

Home Alone



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
- *Treasure Chest* poster
- Charlie Check-First symbol card
- Home Alone symbol card (and any other topics you plan to cover)
- Key
- Toy or real phone
- *Safety Kids Songs* (optional)
- Emergency Phone List (optional: Appendix)
- Letter to the Parents/Guardian (Appendix)

Objectives for Students

- State a safety rule about the door and a rule about the phone.
- Name four safety rules about being home alone.
- List four safe things to do when home alone.
- Describe three mistakes that can be made when home alone and what to do for help in those situations.
- Explain what to do if something goes wrong or if they are scared.

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 Treasure Chest 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

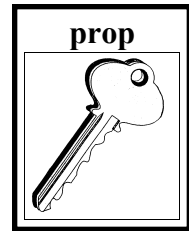
Symbol Card



Refer to the *Safety Kid* on the poster. Sometimes this girl needs to stay home by herself. When she does, there are important rules she needs to remember.

Have a student remove the Key symbol card from the poster pocket. See Introduction for more details on how to use the poster.

Swing around the key. Discuss the secrecy of being home alone. (Do not let others know you will be home alone. Keep the key out of sight; make sure key is on a safe hook and will not fall off or be lost; do not hide key under doormat or rocks.)



THE DOOR

If you get to the door and it is already open or unlocked, what should you do? (Do not go in; go to a neighbor's house or a friend's house. Use your Safety Person.)

When you get home, go in and lock the door right away before you forget. Your parents may want you to check in with them or a neighbor by phone to let them know you arrived. Keep all the doors and windows locked.

If someone comes to the door, is it OK to look out the window to see who it is? (It is OK, but if the person sees you it does not mean you need to open the door).

The rule is: Keep the door shut and locked!

Clap your hands closed on the word shut and then make the motion to turn the lock on the door as you say locked. Repeat this several times.

Keep the door shut and locked. Keep the door closed to everyone unless your parent told you specifically that a certain person is coming to the door.

What if it is your neighbor? Your teacher? Your coach?

(It does not make a difference—keep the door shut and locked. A Safety Person is the only exception.)

Let's pretend that the person won't go away and keeps knocking. Now what do you do?

(Stay away from the door. Go to the phone and call a parent, a neighbor, or the police. Even if the person knows you are in the house, you do not have to answer the door.)

So remember, keep the door shut and locked!

THE PHONE

There is another rule you need to remember when you are home alone and it has to do with this machine.

Hold up the phone prop.



What is a safe thing to do about a ringing phone?

Get responses.

The best thing to do is **“Let it ring! Let it ring! Let it ring!”**

Move your head back and forth in a sing-song motion as you say this—children love movement.

Let the answering machine pick it up or check the caller ID to see if it is your mom or dad, but just “Let it ring! Let it ring! Let it ring!”

Maybe your mom wants to check with you after school to make sure that everything is OK. If you do not have caller ID, you can set up a code ring with Mom.

(Perhaps she could let it ring twice, hang up, and then ring again. That way you know it is Mom and you could pick up the phone.)

If it is not a code ring, what do you do if the phone rings? “Let it ring! Let it ring! Let it ring!”

OTHER TIPS

Other tips to remember and use:

- ✓ **If you make a mistake and pick it up and tell someone that you are home alone, don’t get worried. You can call your mom or dad or neighbor and let them know. They’ll tell you what to do.**
- ✓ **Make sure you keep a list of all emergency numbers by the phone.**

Refer to the Emergency Phone List and emergency situations if you have already covered that lesson.

What emergency numbers should you have listed by your phone?

(police, Mom’s and Dad’s work, 911, neighbor, poison center, friend)

- ✓ **It is a good safety tip to not invite other friends over while you are by yourself or with just a brother or sister (and no adult). *Discuss why.***

- ✓ **Exploring the house while you are home alone is not a good idea. There are too many things that can be dangerous to you.** (the medicine cabinet and all medicines, cleaning supplies, and anything else you are not allowed to play with when Mom and Dad are home)

Can you name other mistakes that you might make when you are alone?
(Answers will vary.)

