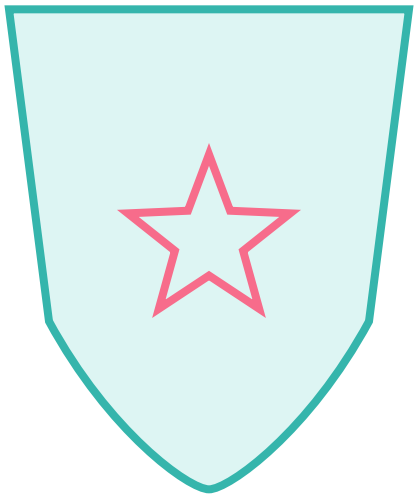
ALANNAH DIOR'S

READY, SAFE & STRONG

Life Skills and Safety Adventures



Smart choices build strong kids!

Ages 3-8 • 38 Activity Worksheets

Name: .....

Grown-Up Safety Guide

Practice calmly, repeat often, and adapt every activity to your family.

1

Teach without fear

Use simple language and focus on what children can do.

2

Name trusted adults

Choose several safe adults at home, school, and in the community.

3

Practice aloud

Role-play how to ask for help, say no, and call 911.

4

Respect body boundaries

Children may say no to unwanted touch, even from familiar people.

5

Review together

Family plans, phone numbers, and safe meeting places can change.

Safety grows through practice, connection, and confidence.

All About Me

Knowing personal information can help in an emergency.

My full name is:

My grown-up name is:

My home address is:

My grown-up phone number is:

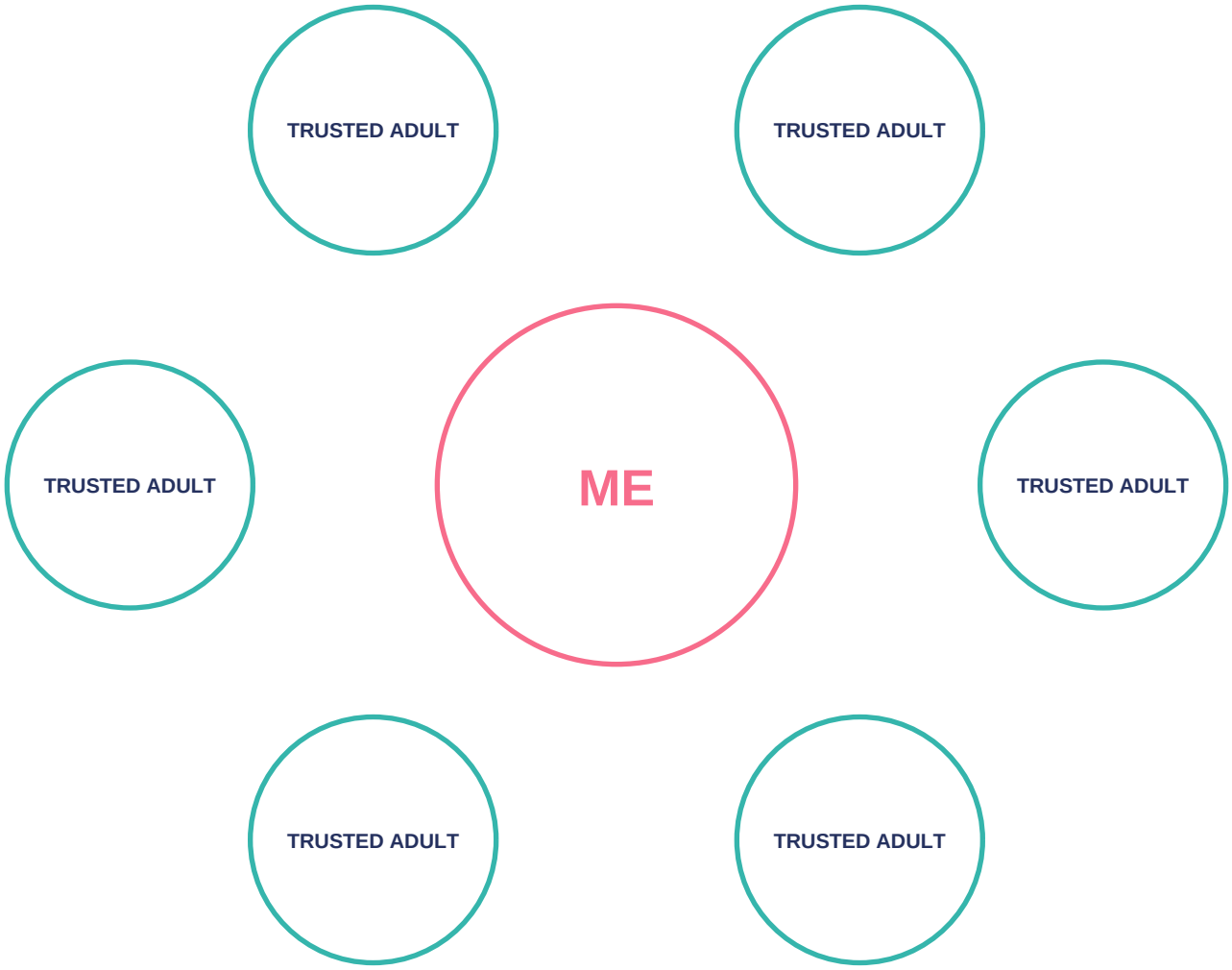
My school or teacher is:

