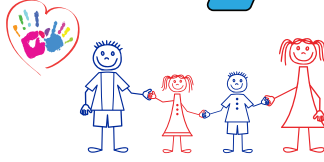


Hold my Hand



A holiday road safety lesson



**LITTLE BLUE DINOSAUR
FOUNDATION**

Hold my Hand



About Little Blue Dinosaur

The tragic loss of our son Tom, aged 4, in a pedestrian road accident whilst holidaying on the Central Coast in 2014 motivated us to establish the Little Blue Dinosaur Foundation (LBD), ensuring the promising legacy we saw in Tom's young life is realised through child road safety initiatives and education. We lost our Tom in the blink of an eye, and we don't want this to happen to any other family, as the sudden loss of a child is absolutely heartbreaking.

The message that we want to get out to all families is to always hold your child's hand around roadways and traffic right up until they are 10 years old, and supervise them closely until they are 12. Because children are small, and their brains aren't fully developed, they can't make safe choices around traffic.

Little Blue Dinosaur currently works with 29 councils throughout four states of Australia to help keep children safe using our colourful signs that carry the life-saving messages "Hold My Hand" and "Slow Down Kids Around". You will see them in parks and playgrounds, and around beaches and car parks.

We have worked with primary school educators to develop this fun and engaging lesson to help students make safe choices around roads and traffic, especially when they are holidays in a different environment to their everyday. We hope this lesson inspires the students to talk about road safety with their family so that the entire community works together to encourage drivers to slow down, and parents and carers to hold their children's hands as this will help protect precious children from becoming victims of road trauma.

Michelle and David McLaughlin
Founders of Little Blue Dinosaur Foundation

If you would like to see a photo of Tom and discuss Little Blue Dinosaur further with your students, please visit www.littlebluedinosaur.org





Teacher Notes

It is important that road safety is taught consistently and in partnership between home and school. This lesson has been developed to be taught at any time of the school year, but in particular before students go on school holidays, as it is important for students and families to remember that road safety never goes on holidays. The accompanying worksheet to this lesson has been designed for students to take home and further discuss the important messages around what can be done to keep children safe around roads and traffic.

Developmentally, students in Foundation, Year 1 and Year 2 have limited cognitive abilities around roads and traffic. They are not able to judge the speed or distance of traffic and are still developing the skills to cope with sudden traffic changes or environments where roads are different to their everyday. There are various recommendations around what age children should have their hand held and be actively supervised around roads and traffic. Little Blue Dinosaur, after consultation with Australian road safety experts, recommend that parents and carers hold their children's hand until 10 years and actively supervise children 12 years and under around traffic.

Children under 10:

- Have limited peripheral vision, so they may not see cars coming
- Have slower physical reflexes, so they may not immediately respond if you call out to stop
- Find it difficult to react to a sudden change in traffic conditions
- Cannot predict the origin of sound and use it as a measure of distance
- Cannot see the roadway in its entirety and make safe choices
- May be confused if roads on holiday don't look the same as roads at home i.e. lack kerb and guttering, line-markings, are not made of bitumen or may not have an identifiable footpath or pedestrian crossings.

For more road safety teaching resources for primary school students visit www.safetytown.com.au





Lesson Overview

This lesson has been developed for students to learn about and discuss key safety messages when walking near roads and traffic, in particular, when in unfamiliar environments on school holidays. Using an interactive, online spinner, students will be presented with questions to spark discussion around keeping safe in a range of different environments. They will talk about personal situations, identify the right thing to do around roads to keep safe and complete a work sheet activity designed to be taken home to further discuss the safety messages with their family.





Learning Intention

Students will learn:

- always hold an adult's hand when walking near roads and traffic
- always wear a correctly fitted helmet when riding and be actively supervised by an adult
- always play and ride in places away from vehicles, roads and driveways
- where the safest place to cross the road is
- to talk to adults about how they can keep safe
- that roads can look different in other towns and cities.