Let's name at least four things that are safe for you to do when you are alone? (read, watch TV, home work, play with a pet)

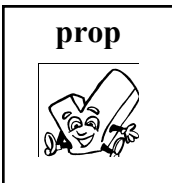
If the lesson on "Emergencies" is not going to be taught separately, discuss and distribute the Emergency Phone List from the appendix now.

Have a student put the Home Alone symbol card back in the poster pocket.

Closure

Review the two important rules:

Keep the door shut and locked!
Let it ring! Let it ring! Let it ring!
Use hand motions and sing-song.



Remember: the best thing to do is Check First when you are home alone and are not sure what to do about the door, the phone, or anything else.

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 from 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 Songs*



Brainstorm Song Writing

The “Let it Ring! Let it ring! Let it ring!” rule fits well with the chorus of the song “Let It Snow.” Students brainstorm in groups or as a class to write a verse for this rule. Share your song with the other classes and possibly tape record the students singing!

Materials needed: large chart paper for brainstorming ideas, large chart paper or poster paper to publish final song, tape and tape recorder



Make a Safe House

Provide students with a variety of shapes that can be assembled to make a simple house. Cut your own shapes or use the patterns and copy them on colored paper. Remind students, when assembling their houses, of the importance of keeping the door closed!

Materials needed: shape patterns, construction paper, glue



Designer Banners

Students create a rules banner for the classroom or school. If the school does not have software to design the rules on a computer, then students may write and color on banner paper. Pair or group students to illustrate the rules: “Keep the door shut and locked!” and “Let it ring! Let it ring! Let it ring!”

Materials needed: computer and software, banner paper, crayons, markers.



Do's and Don'ts for Home Alone

Each child gets a piece of paper and folds it in half once and reopens the paper. On one side they illustrate one wrong thing to do when they are home alone. On the other side they illustrate the safe procedure in the same situation.

Materials needed: drawing paper, pens, pencils, crayons, markers



Rule Relay

Write the rules on index cards—one word on a card. You will need two sets of these cards. Make the sets different colors so that they can be separated. Divide the students into two teams. One at a time, each member of the team runs up to the pile of cards that are shuffled, takes a card, and runs back. The next person repeats this procedure. When all of the cards have been gathered, the team needs to hold the cards and line up in order so that the teacher can read the rule. The first team to get lined up properly wins. Depending upon the number and age of the children you may want to use only one rule or both rules combined. Use the rules: “Keep the door shut and locked!” and “Let it ring! Let it ring! Let it ring!”

Materials needed: index cards, open space



Rule Review

Children stand in a circle. One child states the first word of the rule and bounces the ball to another student. That student then says the next word of the rule and bounces the ball to someone else. This continues as the entire rule is said. This may be repeated often to give everyone a chance. Use the rules: “Keep the door shut and locked!” and “Let it ring! Let it ring! Let it ring!”

