

Buddy System

(what to do if lost)



Bold Text: suggested words to say to teach lesson
Italics: suggested actions to take
(Parenthesis): background information or suggested answers

After “Check First” and “Safety Person/Safety House,” the remaining lessons may be completed in any order.

Materials Needed for Lesson

- Charlie Check-First poster
- *Bubbles* poster
- Charlie Check-First safety bubble card
- Buddy System safety bubble card (and any other topics you plan to cover)
- Buddy Bears (or 2 stuffed animals or dolls)
- *Safety Kids Songs* (optional)
- Letter to Parents/Guardian (Appendix)

Objectives for Students

- State that a buddy is a friend or someone who is with you.
- Name a time and place to have a buddy.
- Explain how a buddy can help in times of trouble.
- Participate in the “Freeze and Yell” technique.
- State their mom’s, dad’s, or guardian’s first and last names.

Review of Introduction or Past Lessons

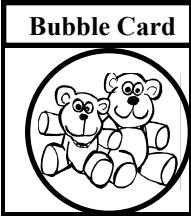
Decide which topics you plan to teach for your session and put those corresponding safety bubble cards inside the poster pocket before you begin.

Always start with a review of the Check First concept!

Using the Bubbles poster, introduce the lesson as described in the Introduction under Safety Poster Teaching Procedure. As you introduce a topic, a student (or teacher) removes and displays the safety bubble card from inside the pocket.

Proceed with the lesson.

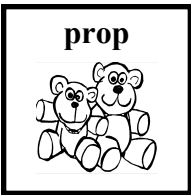
Lesson



Bubble Card *Have a student remove the Buddy System safety bubble card from the poster pocket.*

My best friend's name is _____. We like to do things together. *Name a few things.* We look out for each other. My mom said we were buddies.

Hold up the two Buddy Bears. These are my Buddy Bears.



What is a buddy?

(someone who is with you—could be a sibling, parent, friend)

THE NEED FOR A BUDDY

A buddy is there to keep you company and help you remember your safety rules.

A buddy can also help you if you get into trouble of any kind. Maybe you fall and get hurt. What can a buddy do? *Discuss.*

These two bears do a lot of things together. When are some times you should have a buddy? (riding bikes, walking to the playground, at the bus stop)

Discuss the need to have a buddy at a public restroom in a restaurant, store, etc. The buddy can be mom or dad or whoever is with them.

“FREEZE AND YELL”

Do you know what to do if you get separated from your buddy (mom, dad, guardian) at the store? If this happens to you, FREEZE! Stay right where you are! “Put glue on your shoes”. *As you say this, make an exaggerated freezing motion. Then touch the soles of your shoes as if you are applying glue.*

Your buddy loves you and is looking for you. They will come back to the last place they saw you, so if you start walking around they will have a harder time finding you.

(It is not the best idea to go looking for a clerk or security guard. They are not always easy to find or to distinguish from other people. As a last resort, they may ask a parent who has children to get help, but they still do not leave with that person. They are to freeze in that spot. Children cannot always discern who is and who is not a safe person to follow.)

Yell your mom's or dad's (buddy's) first and last names. She or he will come to you.

Have several children tell you their mom's, dad's, or guardian's first and last names. Count to three and have everyone yell a parent's name at one time.

Do not go to the register, the parking lot, or anywhere. FREEZE! Stay right where you are. Let someone else go and get help for you.

(This is difficult for children to actually do. However, it is so much safer for children to freeze and stay in that spot. It also makes it much easier for the parent to find the child.)

Have the children stand up, walk around in place, and pretend they are walking around in a store. You say, "Look for Mom" or "Look for your buddy." They look around and then freeze (make an exaggerated freezing motion). Have them touch the bottom of their shoes to pretend to "put glue on your shoes" and on the count of three they all yell a parent's first and last names.

Closure

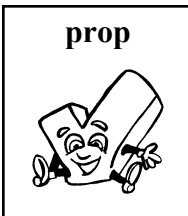
★ Remember, even if you are lost or scared, you still need to:

"Check First before you go anywhere with anyone."

Charlie wants you to freeze, yell, and remember to Check First.

Be sure to make good decisions. It is a smart decision to Check First!

Use the Safety Kids Songs to reinforce concepts.



Choose one or more of the Reinforcement Activities on the following pages.

Be a Safety Kid!



Reinforcement Activities

Choose one or more of these activities to use.



Songs

Sing songs using the *Safety Kids Music*. Words are included in the appendix. Children love the repetition of the words, and the songs help them remember the rules.

Materials needed: *Safety Kids Music*



Buddy Day

Have students choose a buddy (or the teacher may choose). Plan ahead so students can be prepared to help out their buddy for the day. Have them sit together, work together, make a craft together, play, maybe even dress alike for the day. Use your imagination! Practice situations from the lesson where buddies can help.