Practice this information with a trusted adult.

My Trusted-Adult Circle

Trusted adults listen, help, and keep children safe.

Draw or write yourself in the center.



I can keep telling trusted adults until someone helps.

Safe Choice Sort

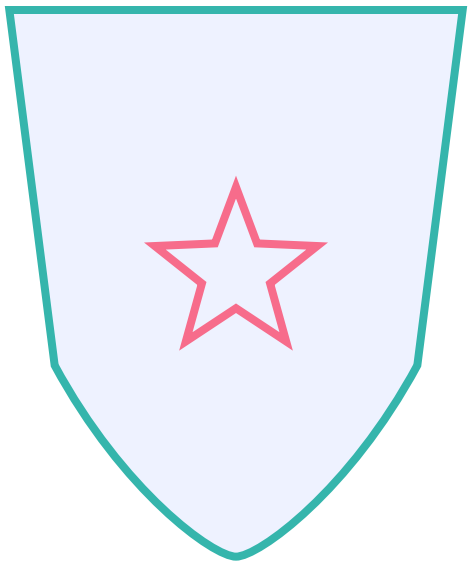
Mark each situation SAFE or NEEDS HELP.

READ EACH CHOICE	SAFE	NEEDS HELP
Wearing a helmet on a bike	☐	☐
Taking medicine without an adult	☐	☐
Telling a grown-up about a broken outlet	☐	☐
Swimming without a grown-up	☐	☐
Washing hands before eating	☐	☐
Opening the door for someone unknown	☐	☐

Put one check mark on each row.

My Body Belongs to Me

I may say no to touch that feels unwanted, unsafe, or confusing.



I CAN SAY:

- NO
- STOP
- I DO NOT LIKE THAT
- I NEED HELP

Practice using a strong voice, moving away, and telling a trusted adult.

Private-Body Safety

Parts covered by a swimsuit are private. Safe adults help with health or care and explain first.

If touch feels unsafe or confusing, I should:

- ☐ SAY NO
- ☐ MOVE AWAY
- ☐ TELL

A trusted adult should listen and help me.

- ☐ TRUE
- ☐ FALSE

I may keep telling until someone helps.

- ☐ TRUE
- ☐ FALSE

It is never my fault if someone breaks a body-safety rule.

- ☐ TRUE
- ☐ FALSE

No, Go, Tell

Put the three safety actions in order.



#	**Tell a trusted adult and keep telling.**
#	**Use a strong voice: No! Stop!**
#	**Move away toward a safer place or trusted adult.**

Write 1, 2, 3... to put the steps in order.

Secrets or Surprises?

Surprises are temporary and happy. Unsafe secrets make us worried or hide harm.

