Health Lesson # 9

Summer Safety

Hey kids,

Hope everyone is staying safe, healthy, and active! With the school year wrapping up, it is important to learn a little bit about how we can stay safe during the summer. Here are a couple important things to remember.

1. **The sun**
   1. During the summer, temperatures can be very hot along with the bright sun!
      * Remember to stay hydrated- drink lots of water and fluids
      * Always wear sunscreen to prevent getting sun burn
      * Wear a hat to shield your face from the sun
2. **Swimming**

Who doesn’t love to swim when there is wonderful weather outside? It is important to remember that water can be dangerous, and you must treat it with respect!

* + - Always make sure a parent, guardian, or adult is with you
    - Remember to wear any helpful swimming devices
    - Make sure there is a lifeguard present when near water

\*\*\*Think Safety!

* + - Follow all pool and club house safety rules

1. Outdoor activities
   1. We all love to play outside when the weather is nice. Whether it is bike riding, skateboarding, riding your scooter, playing on the trampoline, playing sports, or even playing with your pets! We still must be safe!
      * Follow our school gym and recess rules
      * Wear protective equipment such as helmets and knee pads
      * Remember to always play with adult supervision



Now let’s watch a video from our favorite friends the Danger Rangers! The video is called “Water Works”. If the link is giving you trouble, type in Water Works on youtube.com and it should come right up. Remember to email Mr. Feiss or Mrs. Miller when you complete the lesson. [millera@dvsd.org](mailto:millera@dvsd.org) or [feissj@dvsd.org](mailto:feissj@dvsd.org) Continue to exercise and stay safe everyone!

<https://www.youtube.com/watch?v=xcXor1OMN3o>