

Show Me **STRONG** **NEIGHBORHOODS**



Hi! I'm Emma. I want to share how I stay safe and strong when I play at home and in my neighborhood.



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Playing is fun! I stay strong and safe by protecting my body when I play.

I wear a helmet when I ride my bike, scooter, or skateboard. Helmets keep my brain safe and strong.



I am learning how to swim to stay strong
in the water.



I follow the rules at the playground and
whenever I jump on a trampoline.



I stay close to friends when I play. I tell a grownup where I am playing.

I never play with guns.
If I see a gun, I would
tell a grown up.



When it is storming outside, I play inside to stay safe.



It's important to help
keep my spaces safe and
strong.

I recycle and pick up
trash at my house
and around my
neighborhood.



Cars, trucks, and buses are big and fast. I cross the street with a grown up and always look both ways to stay safe around moving vehicles.



When I ride in a car, truck, or bus, I follow the rules and always wear my seatbelt to stay safe and strong.



We all live
somewhere. I live
in a house with my
mom, dad, and
brother. Keeping
my home safe
is important.



Smoke alarms and carbon monoxide alarms help keep my house safe. My home's kitchen and bedrooms all have smoke alarms.

I help my parents remember to check the alarms once in the winter and once in the summer.



I also made an emergency plan and tool kit with my family. I know who to call and where to meet if I need to leave my house in an emergency.

We practice the emergency plan a few times every year.



I am a Show Me Strong Kid!

I stay safe when I play by protecting my body. I help keep my neighborhood clean. I help keep my home safe by preparing for emergencies.





Learn more about
being a Show Me Strong Kid at
Showmestrongkids.org