READ EACH CHOICE	SURPRISE	TELL AN ADULT
A birthday gift until Saturday	☐	☐
Someone says never tell about unsafe touch	☐	☐
A card for a grown-up	☐	☐
A person threatens you if you tell	☐	☐
A class celebration tomorrow	☐	☐
A secret that makes your tummy feel worried	☐	☐

Put one check mark on each row.

Tricky Behavior Safety

Safety is about behavior, not how someone looks.

A person asks you to leave with them without your grown-up saying yes.

My safe choice: _____

_____

Someone asks a child for help finding a lost puppy.

My safe choice: _____

_____

A person asks you to keep a scary secret.

My safe choice: _____

_____

Someone offers a gift if you break a family safety rule.

My safe choice: _____

_____

If I Get Lost

Stay where safe people can see you and ask an appropriate helper.

You cannot see your grown-up in a store.

My safe choice: _____

_____

You are separated from your class at a museum.

My safe choice: _____

_____

You are lost at a park and see another family.

My safe choice: _____

_____

A stranger offers to drive you home.

My safe choice: _____

_____

When Should I Call 911?

Call 911 for a serious emergency when someone needs police, fire, or medical help.

A house is on fire

☐ CALL ☐ DO NOT CALL

I cannot find my blue crayon

☐ CALL ☐ DO NOT CALL

Someone is badly hurt and no adult can help

☐ CALL ☐ DO NOT CALL

I want pizza for dinner

☐ CALL ☐ DO NOT CALL

A person is not waking up

☐ CALL ☐ DO NOT CALL

My Emergency Information Card

Complete with a grown-up, then practice saying the information.

My full name:

My address:

Grown-up name:

Phone number:

Allergies or important health information:

Safe meeting place:

In a real emergency, tell the dispatcher what happened and where you are.

Fire Safety Steps

Number the steps for leaving safely.

#	**Go to the family meeting place.**
#	**Get low under smoke and move to the exit.**
#	**Hear the alarm and leave right away.**
#	**Stay outside - never go back for toys or pets.**
#	**Call 911 from a safe place with an adult.**

Write 1, 2, 3... to put the steps in order.

My Home Fire-Escape Plan

Draw two ways out of each room and mark the outside meeting place.

Draw your home plan with a grown-up.

- [ ] 2 ways out
- [ ] meeting place
- [ ] smoke alarms
- [ ] doors/windows

Stop, Drop, and Roll

If clothing catches fire: stop moving, drop down, cover your face, and roll.

1

STOP

Freeze in place.

2

DROP

Get down on the ground.

3

ROLL

Roll over and over.

4

COOL

Cool burns with running water and get adult help.

Practice with a grown-up.

Home Hazard Hunt

Mark SAFE or FIX WITH AN ADULT.



READ EACH CHOICE	SAFE	FIX
Toys put away from stairs	☐	☐
A frayed electrical cord	☐	☐
Cleaning liquid in a locked cabinet	☐	☐
A wet floor with no warning	☐	☐
Matches stored out of reach	☐	☐
A blocked doorway	☐	☐

Put one check mark on each row.

Medicine Safety

Medicine is only given by the correct grown-up, in the correct amount.

I find a pill on the floor.

- ☐ TAKE IT
- ☐ TELL ADULT

A friend offers me medicine.

- ☐ SAY NO
- ☐ TAKE IT

Medicine looks like candy.

- ☐ STILL MEDICINE
- ☐ CANDY

I feel sick after taking medicine.

- ☐ HIDE IT
- ☐ TELL ADULT

Kitchen Safety

Mark SAFE or ASK AN ADULT.

READ EACH CHOICE	SAFE	ASK ADULT
Using a butter knife with permission	☐	☐
Touching a hot pan	☐	☐
Wiping a small spill with help	☐	☐
Climbing onto the stove	☐	☐
Washing fruit before eating	☐	☐
Plugging in an appliance alone	☐	☐

Put one check mark on each row.

Water Safety

A grown-up should actively watch children near water.