Resources

- Tom and Little Blue Dinosaur Animation
- Tom and Little Blue Dinosaur Spinner
- Student worksheet
- 4 Printed copies of "Hold my Hand" poster
- 4 Printed copies of "Slow Down, Kids Around" poster
- 4 Printed copies of "Holiday Time" poster

Australian Curriculum Links

Foundation- Health and Physical Education

Personal, Social and Community Health:

- Identify people and demonstrate protective behaviours and other actions that help keep themselves safe and healthy (**ACPPS003**)
- Identify and describe emotional responses people may experience in different situations (**ACPPS005**)
- Identify actions that promote health, safety and wellbeing (**ACPPS006**)

Years One and Two – Health and Physical Education

Personal, Social and Community Health:

- Practise strategies they can use when they feel uncomfortable, unsafe or need help with a task, problem or situation (**ACPPS017**)
- Recognise situations and opportunities to promote health, safety and wellbeing (**ACPPS018**)





Lesson Introduction

Start the lesson by watching the Tom and Little Blue Dinosaur animation. The animation shows Tom and Little Blue Dinosaur talking about the importance of holding an adult's hand and being safe around roads and traffic, especially when on holidays in an unfamiliar environment. Children can be prone to excitability and unpredictable behaviour around recreational activities. At holiday time they are also less likely to be in their usual daily routines, and may not understand the risks in a new environment. Just because a roadway may appear quiet it is important to re-enforce to the children that **"road play is NEVER okay."**

Teaching and Learning Sequence

After watching the animation, pose the following question "Has there ever been a time where you or someone you know forgot or didn't know how to be safe around roads?" Ask the students to pair up with the person next to them and talk about what they need to do to be safe around roads and traffic. Give them 2 minutes to discuss, then ask a few students to share their stories.

Once students have shared, ask them to think back to the animation they watched. Ask them to think about the safety messages Little Blue Dinosaur was talking about with Tom. What were they?

- Look for the safest place to cross the road.
- Stop, look and listen. Check left and right for cars before walking.
- Always hold an adult's hand.
- When you are on holidays, the roads could look different, but you still need to follow the rules.





Teaching and Learning Sequence

After this discussion use the Tom and Little Blue Dinosaur spinner to engage the students in further discussion around road safety. Explain to students that they will take turns to press the 'spin' button on the interactive to see what image and question appears. When the interactive stops, they will be presented with a question to answer based on the image. (This activity could be done in small groups if enough devices are available.) Students take turns to spin the images and answer the following open-ended questions:

- What possible dangers can you see?
- What is Tom doing to keep himself safe?
- Why is it important to hold a grown-up's hand?
- Why should you use your eyes and ears when walking around roads?
- What do you do to keep yourself safe around roads?
- If your adult has their hands full, what should you hold on to?
- Where are the safest places to cross a road?
- Does it look like Tom and Little Blue Dinosaur are near their home? Why or why not?
- If you are away on holidays, why is it important to be extra careful around roads and traffic?
- What road safety messages could you share with your family?

Press the 'spin' button to read your question.



If you are on holidays, why is it important to be extra careful around roads and traffic?

 **SPIN**





Teaching and Learning Sequence

As each student gives their answers to the questions, it is important to reinforce the following safety messages:

- Always hold an adult's hand when walking near roads and traffic until you are 10 years old.
- If your adult's hands are full, hold onto their arm, clothing, bag, trolley or pram.
- An adult may not be your mum or dad, you might be walking with a grandparent, nanny, older teenage brother or sister, or another carer.
- When walking, stay on the footpath and away from the road.
- Stop, look and listen before you cross the road. Look left and right and wait for cars to come to a complete stop before you cross the road.
- Always stay close to an adult while riding a bike or scooter.
- Always wear a correctly fitted helmet when riding and be supervised by an adult.
- Play and ride in places away from vehicles, roads and driveways.
- Wear bright coloured clothing when riding so people can see you.
- Look out for cars moving out of driveways when walking and riding.
- Where the safest place to cross the road is (At traffic lights or pedestrian crossings).
- Roads can look different when on holidays in different areas, road safety is still important every day of the year.





Teaching and Learning Sequence

Show the students examples of some the signs that Little Blue Dinosaur have created to make children, families and the community more aware of holiday time road safety (available at the end of this lesson plan).

Ask your students if they have seen any of these signs around their local area or on holidays. If so, ask students to share where have they seen these road safety signs and why they think they are placed in the areas they have seen them. Divide the students into groups of 3 or 4 and give each group one of the signs to analyse. Tell the students that they are going discuss for 5 mins in their groups, interesting things they see in the signs and what messages the signs are trying to communicate. Ask them to think about who the signs have been designed for.

