



with Timon and Pumbaa:
SAFETY SMART®
Healthy & Fit!

Safety Smart® is an initiative aimed at improving the awareness and understanding of children ages 4-14 in safety and in managing themselves and their surroundings as safely as possible—by conscious action, not chance. Toward that end, UL produces multimedia public service announcements; arranges for Safety Smart Ambassador visits for children to learn from professional safety experts; hosts field trips to its laboratories, where students see safety engineers at work and participate in their own hands-on safety experiments; regularly advocates on emerging safety issues, especially regarding products that may pose a risk to consumers; and supports the development of its youth safety education programs. Through its efforts, Safety Smart cultivates awareness, provides opportunities for children to learn and practice safe, healthy, and environmentally friendly behaviors, and helps children learn to make more informed choices today and in the future.

Do your part! Be **Safety Smart®!**



Dear Parents:

How long should you wash your hands? Why is it smart to sneeze into your shoulder? What's the "right" amount of sleep? The answers may surprise you.

As a parent, you do your best to give your children as many advantages as possible. Right now, you can do one simple thing to give your children an advantage for life: teach them the importance of staying healthy and fit!

The Safety Smart® Healthy & Fit! DVD shares vital tips, advice, and engaging activities. Spend some time with your children working on the fun take-home sheets. Together, you can help kids learn about why being healthy and fit is Safety Smart®!

Look what you can learn together:

- How to prevent spreading germs by properly washing hands.
- The importance of eating a variety of nutritious foods.
- Why being physically active can boost your energy.
- Helping your body stay strong by getting enough sleep.
- Preventing cavities with proper brushing and flossing.
- And much more!

You may have the opportunity to share safety messages from the **Safety Smart® Healthy & Fit!** DVD with a group of children. For guidance, see the *Safety Smart Ambassador's Guide* located on the DVD. To access it:

1. Insert the DVD into your computer's DVD-ROM drive.
2. Macintosh users, double-click the DVD icon on your desktop.
3. PC users, right-click on the DVD icon and select **Open**.
4. Open the **ROM** folder.
5. Click on the **Index.html** file.
6. Click on the **Safety Ambassador's Guide**.

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Activities are translated into:

Arabic	French	Japanese	Portuguese (Brazil)	Tamil
Bulgarian	German	Kannada	Portuguese (Portugal)	Telugu
Czech	Greek	Korean	Romanian	Turkish
Danish	Hebrew	Mandarin	Russian	Ukrainian
Dutch	Hindi	Marathi	Spanish (Castilian)	Vietnamese
English	Hungarian	Norwegian	Spanish (Latin American)	
Finnish	Italian	Polish	Swedish	

If children are learning another language, you may want to encourage them to complete the activities in this guide in the language they are studying.

TRY THIS AT HOME!

The **Safety Smart® Healthy & Fit!** DVD puts educational family fun right at your fingertips. Use the provided worksheets and the suggested activities to get your whole family thinking about how to stay healthy and fit!

- Get the crayons for the **Coloring Page** and let your little one use color to help reinforce the importance of being healthy and fit. (pg. 4)
- Get the pencils sharpened and ready for the **Timon and Pumbaa's Health and Fitness Tips** worksheet. (pg. 5)

Answers on page 12

- Help children recall the lessons they learned on the DVD by deciding what's going on in each picture with the **Is It Safety Smart®?** worksheet. (pg. 6)

Answers on page 13

- Hang the **Safety Smart® Healthy & Fit Checklist** in the kitchen and encourage children to check-off each activity as they complete it. For weekly reminders, print out a new checklist! (pg. 7)
- Have fun searching out words with the **Health and Fitness Words** worksheet. (pg. 8)

Answers on page 14

- Challenge the children to a race – who can finish the **Maze Craze** worksheet first? (pg. 9)

Answers on page 15

- Are those hands really clean? Have the entire family perform **"A Germy Experiment"** to demonstrate that hands are not always as clean as they look.

Materials Needed:

- Sandwich bread slices (two for each child)
Wheat bread may work better than white bread, because wheat bread has fewer preservatives.
- Zipper sandwich bags (two for each child)
- Spray bottle of water

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Distribute two sandwich bags to each child. Have them write their names on each bag and label one bag “dirty hands” and the other bag “clean hands.”

