



**BCDI**

Black Child  
Development Institute

ATLANTA

**AGES 0-5**

# KEEPING US SAFE

**SEPTEMBER 2024**



## ACTIVITY GUIDE

***FOR PARENTS & EDUCATORS***

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## Keeping Us Safe Activity Guide (Ages 0-5)

*The early years of a child's life are a time of rapid growth and discovery. It is during this period that they begin to explore their environment, develop a sense of trust, and learn essential skills that will guide them throughout their lives. This activity guide is designed for parents of children ages 0 to 5, offering activities that introduce basic safety concepts in a way that is both age-appropriate and culturally responsive. By integrating familiar cultural elements into everyday safety lessons, this guide helps young children build a strong foundation of security and awareness within the context of their own heritage. Through these activities, you can support your child's development while also celebrating the rich traditions and values that are important to your family.*

- 1) 0-1 Year Olds**
- 2) 1-2 Year Olds**
- 3) 2-3 Year Olds**
- 4) 3-4 Year Olds**
- 5) 4-5 Year Olds**

# 0-1 Year Olds

At this stage, infants are just beginning to explore their surroundings and develop a sense of security through familiar faces, routines, and environments. Activities designed for this age group focus on creating safe spaces and introducing the concept of safety through sensory experiences, familiar objects, and gentle interactions. By integrating culturally significant items and practices, parents can help their infants begin to recognize safe environments and trusted individuals.

## 1 Safe Spaces at Home

- **Activity:** Create a "safe zone" in the home where the baby can explore safely. Place soft toys, culturally significant objects like a family photo or a soft cloth with a traditional pattern.
- **Goal:** Help babies recognize safe areas and understand the concept of safety through positive reinforcement.

## 2 Familiar Faces

- **Activity:** Show babies pictures of family members, caregivers, and familiar community helpers (like a firefighter or a doctor). Use diverse cultural representations if possible.
- **Goal:** Begin early recognition of safe, trusted people.

## 3 Gentle Touch and Consent

- **Activity:** Gently touch the baby's hand and say "safe touch." Use soothing, culturally relevant music or lullabies in the background.
- **Goal:** Introduce the concept of consent and safe touch from a very early age.

## 4 Routine Familiarity

- **Activity:** Use a simple routine song or rhyme in your native language or another language you value, sung during diaper changes, bedtime, or feeding times.
- **Goal:** Establish a sense of security through routine.

## 5 Exploring Textures

- **Activity:** Provide safe, culturally relevant objects for babies to touch and explore (e.g., a woven basket, soft cloth). Talk about each object as they explore.
- **Goal:** Encourage exploration within a safe environment, linking touch with safety and comfort.

# 1-2 Year Olds

As toddlers grow more mobile and curious, they start to interact more with their environment. This is the perfect time to introduce basic safety concepts through simple games, routines, and culturally relevant symbols. Activities for this age group emphasize identifying safe spaces, recognizing familiar people, and beginning to understand safe touch and communication. By embedding safety lessons within familiar cultural contexts, parents can help toddlers build a foundation of trust and awareness.

## 1 Naming Safe Spaces

- **Activity:** Point out and name safe places in the home ("This is your bed," "This is the kitchen") using the child's first language or another culturally significant language.
- **Goal:** Help toddlers recognize safe spaces by name.

## 2 "Who is Safe?" Game

- **Activity:** Show pictures of familiar people and ask, "Is this person safe?" Reinforce answers with praise.
- **Goal:** Reinforce recognition of safe and trusted individuals.

## 3 Cultural Rhythms and Safety

- **Activity:** Play a traditional drum or music while walking around the home, pointing out areas that are safe and areas that are off-limits.
- **Goal:** Use cultural elements to build associations with safety.

## 4 Safe Word Practice

- **Activity:** Teach a simple safe word or phrase in a culturally significant language that they can use to signal they need help.
- **Goal:** Introduce a basic understanding of how to communicate when they feel unsafe.

## 5 Storytime with a Message

- **Activity:** Read a short story or folktale that includes a safety message, possibly from your cultural heritage.
- **Goal:** Combine cultural learning with safety education.

# 2-3 Year Olds

Toddlers at this age are becoming more independent and are eager to explore their world. It's important to teach them how to differentiate between safe and unsafe situations in a way that is engaging and relatable. The activities for this age group focus on using play, role-play, and cultural storytelling to reinforce safety concepts. By linking safety lessons with familiar cultural practices, parents can make these important lessons more memorable and impactful.

## 1 "Safe or Not?" Sorting

- **Activity:** Provide pictures of safe and unsafe objects (e.g., a candle, a pillow) and ask the child to sort them into "safe" and "not safe" piles.
- **Goal:** Teach toddlers to differentiate between safe and unsafe items.