You want to swim but your grown-up is on the phone far away.

My safe choice: .....

.....

A toy falls into deep water.

My safe choice: .....

.....

You see someone struggling in water.

My safe choice: .....

.....

You are getting on a boat and see life jackets.

My safe choice: .....

.....

Bike and Scooter Safety

Protect your head, follow grown-up rules, and watch for traffic.

Before riding, I wear a:

☐ HELMET ☐ HAT

I stop before a driveway or street.

☐ YES ☐ NO

I ride where my grown-up says it is safe.

☐ YES ☐ NO

Loose shoelaces should be tied.

☐ YES ☐ NO

Street-Crossing Steps

Put the safe crossing steps in order.



#	**Cross while looking and listening.**
#	**Stop at the edge or curb.**
#	**Walk with a grown-up or follow the school crossing plan.**
#	**Look left, right, and left again.**

Write 1, 2, 3... to put the steps in order.

Car and Bus Safety

Mark SAFE or UNSAFE.

READ EACH CHOICE	SAFE	UNSAFE
Buckle the seat belt	☐	☐
Keep hands inside the vehicle	☐	☐
Walk behind a reversing car	☐	☐
Wait for the bus in a safe place	☐	☐
Distract the driver	☐	☐
Use the correct child safety seat	☐	☐

Put one check mark on each row.

Internet Safety

Stop and tell a grown-up when something online feels confusing or unsafe.

A game asks for your full name and address.

My safe choice: _____

_____

A message says to keep the chat secret.

My safe choice: _____

_____

A pop-up says you won a prize and asks you to click.

My safe choice: _____

_____

Someone online asks to meet in person.

My safe choice: _____

_____

Private or Okay to Share?

Family rules decide what may be shared online.



READ EACH CHOICE	ASK FIRST	KEEP PRIVATE
Favorite color	☐	☐
Home address	☐	☐
Grown-up phone number	☐	☐
Drawing you made	☐	☐
Password	☐	☐
School location	☐	☐

Put one check mark on each row.

Weather-Ready Choices

Match each situation with SAFE or NEEDS A PLAN.

READ EACH CHOICE	SAFE	NEEDS PLAN
Go inside when thunder is heard	☐	☐
Stand under a tree in lightning	☐	☐
Wear layers in cold weather	☐	☐
Play in floodwater	☐	☐
Drink water on hot days	☐	☐
Ignore a severe-weather alert	☐	☐

Put one check mark on each row.

Our Family Storm Plan

Draw your safe place and the supplies your family keeps ready.

Include people, pets, light, water, and comfort items.

- ☐ safe place
- ☐ flashlight
- ☐ water
- ☐ grown-up plan

Pet Safety

Ask before touching animals and give them space.

A dog is eating from its bowl.

My safe choice: .....

.....

A pet is sleeping under a chair.

My safe choice: .....

.....

An unknown dog is with its owner.

My safe choice: .....

.....

An animal is growling or hiding.

My safe choice: .....

.....

Playground Safety

Mark SAFE or UNSAFE.

READ EACH CHOICE	SAFE	UNSAFE
Wait your turn on the slide	☐	☐
Push someone near the steps	☐	☐
Use equipment the intended way	☐	☐
Tell an adult about broken equipment	☐	☐
Wear a bike helmet on the climbing wall	☐	☐
Keep shoelaces tied	☐	☐

Put one check mark on each row.

Healthy Hygiene Habits

Mark DO IT or NEEDS A CHANGE.



READ EACH CHOICE	DO IT	CHANGE
Wash hands after using the bathroom	☐	☐
Share a toothbrush	☐	☐
Cover a cough with elbow or tissue	☐	☐
Wear dirty socks for many days	☐	☐
Bathe regularly with family guidance	☐	☐
Put used tissues in the trash	☐	☐

Put one check mark on each row.

Handwashing Heroes

Number the handwashing steps.

#	**Dry with a clean towel or air dry.**
#	**Wet hands with clean running water.**
#	**Scrub all parts for about 20 seconds.**
#	**Rinse under clean running water.**
#	**Add soap and make bubbles.**

Write 1, 2, 3... to put the steps in order.