Have them rub their hands on surfaces, such as the floor, play equipment, and door handles. Ask, “Do your hands look like there are germs on them?” Explain that they are going to do an experiment to see if germs can be present even when hands look clean.

1. Distribute one slice of bread to each child. Have them rub their hands on both sides of it. Spritz it with water and place it in the bag labeled “dirty hands.”
2. Have them wash their hands with soap and water for 20 seconds. Distribute another slice of bread to each of them and have them rub their hands on both sides of it. Spritz it and place it in the bag labeled “clean hands.”
3. Leave the bags in a safe dark place for one week, then have them examine the slices. What do they observe? (The “dirty hands” bread is likely to have more mold growing on it than the “clean hands” bread.)
4. Finally, have them reflect on what they learned from the experiment. For example, you might ask:
 - Can germs be present on hands even when hands look clean? (They should now know the answer is yes. You might remind them what Pumbaa explained in the program—that germs are so small you need a microscope to see them.)
 - Why do you think I sprayed water on the bread slices? (Because just like humans need certain things to survive, germs need certain things to survive. One thing germs need is water. Germs also need warmth, darkness, and food.)

- Have a family **Sing-Along** with Timon and Pumbaa! On the DVD scene selection menu, choose the “Sing-Along” option.

Lyrics can be found on page 10

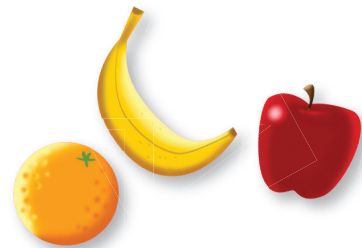
- Spend some “smart” time preparing for your next family car trip – have your children help you choose healthy snacks for the ride. Teach them the **Safety Smart® Healthy Jingle**:

***Going for a ride,
Better grab a snack,
Make sure it's healthy,
And easy to pack!***

- Grab a food item from the refrigerator or pantry and show children the label. Show them how to read the amount of fat, cholesterol, sodium, and sugar in the food. Explain that making healthy food choices helps your body stay strong and fight harmful germs. Ask if they think the food you showed them is a healthy food choice. Why or why not?
- Award your children with their very own **Safety Smart® Certificate!** Encourage them to hang it up so everyone can see that they are now Safety Smart® and Healthy & Fit! (pg. 11)

You can help empower your children to make smart decisions at home, school, and throughout their communities by logging on to the www.ulsafetysmart.com website. Designed from a child's point of view, this e-community site is full of interactive games, the latest in educational safety resources, and global safety news.

Being Safety Smart® Healthy & Fit Was Never So Much Fun!