Materials needed: large rubber ball, open space

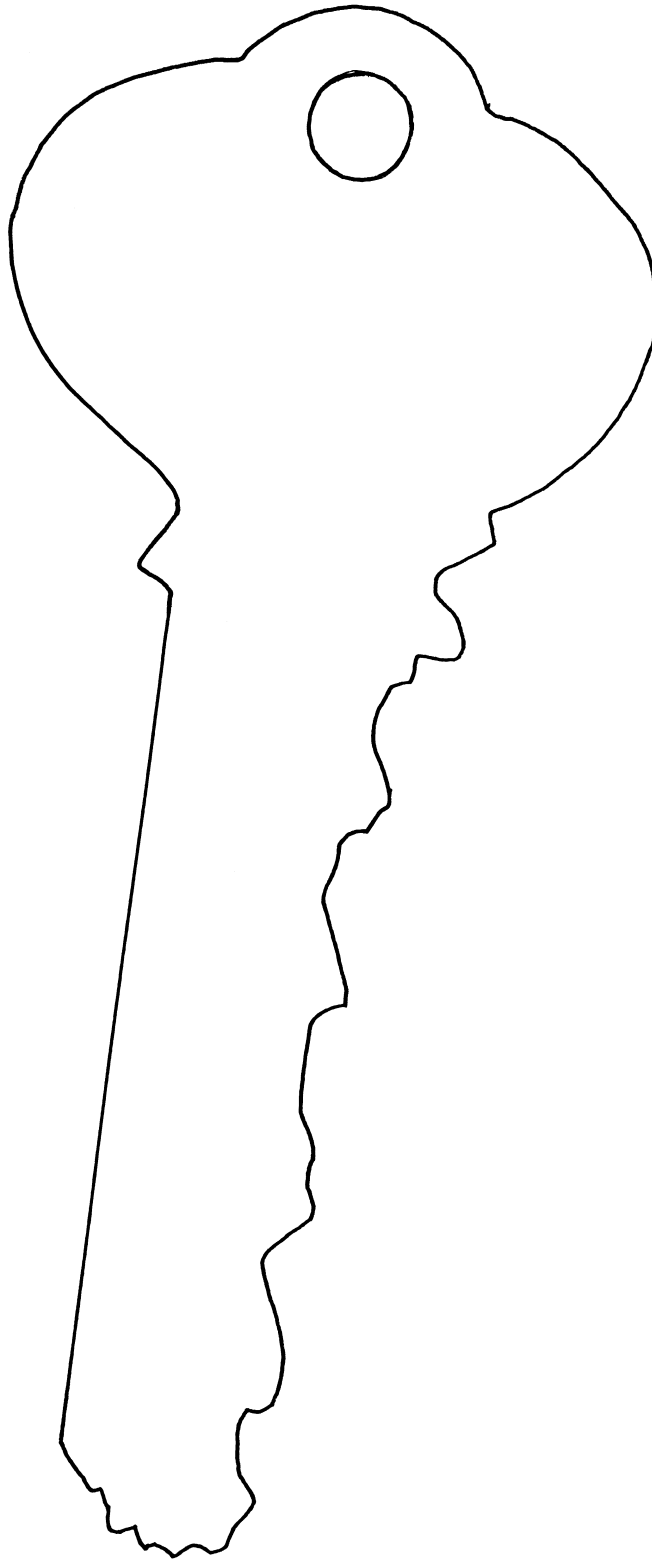


Home Alone Activity List

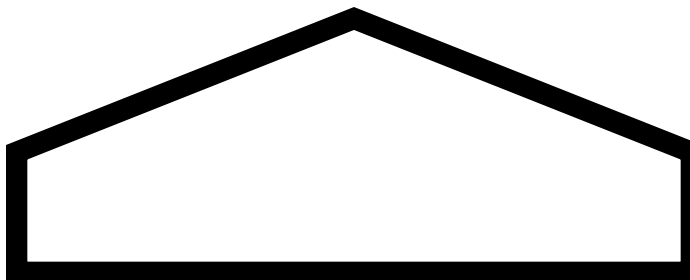
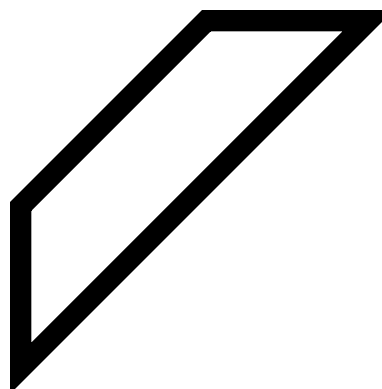
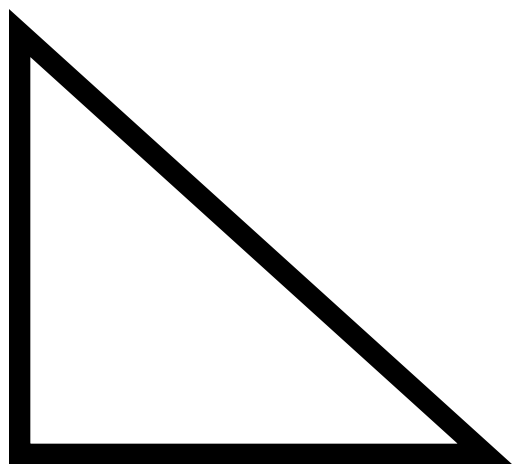
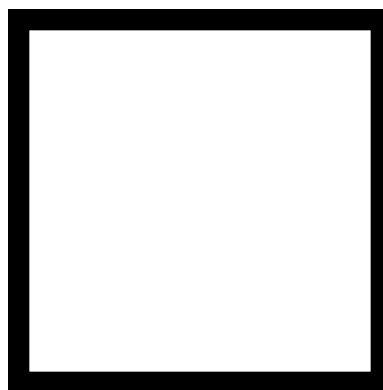
Use the master of the Key and copy it onto sturdy paper. Give one to each child and have individuals write on the key and list different safe activities they could do when home alone. Punch a hole in the top and attach a string. Instruct the children to hang it someplace where they can easily find it when they are home alone and need something to do.

