



Do You Make the Grade?



Mini Fact:

Bike helmets reduce the risk of injury by about 70%.

Weather safety



- ☐ If I am inside during a storm, I stay there, away from windows and doors.
- ☐ If I am outside, I go in if I can.
- ☐ If I'm swimming, I leave the water when I first hear thunder or see lightning.
- ☐ If I'm outside without shelter, I drop to my knees and curl up. I don't stretch out. I move away from metal objects, such as bikes, fences, railroad tracks and farm equipment.

Travel safety



- ☐ I always buckle my seat belt.
- ☐ I never bother the driver.
- ☐ I watch for traffic before I get out of the car.

Our Safety Report Card

Does your family get an S (satisfactory) or a U (unsatisfactory) in each of these areas?

Sun safety
Hiking safety
Tick safety
Bike safety
Weather safety
Travel safety

How did your family do? What areas do you need to work on together to be safer this summer?

Sun safety



- ☐ I wear a hat.
- ☐ I drink lots of water.
- ☐ I don't exercise in the hot sun. I stay in the shade.
- ☐ I never look directly at the sun, even with sunglasses on.
- ☐ I wear sunscreen to keep from getting sunburned. The higher the SPF number, the more sun is blocked. (SPF stands for sun protection factor.)

Hiking safety



- ☐ I stay in sight of adults.
- ☐ I walk only on trails and watch my step. Roots, rocks and logs can trip hikers.

Tick safety



- ☐ I check myself and my pets often for ticks.

Some ticks that attach themselves to humans can cause sicknesses, such as Rocky Mountain spotted fever or Lyme disease.

If you find a tick, remove it gently and carefully with tweezers. Do not leave the tick's mouth in your skin. Wash the bite with soap and water, and be sure to tell your parents.

Bike safety



- ☐ I always wear a helmet.
- ☐ I never wear earbuds while riding.
- ☐ I stop at stop signs and for red and yellow lights.
- ☐ I don't ride barefoot.

Try 'n' Find

Words that remind us of summer safety are hidden in this puzzle. Some words are hidden backward or diagonally, and some letters are used twice. See if you can find:



BIKE, GRADE, HAT, HELMET, HIKING, LIGHTNING, METAL, PETS, SAFETY, SEAT BELT, STORM, SUMMER, SUNSCREEN, TICK, TRAFFIC, TRAILS, TRAVEL, WATER, WEATHER.

X B M R O T S Q V R E K I B T
T L E B T A E S R G N I K I H
J O D O L E V A R T Y E C D I
X D S U N S C R E E N K B R R
Y W S A F E T Y R E H T A E W
I C M C Y M M E T A L B T M X
N L I G H T N I N G V A W M D
W Q U G R A D E I S W N Y U J
N Y S T E P T R A I L S J S G
T E M L E H T R A F F I C C D

Cook's Corner

Healthy Oat Bran Cookies

You'll need:

- 1 3/4 cups oat bran
- 1 cup whole-wheat flour
- 3/4 cup quick-cooking oats
- 1 cup dried cranberries
- 1 cup chopped pecans
- 1 teaspoon baking soda

- 1 1/2 teaspoons cinnamon
- 1/4 teaspoon salt
- 1 cup light brown sugar, packed
- 4 egg whites
- 1/2 cup soft margarine
- 2/3 cup low-fat milk



What to do:

1. In a large bowl, combine oat bran, flour, oats, cranberries, pecans, baking soda and spices.
2. In a smaller bowl, beat brown sugar, egg whites and margarine. Add milk to mix well.
3. Stir wet mixture into oat mixture and blend thoroughly.
4. Coat cookie sheets with cooking spray and measure dough by rounded teaspoons about 1 inch apart.
5. Bake at 350 degrees for 12 to 15 minutes until done. Makes 3 to 4 dozen.

* You'll need an adult's help with this recipe.

1. Being concerned about safety; alert (7-letter adjective)

□ □ □ □ □ □ □

2. Guides for behavior that are accepted habits (5-letter plural noun)

□ □ □ □ □

3. To shield from certain things that could injure (7-letter verb)

□ □ □ □ □ □ □

4. Warmth and light from a star in the daytime (8-letter noun)

□ □ □ □ □ □ □ □

1. Mike was _____ not to fall from his new red skateboard.
2. Marcia and Bill read the _____: No running at the pool.
3. Tina wears sunscreen to _____ herself from sunburn.
4. The _____ was so bright that Jason needed glasses.

ROOTONYM®

by Jan & Carey Orr Cook



Study the definition. When you know the missing word, fill in the letter boxes and the sentence blanks.

Answers: Careful, Rules, Protect, Sunshine.

Mini Jokes



Sandra: What's green and likes to peck at trees?

Stuart: Woody Woodpickle!

Eco Note



Have you ever heard of the UV Index? The UV Index assigns a number to the next day's UV — or **ultraviolet ray** — levels and highlights the level of exposure for people who plan to be outdoors. You should pay attention to the UV levels and plan your activities to protect yourself from getting too much sun by using shade and covering up with sunglasses, a hat, and protective clothing, and using sunscreen. The higher the number on the scale of 1 to 11+, the more careful you need to be.

adapted from epa.gov

For later:

Look through your newspaper for safe summer fun activities.

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