Materials needed: none



Cookie Cutter or Sponge Painting

Students can paint buddies (two of the same object) using cookie cutters or sponges dipped in paint. Shapes may be people or bears or whatever they choose.

Materials needed: construction paper, sponges or cookie cutters, paint



Buddy Badges

Students will choose (or be assigned) a buddy. Each set of students is given a bag of materials to be used to make Buddy Badges. The materials should allow both buddies to make identical badges. (for example: two red badges, two pieces of white yarn, four star stickers, two dinosaur stickers, etc.) Buddies work together to create their badges and then wear them throughout the day as they stay together. Whenever they are separated, the buddies could practice *Freeze and Yell*. Remind them to be respectful of other classes and students: yelling in the hallways may not be appreciated.

Materials needed: badge pattern, construction paper, yarn, stickers, markers, etc.



Buddy Paintings

Pair children together. Buddy teams are given one large piece of white paper and a variety of paints. The paper is folded in half. The buddies work together to create a picture on one side of the paper. When they are finished painting, they carefully fold the paper and press firmly so the paint will leave an impression on the blank side. When the paintings have dried, the buddies cut them apart. Each child now has an identical copy of their Buddy Painting.

Materials needed: large white construction paper, paint, scissors



Twin Towers

Each set of students is given a collection of blocks that will allow them to build identical towers. Working together, buddies design and assemble *Twin Towers*. If possible, use a digital or Polaroid camera to take pictures of the buddies with their creations. These pictures could be used as part of a Buddy Bulletin Board or a class book about Buddies.

Materials needed: a variety of blocks sorted for buddy teams, camera



Three-Legged Race

Students pick partners (buddies). The teacher ties together the right leg of one student with the left leg of the other student. Line up for relays. The first pair to the finish line wins. This is a great outdoor activity.

Materials needed: rope, strips of cloth or something to use to tie legs



Buddy Relays

Other suggested relay races are: wheelbarrow race, water balloon/egg /sponge ball toss. Take a step back after each toss of the balloon, egg, or sponge ball.

Materials needed: open space



Freeze and Yell Tag

In an open space play FREEZE tag to emphasize the *FREEZE* and *YELL* technique. When the students are tagged, they are to *FREEZE and YELL* for someone on their team to help them (they need to yell the first and last name of a teammate—much like when they yell their mother's or father's name in a store.)

Materials Needed: open space



Freeze and Yell Game
Students choose (or are assigned) a partner. One child in each pair is given a star necklace. Partners walk around the room holding hands. The teacher selects one set of children and separates their hands. The child wearing the necklace FREEZES and YELLS the name of their partner. When the partners are reunited, the star is given to the other student. Play continues until all children get to *Freeze and Yell*.

Materials needed: construction paper, yarn, hole punch, star pattern



Buddy Sandwiches
Separate the children into pairs (buddies). The buddies sit next to each other and put their inside arms behind their backs so they are unable to use those arms and hands. Then each pair makes a peanut butter and jelly sandwich together. Substitute other food items in case of food allergies.

Materials needed: two slices of bread per pair of students, peanut butter, jelly, plastic knife, paper plate, and napkins.



Interview a Buddy
Pick names out of a hat (first two names are buddies, next two are buddies, etc.). Pass out the Circle of Friends worksheet to each student. With their partner, they are to pretend they are a reporter and interview their buddy. Each part of the circle should be filled in with the required information. When they are finished, pick another buddy and continue until paper is completed. Students can act as news reporters and introduce their buddies to the whole class.

