

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
- *Pizza* poster
- Charlie Check-First symbol card
- Buddy System symbol card (and any other topics you plan to cover)
- Letter to the Parents/Guardian

Objectives for Students

- Identify what makes a buddy.
- List two times and places to have a buddy.
- Explain two ways 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.
- Explain why it is unsafe to go off with a clerk or security guard.

Introduction or Review of Past Lessons

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

Always start with a review of the Check First concept!

Using the Pizza 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 symbol card from inside the pocket.

Proceed with the lesson.

Lesson

Who do you invite when you have a birthday party? (friends, family, neighbors)

What are some other names for friends? (pals, buddies)

Safety Symbol



Have a student remove the Buddy System symbol card from the poster pocket. This symbol shows two buddies. What can two buddies do together? Get responses.

THE NEED FOR A BUDDY

You are in third grade. Do you still need to have a buddy?

(Yes. Sometimes even adults need buddies.)

What can you do with a buddy? *Get a few answers.*

A buddy can help you remember your safety rules. He or she could go with you to ride your bike or to walk to the playground. That way you are not alone.

What are some ways a buddy could help you? *Get responses.*

(A buddy is there to keep you company, to help you on the spot, or to go and get help if you get into trouble. If you fall or get really sick or maybe stung by a bee, a buddy could get help for you.)

Can you think of some times that you should be with a buddy? *Discuss.*

(Children should have a buddy in a public restroom in a store, restaurant, etc. Mom or Dad can stand outside the restroom. They should also have a buddy in malls, at the park, bus stop, to and from school.)

“FREEZE AND YELL”

Has anyone ever been to a store and somehow Mom (or your buddy) got separated from you? Maybe you turned around and she wasn't there.

What should you do in that situation? *Take one or two answers.*

The most important thing to remember is to stand still! FREEZE! Pretend to “put glue on your shoes.” Do not walk around and try to find your parent or buddy!

That will only make it harder for your parent or your buddy to find you. Make sure you never leave the store or go into the parking lot. Just stay where you are and she'll come back to that spot.

After you freeze, yell your mom's, dad's, guardian's, or buddy's first and last names. She or he will come back to you.

It is best not to go off with a clerk or security guard. Even at your age, it is not always easy to tell just who is and who is not a safe person. It is often hard to locate or recognize a store employee. So it really is best to just stand still and send someone off to get help for you.

(A parent with a child could be asked to go get help, but the child should stay in that spot and not leave.)

Use two students to demonstrate how hard it is for one child to find the other one if he or she is walking all over.

Practice the Freeze and Yell technique. Children walk around as if shopping. They look for their buddy, freeze, "put glue on the shoe" (touch fingers to soles of shoes), and on the count of three everyone yells the first and last names of their parent/guardian/buddy.

Closure

Remember, it is really important to "Check First before you go anywhere with anyone." So if you are separated from your buddy or your parent, stay where you are! Freeze! Then yell your parent's first and last name.

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

As a review, hold up the Charlie Check-First symbol and discuss its importance. Do the same for any other symbols you have reviewed or discussed.

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

Be a Safety Kid!



Reinforcement Activities



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.