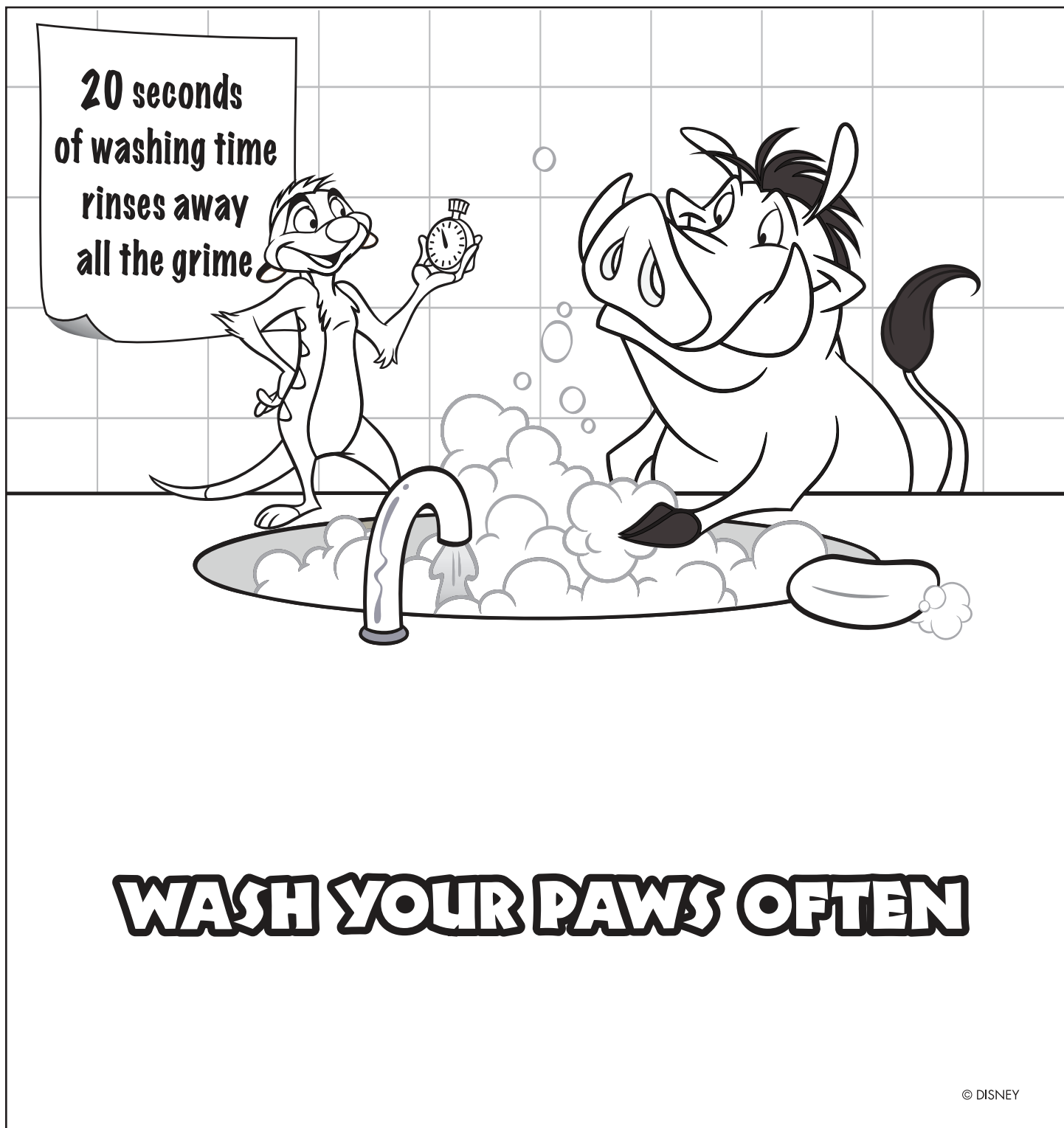
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with Timon and Pumbaa:
SAFETY SMART
Healthy & Fit!

Name: _____

HEALTHY AND FIT COLORING PAGE





with Timon and Pumbaa:
SAFETY SMART
Healthy & Fit!

Name: _____

TIMON AND PUMBAA'S HEALTH AND FITNESS TIPS

Timon and Pumbaa learned a lot about how to be healthy and fit. Fill in the blanks using the words in the box. Use each word only once.

foods

teeth

soap

hour

sleep

cover

1. _____ your mouth and nose when you sneeze.

2. Wash hands with warm water and _____.

3. Eat a variety of _____.

4. Do one _____ of physical activity each day.

5. Get enough _____.

6. Brush and floss your _____.





Name: _____

IS IT SAFETY SMART®?

What is happening in each picture? Decide if it's Safety Smart® or not.



Safety Smart®? ☒ YES ☐ NO



Safety Smart®? ☐ YES ☐ NO



Safety Smart®? ☐ YES ☐ NO



Safety Smart®? ☐ YES ☐ NO



Safety Smart®? ☐ YES ☐ NO



Safety Smart®? ☐ YES ☐ NO



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Healthy & Fit!

Name: _____

TAKE-HOME ACTIVITY

TIMON AND PUMBAA'S SAFETY SMART® CHECKLIST

What have you learned about being Safety Smart® about health and fitness?
Check the rules that you will follow at school, at home, and at play.
Complete this checklist to get your certificate!

Do I make sure that I...?	YES
Cover my mouth and nose when I sneeze?	
Wash my hands after sneezing?	
Wash my hands after using the bathroom?	
Wash my hands before preparing food and eating?	
Wash my hands with warm water and soap?	
Wash my hands for 20 seconds?	
Eat a variety of foods?	
Eat fruits, vegetables, and whole grains?	
Get one hour of physical activity each day?	
Get enough sleep?	
Brush and floss my teeth?	



Name: _____

HEALTH AND FITNESS WORDS

Find and circle all the health and fitness words. Then use each word in a sentence.

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

Health and Fitness Words

germs

teeth

soap

activity

sleep

variety

floss

nutrient

Use each word in a sentence...

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____



with Timon and Pumbaa:
SAFETY SMART
Healthy & Fit!