Materials needed: Circle of Friends master, pencils



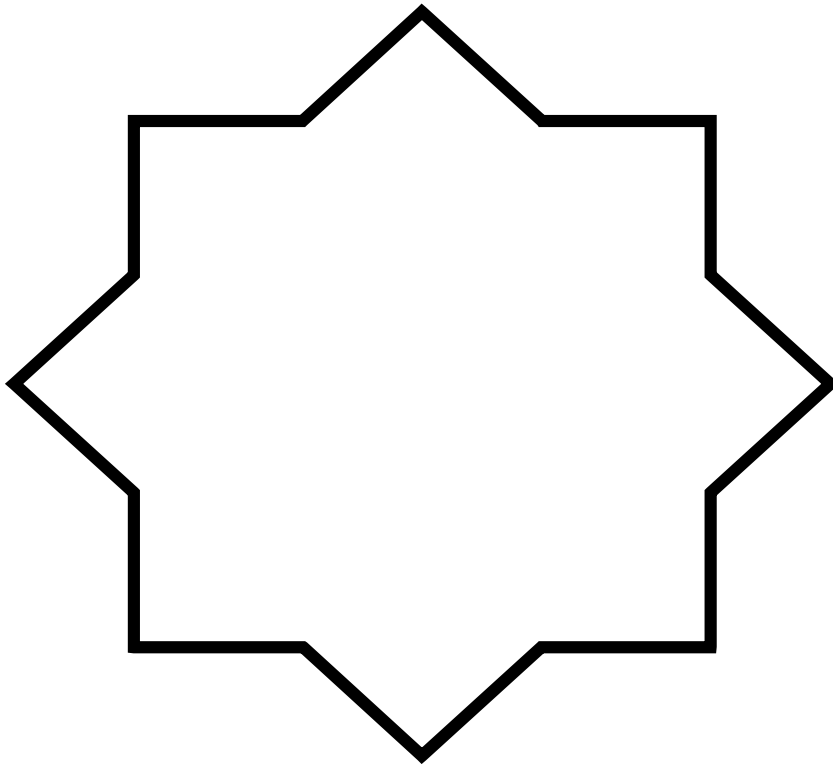
Buddy Comparison
Pair the children up and have them compile a list of all the things they have in common. Each group shares their list with the class.

Materials needed: writing paper, pens, or pencils

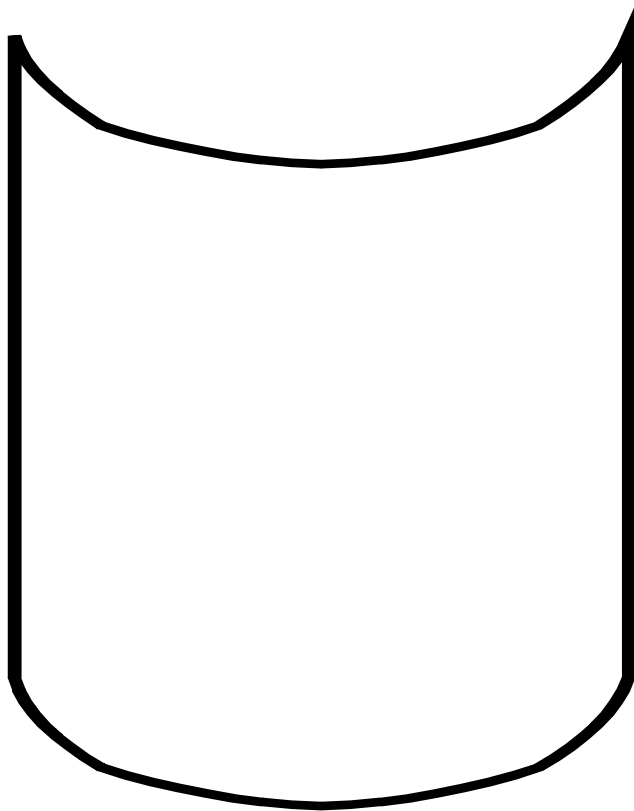


Buddy Story
Each student begins a story about two buddies. It must include the buddies' names and what the two friends are planning to do. Then they switch papers with another student and work on the new paper. They are to finish the story by telling how the buddies kept one another safe.