Materials needed: master of Key (enlarge it) , pens, pencils, hole punch, string

Key



Shape Patterns





Home Alone

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



alone
check
door

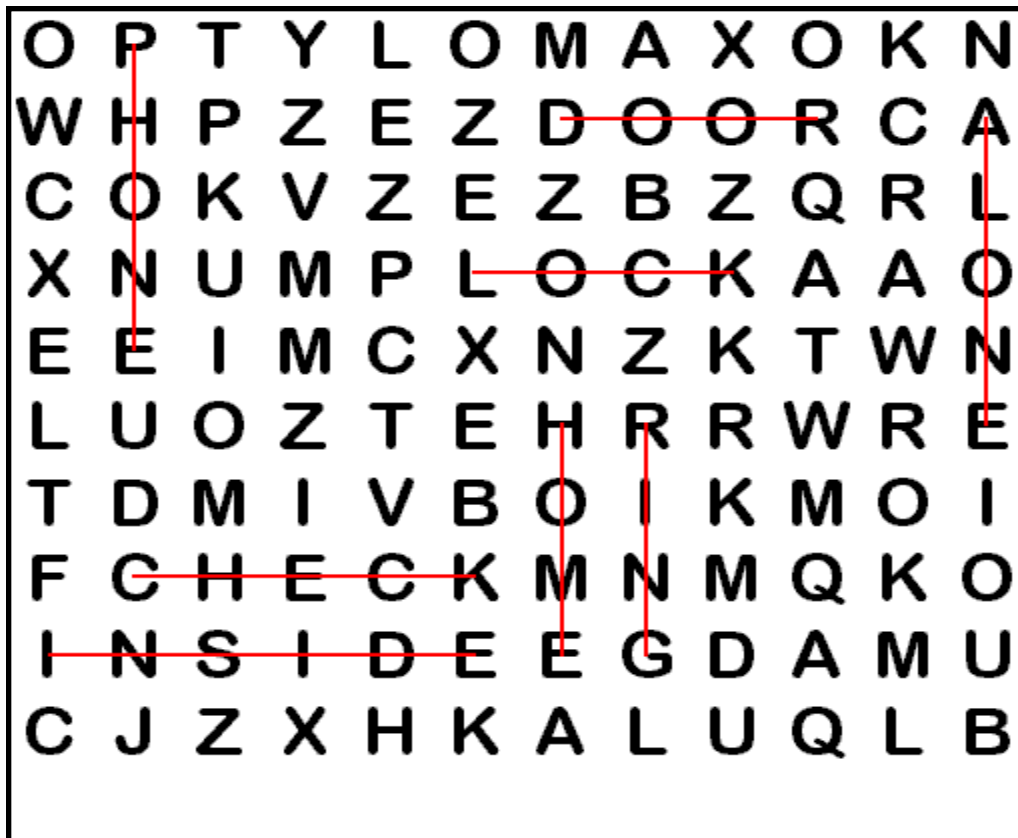
home
inside
lock

phone
ring



Home Alone Answers

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



Word List

alone	home	phone
check	inside	ring
door	lock	