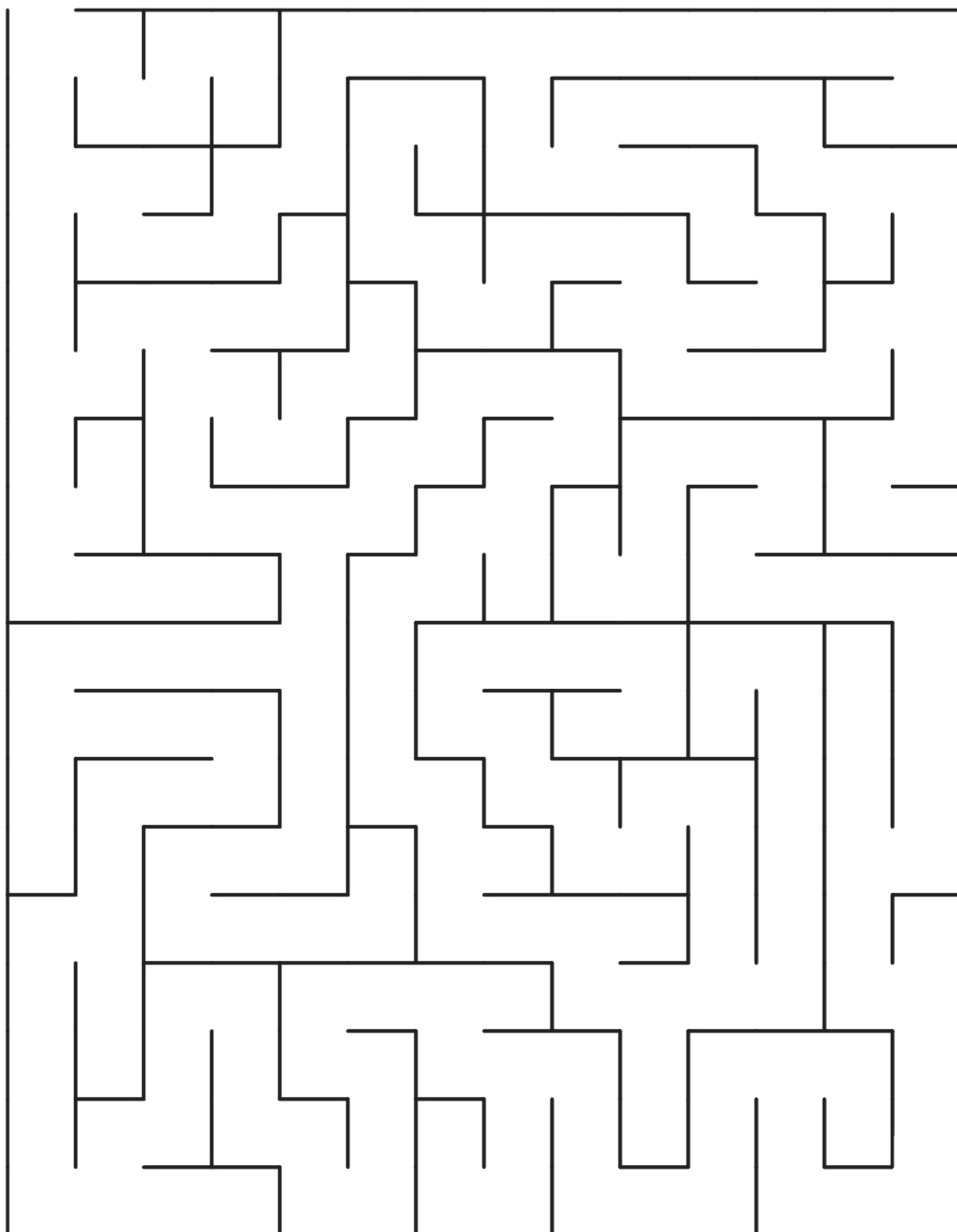
Name: _____

MAZE CRAZE

Help Timon and Pumbaa stay healthy and fit!



START



FINISH!





SING-ALONG WITH TIMON AND PUMBAA

SO MANY WAYS TO BE HEALTHY AND
FIT. IT MAKES LIFE EXTRA SWEET!
SO MANY WAYS TO BE HEALTHY AND FIT!
IT GIVES ME HAPPY FEET!