Bright-Smile Routine

Number the tooth-care steps.

#	**Brush gently for about two minutes.**
#	**Put a pea-sized amount of toothpaste on the brush.**
#	**Brush front, back, and chewing surfaces.**
#	**Spit out toothpaste and put the brush away.**
#	**Floss with grown-up help as needed.**

Write 1, 2, 3... to put the steps in order.

Morning Routine Mission

Put the routine in a helpful order.

#	**Eat breakfast.**
#	**Wake up and use the bathroom.**
#	**Pack or check the backpack.**
#	**Get dressed.**
#	**Brush teeth and hair.**
#	**Put on shoes and outerwear.**

Write 1, 2, 3... to put the steps in order.

Bedtime Wind-Down

Put the bedtime choices in a calming order.

#	**Choose a quiet story or calming activity.**
#	**Put away screens based on family rules.**
#	**Use the bathroom and brush teeth.**
#	**Put on pajamas.**
#	**Get into bed and take slow breaths.**

Write 1, 2, 3... to put the steps in order.

My Helping-Hands Chores

Choose chores you can safely practice with a grown-up.

Bedroom:

- ☐ MAKE BED
- ☐ PUT TOYS AWAY

Laundry:

- ☐ MATCH SOCKS
- ☐ FOLD TOWELS

Kitchen:

- ☐ CLEAR PLATE
- ☐ WIPE TABLE

Family care:

- ☐ FEED PET WITH HELP
- ☐ WATER PLANT

Food Choices for Energy

Sort foods into EVERYDAY FUEL or SOMETIMES FOOD.



READ EACH CHOICE	EVERYDAY	SOMETIMES
Fruit and yogurt	☐	☐
Candy for every meal	☐	☐
Vegetables and dip	☐	☐
Water	☐	☐
Chips all day	☐	☐
Eggs or beans	☐	☐

Put one check mark on each row.

Money Basics: Spend, Save, Share

Money choices help us plan for needs, wants, goals, and kindness.

SPEND

Something I need or choose today.

SAVE

A goal I want later.

SHARE

A way I can help someone.

Draw one coin in each jar.

Pause, Name It, Choose

Strong feelings are real. Safe choices help us solve problems.



1. PAUSE

Stop and take one slow breath.

2. NAME IT

Say: I feel _____ because _____.

3. CHOOSE

Ask for help, take space, talk, draw, or try again.

Draw a safe calming choice you can use.

Kind Words and Conflict

Use a calm voice, clear words, and adult help when needed.

Someone grabs the toy you are using.

My safe choice: _____

_____

A friend says something that hurts your feelings.

My safe choice: _____

_____

Two children want the same seat.

My safe choice: _____

_____

Someone keeps bothering you after you say stop.

My safe choice: _____

_____

Safety Superpower Review

Choose the safest answer.

I smell smoke.

- ☐ HIDE
- ☐ LEAVE

I feel unsafe online.

- ☐ KEEP SECRET
- ☐ TELL ADULT

I am lost in a store.

- ☐ RUN OUTSIDE
- ☐ ASK STORE WORKER

Thunder starts at the pool.

- ☐ KEEP SWIMMING
- ☐ GO INSIDE

I find medicine.

- ☐ TELL ADULT
- ☐ TASTE IT

My Ready, Safe & Strong Pledge

Read each promise with a grown-up. Add your name and handprint.

- [ ] I will listen to my body and use my voice.
- [ ] I will tell a trusted adult when I need help.
- [ ] I will practice my family safety plans.
- [ ] I will make careful choices at home, outside, and online.
- [ ] I will be kind to myself and others.
- [ ] I will keep learning what helps me stay safe and strong.

My name: .....

Date: .....

My handprint

READY, SAFE & STRONG

Certificate of Achievement

This proudly celebrates

for completing

ALANNAH DIOR'S

LIFE SKILLS & SAFETY ADVENTURES

I can think, choose, ask for help, and keep learning!

Date

Grown-Up Signature