child to draw a map of your neighborhood, highlighting safe routes to school, the park, or a friend's house. Discuss why these routes are safer than others.
- **Cultural Connection:** Include landmarks that are significant to your cultural community (e.g., a local market, a community center) and discuss their role in the neighborhood.

## 2 Identifying Trusted Adults

- **Activity:** Make a list of trusted adults in your community, school, and neighborhood who your child can go to if they need help. Practice how to approach these adults and what to say.
- **Cultural Connection:** Emphasize the role of extended family, community leaders, or elders in your culture as trusted sources of support.

## 3 Cooking Safely Together

- **Activity:** Choose a simple, culturally significant recipe to cook together, focusing on safety practices in the kitchen, such as using knives safely and avoiding burns.
- **Cultural Connection:** Use this opportunity to talk about traditional cooking methods and how they can be done safely, while passing down family recipes.

## 4 Creating a Family Safety Plan

- **Activity:** Develop a family safety plan that includes what to do in case of emergencies like a fire or earthquake. Practice the plan regularly.
- **Cultural Connection:** Incorporate cultural elements, such as a prayer or ritual, that your family might do in an emergency situation.

## 5 Safety Charades

- **Activity:** Play a game of charades where each person acts out different safety scenarios, like putting on a seatbelt or crossing the street safely.
- **Cultural Connection:** Include scenarios that are culturally relevant, such as how to be safe during cultural festivals or family gatherings.

# 8 Year Olds

## 1 Creating a Safety Comic Book

- **Activity:** Work with your child to create a comic book that tells a story about staying safe in different situations, like at school, in the neighborhood, or at home. They can draw characters based on people they know or cultural heroes.
- **Cultural Connection:** Incorporate cultural elements, such as traditional clothing or settings, into the illustrations and stories.

## 2 Community Service Project

- **Activity:** Participate in a community service project together, such as helping at a local food bank or cleaning up a park. Discuss how contributing to the community helps keep it safe.
- **Cultural Connection:** Choose a project that aligns with your cultural values, such as supporting a culturally specific organization or event.

## 3 Learning About Safety Symbols

- **Activity:** Teach your child about common safety symbols they might see in the community, such as stop signs or emergency exits. Then, introduce cultural symbols that represent safety and discuss their meanings.
- **Cultural Connection:** Include symbols from your cultural background, like specific colors, animals, or objects that symbolize protection and safety.

## 4 Hosting a Safety Workshop

- **Activity:** Organize a small safety workshop at home with family members or friends where children can practice safety skills, like what to do in case of a fire or how to call emergency services.
- **Cultural Connection:** Start the workshop with a culturally significant ritual or practice, such as a prayer or song, to set the tone and connect the activity to your heritage.

## 5 Cultural Safety Stories

- **Activity:** Explore stories from your culture that focus on safety, such as how ancestors protected their communities or how certain traditions promote well-being.
- **Cultural Connection:** Use these stories to discuss the importance of safety in your culture and how those lessons can be applied today.

# Cultural Stories

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Here are some ideas for cultural stories and practices that can be particularly meaningful and relevant for Black families and children, emphasizing safety and community awareness:

**The Story of Harriet Tubman and the Underground Railroad**  
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**Anansi the Spider Tales**  
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**"Lift Every Voice and Sing" as a Safety Anthem**  
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**Grandmother's House as a Safe Space**  
.....

**Learning Through Proverbs**  
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**The Story of Martin Luther King Jr. and Nonviolent Protest**  
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**Kwanzaa Principles as Safety Lessons**  
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**Celebrating Juneteenth: Freedom and Safety**  
.....

**The Role of the Church in Community Safety**  
.....

**"Say It Loud – I'm Black and I'm Proud!" as Empowerment**  
.....



1

## The Story of Harriet Tubman and the Underground Railroad

- **Activity:** Share age-appropriate stories about Harriet Tubman and how she led people to safety through the Underground Railroad. Use this story to talk about the importance of knowing safe places and trusted individuals.
- **Cultural Connection:** Highlight themes of bravery, community support, and the importance of helping one another, which are deeply rooted in African American history.