FEEL SOME SNEEZES START TO BREW?
WHAT'S THE SMARTEST THING TO DO?
COVER YOUR MOUTH AND NOSES TOO,
AND YOU'LL BE HEALTHY AND FIT!

FEEL A LITTLE OUT OF WHACK? GET
YOUR VIM AND VIGOR BACK. TRADE IN
JUNK FOR A HEALTHY SNACK, AND
YOU'LL BE HEALTHY AND FIT!

WANNA KEEP GERMS FROM SPREADING?
TIMON! THAT WOULD BE GREAT!
THEN PUMBAA, DON'T YOU BE
FORGETTING...

YOU GOTTA WASH YOUR HANDS FOR 20
SECONDS STRAIGHT.

HEALTHY AND FIT...HEALTHY AND FIT...
HEALTHY AND FIT AND HEALTHY AND FIT
AND HEALTHY AND HEALTHY AND FIT!

ONE MORE TIME NOW IF YOU PLEASE,
BRUSH YOUR TEETH AND GET YOUR
"Z'S." FLOSS AND NAP OR TRY A
SOMERSAULT SPLIT!

MANY THINGS THAT YOU CAN DO. EAT YOUR
FRUIT AND VEGGIES TOO, AND YOU'LL BE
HEALTHY, I'M TALKING HEALTHY AND FIT!
NOW THAT'S WHAT I CALL SAFETY SMART!



Disney's
WILD ABOUT SAFETY®

TIMON AND PUMBAA



SAFETY SMART®

CERTIFICATE OF COMPLETION

Awarded To:

Safety Smart® Healthy & Fit!

DATE: _____



TIMON AND PUMBAA'S HEALTH AND FITNESS TIPS ANSWER KEY

foods	teeth	soap
hour	sleep	cover

1. Cover your mouth and nose when you sneeze.
2. Wash hands with warm water and soap.
3. Eat a variety of foods.
4. Do one hour of physical activity each day.
5. Get enough sleep.
6. Brush and floss your teeth.



IS IT SAFETY SMART®? ANSWER KEY



Safety Smart®? ☒ YES ☐ NO

She is washing her hands.



Safety Smart®? ☐ YES ☒ NO

He is not covering his mouth or his nose.



Safety Smart®? ☒ YES ☐ NO

Fruits and vegetables are healthy.



Safety Smart®? ☒ YES ☐ NO

He is exercising.



Safety Smart®? ☒ YES ☐ NO

She is sleeping.



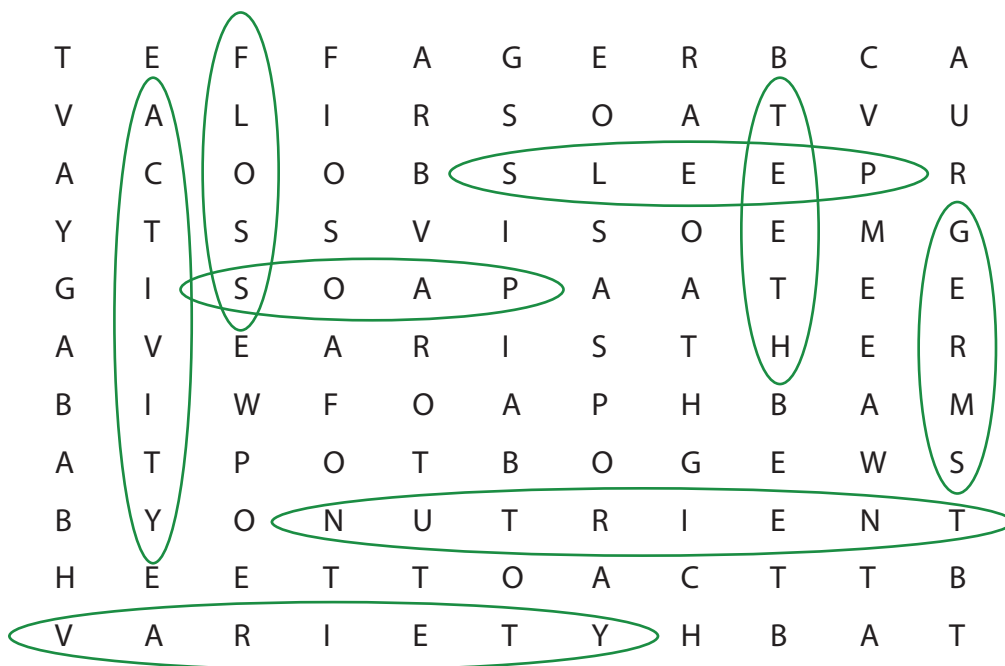
Safety Smart®? ☒ YES ☐ NO

He is brushing his teeth.