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

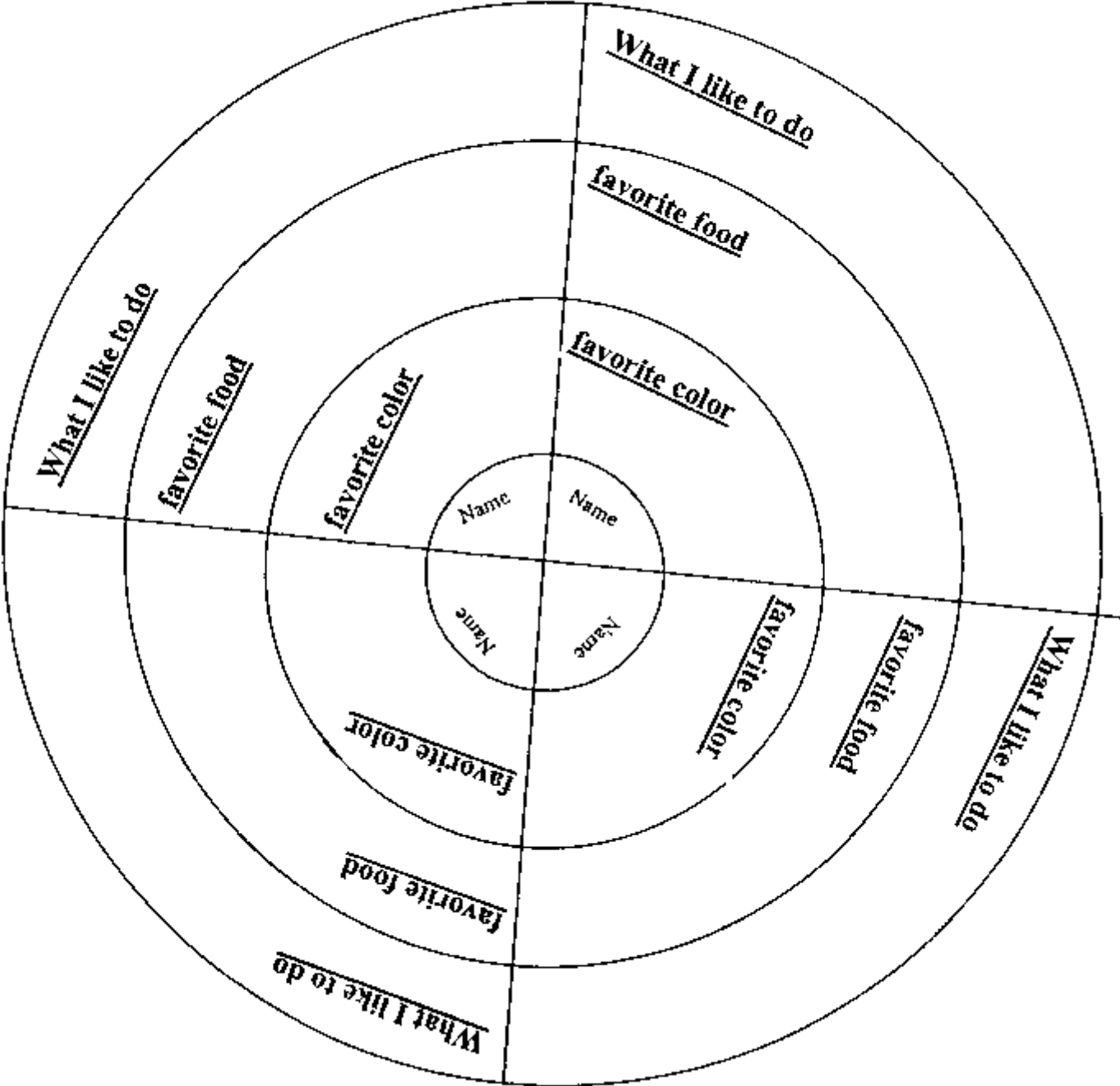


Buddy Story

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

Circle of Friends



Buddy System



Buddy System

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



Word List

bathroom
buddy
clerk
dad
freeze
friend

help
lost
mom
name
parent
store

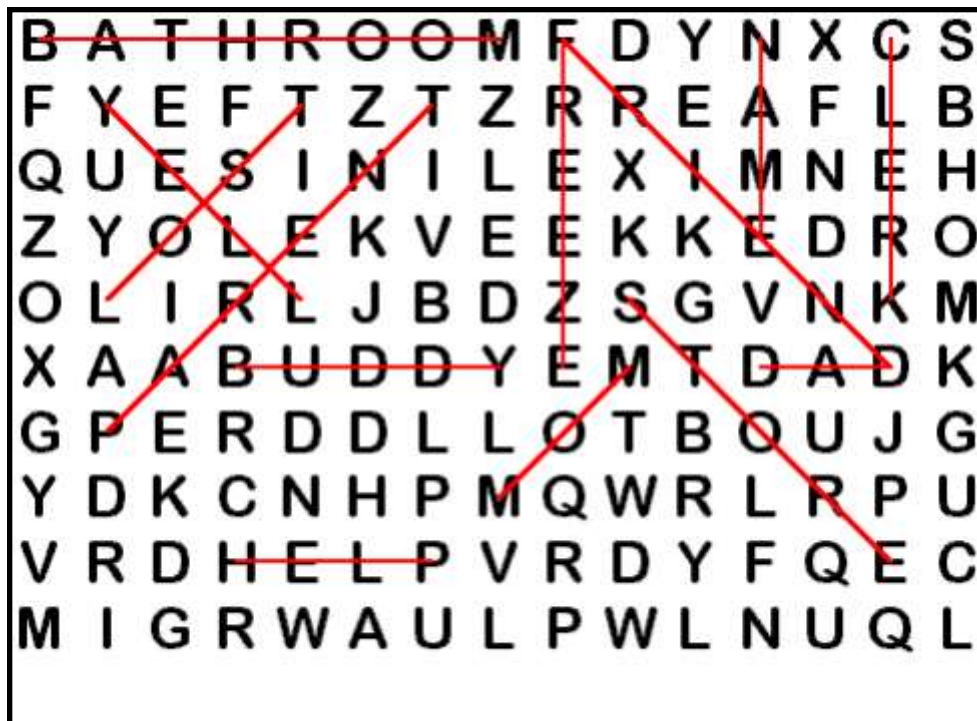
yell



Buddy System

Answers

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



Word List

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yell