

## MAKING SAFETY GOGGLES

### WHAT:

We are living in a time of uncertainty and your child may feel unsafe. We all are having feelings that are new to us as we encounter this challenging time. Talk to your child about Safe and Unsafe.

- What does Safe feel like to them?
- What does Unsafe feel like to them?

It is always important use safe practices; and particularly now, families are practicing safety in many new ways at home. Using their Safety Goggles, children can find safe practices in their home:

- Washing hands for 20 seconds while making lots of bubbles

- Wiping countertops and door handles with disinfectant
- Coughing and sneezing into your elbow
- Wearing a mask that covers your nose and mouth when you leave your house

Children should also look for unsafe practices with their Safety Goggles...especially on the internet. As children and families are spending more time online, it is important to remember that unsafe people are doing the same.

- Chat Rooms are unsafe
- Giving personal information online is unsafe
- Sending pictures, especially pictures of the private parts of the body, is unsafe

### MATERIALS:

- Toilet paper rolls, paper towel rolls
- Crayons
- Markers
- Sequins
- Feathers
- Pipe cleaners, elastic, or ribbon
- Hole puncher
- Glue
- Scissors

### HOW TO:

1. Find your empty toilet paper or paper towel rolls and cut into 1-inch rings.
2. Glue the two rings together.
3. Punch a hole on the outside of each ring.
4. Attach a pipe cleaner, elastic, or ribbon long enough to go behind your child's ears or head.