HEALTH AND FITNESS WORD SEARCH

ANSWER KEY



germs

soap

sleep

floss

teeth

activity

variety

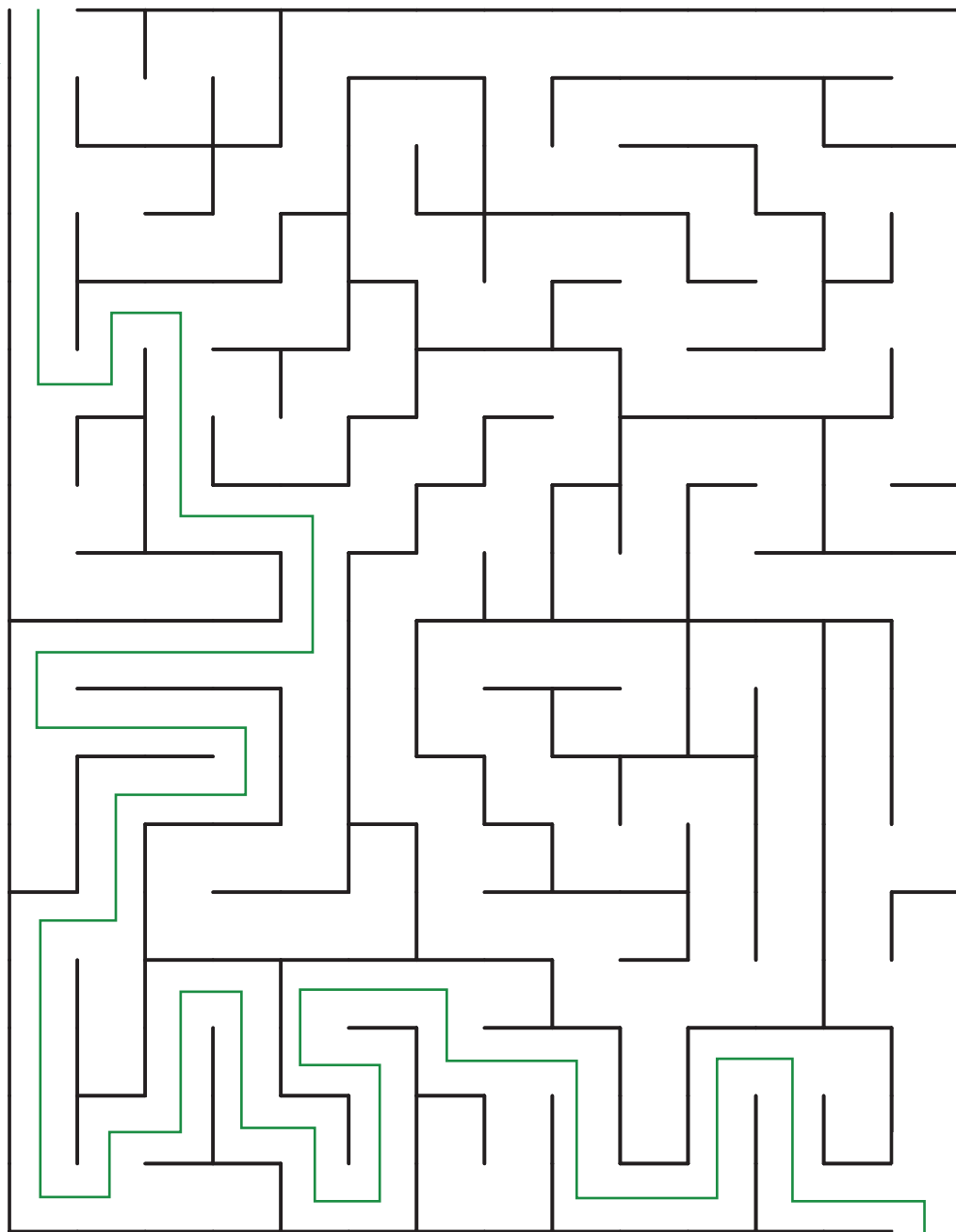
nutrient



MAZE CRAZE ANSWER KEY



START



FINISH!