After students discuss the signs ask them to report back on the discussion they had in their groups and lead a discussion ensuring students understand that the signs were designed to:

- be bright and colourful to catch both children and adult's attention
- be placed in busy holiday areas so that children and adults are reminded that road safety is important, especially during busy holiday times and when school zones are not operating.
- remind children that they should hold an adult's hand when walking near roads and traffic
- remind adults that they should hold their child's hand when walking near roads and traffic.

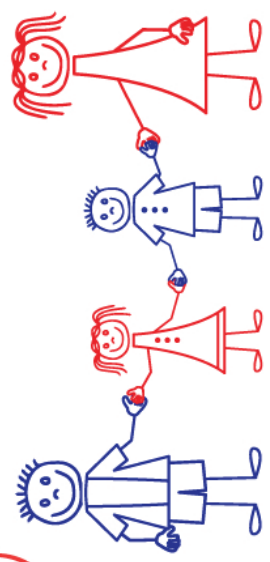
Tell the students that they are going to use everything they have learned in the lesson to design a sign to be placed in a busy holiday town and to take home to share with their family. Give the students a copy of the worksheet to draw or paint their own road safety sign.

Lesson Conclusion

Once students have finished their signs, bring them back together to share what they have created. You could have a discussion about the best place to put the signs like these in the community. Tell students that they are to take their signs home to share with their families along with the messages they have learned in the lesson today.



Hold hands



LITTLE BLUE DINOSAUR
FOUNDATION

**ALWAYS HOLD HANDS WITH CHILDREN UNDER 10
AROUND ROADS, DRIVEWAYS AND CARPARKS**

Road safety experts advise that children under 10 have limited cognitive abilities around roadways. The Little Blue Dinosaur foundation's mission is to educate and protect child pedestrians from the dangers associated with roadways and motor vehicles. The foundation was established in loving memory of 4-year-old Tom McLaughlin, who tragically died in a pedestrian road accident in January 2014. For more road safety information please visit www.littlebluedinosaur.org

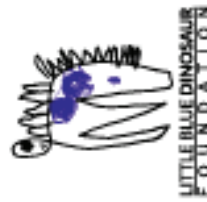


LITTLE BLUE DINOSAUR
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It's **Holiday**
Time



SLOW DOWN KIDS AROUND!



Hold my Hand

SLOW DOWN



KIDS AROUND!

It's **Holiday**
Time



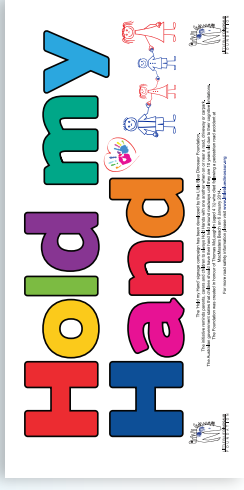
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The 'Holiday Time' Road Safety Initiative has been developed by the Little Blue Dinosaur Foundation. Its primary aim is to increase the awareness of drivers that in 'Holiday Time' there is an increased risk associated with children using and/or playing nearby roadsways of which they are not familiar. The Foundation was created in honour of Thomas King, a child aged 4 1/2 who died following a pedestrian road accident at Manly Beach on 8 January 2014. For more road safety information please visit www.littlebluedinosaur.org

YOUR LOGO
GOES HERE

Tom and Little Blue Dinosaur want you to be safe

Create your own holiday road safety poster to share with your family and friends.



Tick the box when you have talked to your family about these safety messages:

- Always hold hands with an adult near roads until you are 10 years old.
- Always stay close to an adult when riding a bike or scooter.
- Road play is never ok!
- Be extra careful on holidays! Roads might look different to roads at home and this can be confusing.

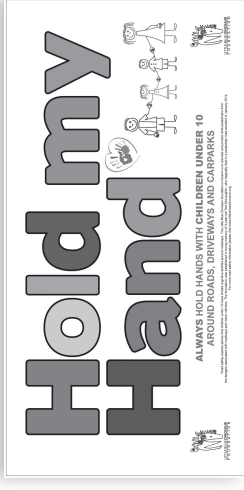


LITTLE BLUE DINOSAUR
FOUNDATION

A road safety message from the Little Blue Dinosaur Foundation.

Tom and Little Blue Dinosaur want you to be safe

Create your own holiday road safety poster to share with your family and friends.



Tick the box when you have talked to your family about these safety messages:

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