Materials needed: writing paper and pen/pencils



**Buddy Badge
Patterns**



Circle of Friends

What I like to do

favorite food

favorite color

Name

Name

Name

Name

What I like to do

favorite food

favorite color

What I like to do

favorite food

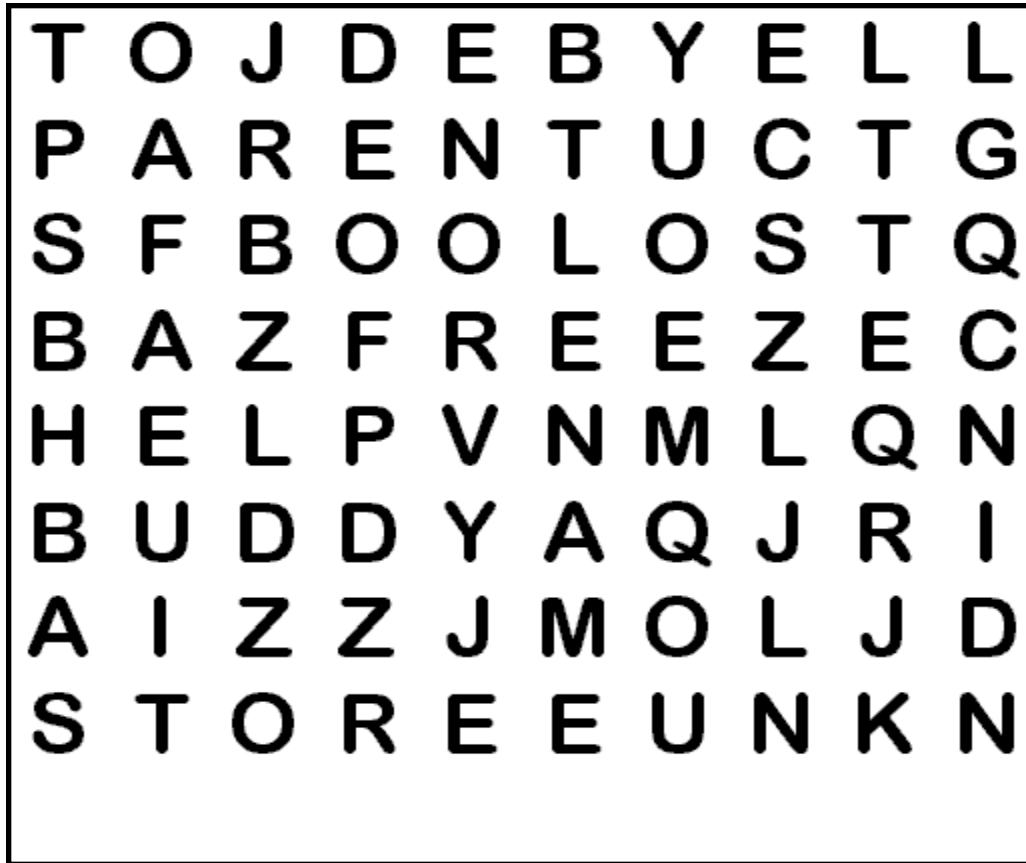
favorite color

What I like to do



Buddy System

Find the words from the word list and circle them. They may go across or down.



Word List

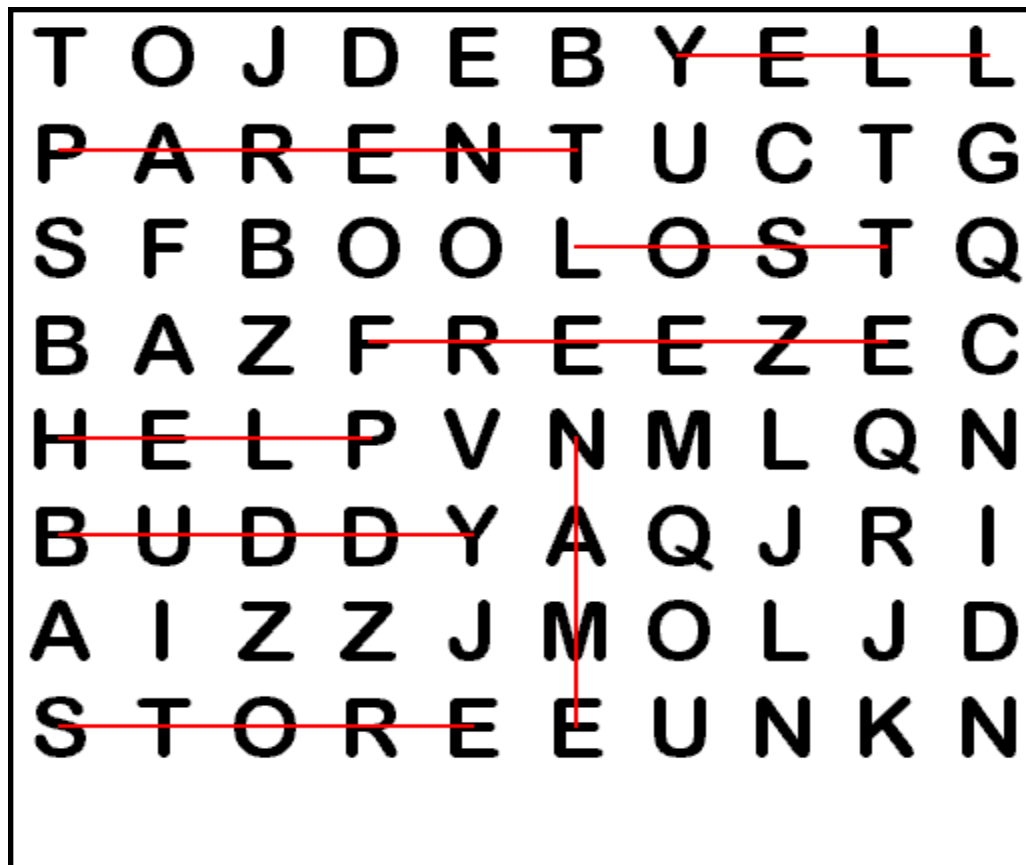
buddy	lost	store
freeze	name	yell
help	parent	



Buddy System

Answers

Find the words from the word list and circle them. They may go across or down.



Word List

buddy	lost	store
freeze	name	yell
help	parent	