## 2 Safe Neighborhood Walk

- **Activity:** Take a walk in the neighborhood, pointing out safe places (e.g., a neighbor's house, a crosswalk) and unsafe places (e.g., the street).
- **Goal:** Begin to build awareness of neighborhood safety.

## 3 Cultural Safety Symbols

- **Activity:** Introduce symbols of safety from your culture, such as specific colors, animals, or objects that symbolize protection.
- **Goal:** Connect cultural symbols with the concept of safety.

## 4 Role-Playing with Dolls

- **Activity:** Use dolls that represent diverse cultural backgrounds to role-play scenarios like crossing the street or asking for help.
- **Goal:** Teach safety through familiar and relatable play.

## 5 Emergency Number Practice

- **Activity:** Begin teaching them how to dial an emergency number, using a toy phone. Include any culturally relevant ways of asking for help in an emergency.
- **Goal:** Introduce the concept of seeking help in an emergency.

# 3-4 Year Olds

Preschoolers are more capable of understanding complex ideas and are ready to engage in activities that require reasoning and decision-making. This is an ideal time to introduce more detailed safety scenarios and practices through interactive play and discussions. The activities for this age group are designed to teach children about personal safety rules, community helpers, and safe behaviors in their environment. Incorporating cultural elements helps children connect these safety lessons to their own experiences and surroundings.

## 1 "Stop, Look, Listen" Road Safety

- **Activity:** Practice crossing the street with a pretend crosswalk at home. Use this opportunity to talk about road safety in different cultural contexts (e.g., how people cross roads in different countries).
- **Goal:** Teach important pedestrian safety skills.

## 2 Safety Circle Time

- **Activity:** Gather in a circle and talk about different safety scenarios (e.g., what to do if you're lost). Incorporate cultural greetings or practices to make it familiar.
- **Goal:** Reinforce safety through group discussion and cultural inclusion.

## 3 Safe Food Choices

- **Activity:** Identify which foods are safe to eat by sorting through a variety of play foods, including culturally relevant items.
- **Goal:** Educate about food safety and the importance of eating safe, healthy foods.

## 4 Community Helper Dress-Up

- **Activity:** Dress up as community helpers (e.g., police officer, nurse) and talk about how they keep us safe. Include cultural versions of these roles if possible.
- **Goal:** Familiarize children with community roles and safety.

## 5 "What's Safe?" Scavenger Hunt

- **Activity:** Create a scavenger hunt where children look for items in the home or yard that represent safety (e.g., a first aid kit, a safe toy).
- **Goal:** Reinforce awareness of safe items and spaces.

# 4-5 Year Olds

As children approach school age, they are ready to take on more responsibility for their own safety. They can begin to understand and follow personal safety rules, recognize safe places in their community, and respond appropriately in emergency situations. The activities for this age group are designed to build independence and confidence in managing their safety. By including cultural perspectives and practices, parents can help children appreciate the importance of safety in a way that resonates with their cultural identity.

## 1 Personal Safety Rules

- **Activity:** Work together to create a list of personal safety rules (e.g., "Always tell an adult where you are going"). Write them down or draw them, using culturally significant colors or symbols.
- **Goal:** Encourage an understanding of personal responsibility for safety.

## 2 Neighborhood Map Creation

- **Activity:** Draw a simple map of the neighborhood, marking safe places like home, school, and trusted neighbors. Add cultural elements, like a place of worship or a community center.
- **Goal:** Help children visualize and understand safe areas in their community.

## 3 "What If?" Storytelling

- **Activity:** Tell stories that include safety dilemmas ("What if you see a fire?"). Encourage children to suggest safe solutions. Incorporate cultural stories or practices
- **Goal:** Develop problem-solving skills with a focus on safety.

## 4 Safe Practices in Different Cultures

- **Activity:** Explore how different cultures practice safety, such as how people say "no" or how they express concern. Role-play these practices.
- **Goal:** Teach cultural awareness alongside safety practices.

## 5 Emergency Role-Play

- **Activity:** Role-play different emergency situations (e.g., calling 911, finding a safe spot during a storm) and practice what to do. Use culturally relevant language and scenarios.
- **Goal:** Prepare children for real-life safety situations through practice.

# Conclusion

Teaching safety to young children is a vital part of their early development, and when done within the framework of their cultural heritage, it becomes even more impactful. This guide has provided you with a variety of activities that not only introduce key safety concepts but also honor and reflect your family's cultural traditions. By engaging in these activities, you are helping your child understand the importance of staying safe in their community, school, home, and neighborhood while also fostering a strong sense of cultural identity. These early lessons will stay with your child as they grow, giving them the confidence and knowledge they need to navigate their world safely and with pride in who they are.

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STORY**



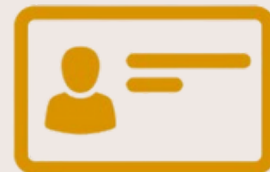
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