2

## Anansi the Spider Tales

- **Activity:** Tell a story from the Anansi the Spider folktales, which are popular in West African and Caribbean cultures. Choose a tale that involves Anansi outsmarting danger or solving a problem.
- **Cultural Connection:** Anansi's stories often convey moral lessons about cleverness and resourcefulness, which can be linked to personal safety and problem-solving.

3

## "Lift Every Voice and Sing" as a Safety Anthem

- **Activity:** Teach children the song "Lift Every Voice and Sing," often referred to as the Black national anthem. Discuss its themes of resilience and hope, and use it as a routine or call to action in safety-related activities.
- **Cultural Connection:** This song is a powerful cultural symbol of strength and unity in the Black community, and it can serve as a comforting and empowering tool in teaching safety.

4

## Grandmother's House as a Safe Space

- **Activity:** Share stories or experiences of visiting grandparents or elders as a safe, welcoming space. Use these stories to emphasize the importance of knowing where safe spaces are in the community.
- **Cultural Connection:** Many Black families have strong connections with extended family members, particularly grandparents, who are often seen as pillars of wisdom and safety.

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## Learning Through Proverbs

- **Activity:** Introduce traditional African American or African proverbs that convey safety messages. For example, "It takes a village to raise a child" can be used to discuss community safety and looking out for one another.
- **Cultural Connection:** Proverbs are a rich part of African and African American culture, offering wisdom in concise, memorable phrases that can guide behavior and decision-making.

# Cultural Stories (Continued)

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## The Story of Martin Luther King Jr. and Nonviolent Protest

- **Activity:** Simplify and share the story of Martin Luther King Jr.'s leadership in the Civil Rights Movement, focusing on his commitment to nonviolence and safety for his community.
- **Cultural Connection:** Emphasize the importance of peaceful solutions and standing up for what's right, which can be tied to personal safety and advocating for oneself and others.

7

## Kwanzaa Principles as Safety Lessons

- **Activity:** Use the principles of Kwanzaa, such as Umoja (Unity) and Nia (Purpose), to discuss how staying safe and looking out for each other is a way of maintaining unity and purpose in the community.
- **Cultural Connection:** Kwanzaa is a celebration of African heritage and values, and its principles can be applied to teaching safety within the context of community and family.

8

## Celebrating Juneteenth: Freedom and Safety

- **Activity:** Discuss the significance of Juneteenth, the celebration of the end of slavery in the United States. Use this as an opportunity to talk about freedom, safety, and the importance of knowing one's history.
- **Cultural Connection:** Juneteenth is an important cultural celebration in the Black community, symbolizing freedom and the ongoing pursuit of justice and safety.

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## The Role of the Church in Community Safety

- **Activity:** Explore stories from your culture that focus on safety, such as how ancestors protected their communities or how certain traditions promote well-being.
- **Cultural Connection:** Use these stories to discuss the importance of safety in your culture and how those lessons can be applied today.

10

## "Say It Loud – I'm Black and I'm Proud!" as Empowerment

- **Activity:** Teach children the phrase "Say It Loud – I'm Black and I'm Proud!" and discuss its importance in building self-confidence and advocating for their safety and well-being.
- **Cultural Connection:** This phrase, popularized by James Brown, is a powerful declaration of pride and self-worth, which is essential in helping children feel empowered to stand up for their safety.



# Conclusion

Empowering children with the knowledge and skills to stay safe is one of the most important gifts a parent can give. This guide provides a variety of activities that blend safety education with cultural traditions, making the learning process both effective and enriching. By engaging in these activities, you are not only helping your child develop a strong sense of safety and awareness but also instilling in them a deep appreciation for their cultural identity. As they grow, these lessons will serve as a foundation for making wise decisions, staying safe, and contributing positively to their community, school, home, and neighborhood.

**SHARE YOUR  
STORY**



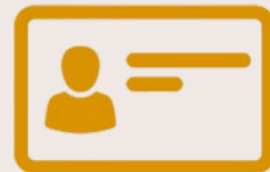
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