



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®**!



In an effort to help keep children safe and healthy around the world, Underwriters Laboratories and The Walt Disney Company have joined hands to create Safety Smart, a global program designed to encourage and empower children to practice safe, healthy, and environmentally responsible behavior.

As community, industry, and government leaders, parents and grandparents, individuals and good corporate citizens, we are all safety smart ambassadors responsible for helping our children make the right choices and decisions. Thank you for joining us in working for a safer world by sharing *Safety Smart® Healthy & Fit!* with children everywhere.

Safety Smart Ambassador

Learning about public health, safety, and environmental stewardship is easier and more fun than ever! As a Safety Smart Ambassador, you will be sharing reassuring, clear, and confidence-building messages to help children live a better life. Safety Smart engages and excites children in fun, creative, and interactive ways, and can be presented in the classroom, at camp, scouting or youth group meetings, and even at community events – basically anywhere children are gathered. Safety Smart Ambassadors help empower children to be safety advocates...safety scientists...safety smart.

Approach

The Safety Smart guiding principle is that unintentional injuries are avoidable and preventable through Safety Smart choices. Safety Smart focuses on the causes of injury and safeguarding against the injury. For example, the Safety Smart choice of not playing with matches will avoid the start of a fire; using hand rails will avoid a fall; washing your hands will avoid the spreading of germs; and wearing a life jacket will avoid drowning. By teaching these concepts, we begin to build a consciousness and a knowledge, which children draw upon to make better life-sustaining choices.

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PROGRAM OUTLINE

Children ages 4 through 8 join Timon and Pumbaa as the two characters learn about the importance of washing hands, eating a variety of nutritious foods, brushing and flossing their teeth, being physically active, and getting enough sleep.

***ONLY HAVE A LIMITED AMOUNT OF TIME WITH THE CHILDREN? OR HOPING TO INTEGRATE THE HEALTH AND FITNESS MESSAGES INTO OTHER SUBJECT AREAS? TURN TO PAGE 6 OF THIS GUIDE FOR A SUGGESTED QUICK-START GUIDE.**

Duration	Activity	Details/Suggestions
2 minutes	Who am I?	Introduce yourself to the children and explain how you happen to be there (e.g., your child's class, scouting group, etc). Let the children know how to address you (e.g., Miss Jill, Mr. Smith, etc).
2 minutes	Why am I here?	To help the children learn about being healthy and fit. Ask the children if they know Timon and Pumbaa from <i>The Lion King</i> , and would they like to learn about their germ-free philosophy and Safety Smart healthy habits?
8 minutes	What are we going to learn?	<p>Ask the children what they know about being healthy and fit. Here are some questions to get you started.</p> <p>1. What are germs? Answer: Germs are tiny organisms, so small you need a microscope to see them. The best way to protect yourself and keep germs from spreading to others is to wash your hands.</p> <p>2. What are some foods that are good for your body? Answer: Fruit, vegetables, and whole grains. These are all foods that have lots of important vitamins and nutrients. Healthy foods often have lots of natural color—like green vegetables and brightly colored fruits.</p> <p>3. What kinds of physical activities do you like to do? Answer: To stay fit, we really should do at least one hour of physical activity every day, like swimming, biking, dancing, playing soccer, or climbing monkey bars—just keep moving.</p> <p>4. How do you think sleep helps your body? Answer: Getting enough sleep helps you grow and helps your body stay strong and fight germs. Some scientists even believe that sleep gives your brain time to learn and remember what happened during the day—and that makes you smarter.</p> <p>5. Why is it important to brush and floss your teeth? Answer: Brushing and flossing will keep your teeth healthy. You should do both after every meal and especially after you eat sugary foods.</p>
12 minutes	Safety Smart®: Healthy & Fit	Gather children together to watch Timon and Pumbaa share valuable, kid-friendly lessons about staying healthy and fit.

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PROGRAM OUTLINE

(CONTINUED)

Duration	Activity	Details/Suggestions
12 minutes	What did you learn?	<p>Encourage discussion and participation by engaging the children about what they just learned. Here are some questions and activities to get started:</p> <ol style="list-style-type: none"> 1. What did you learn? 2. What did you find most interesting? 3. What healthy habit can you start practicing right away? Answer: Wash your hands with warm water for 20 seconds; cover your mouth with a tissue or your arm when sneezing; eat a healthy diet full of colorful fruits and vegetables; brush and floss your teeth after every meal; get at least one hour a day of exercise; and get enough sleep. 4. Why is it important to wash your hands? Answer: Germs can stick to hands and spread to things you touch. To stop germs from spreading, you should wash your hands after getting home, using the bathroom, playing with animals, being around someone sick, and before eating or touching food. 5. To get rid of germs, how long should you wash your hands with soap and warm water? Answer: Wash your hands with soap and warm water for 20 seconds—front, back, between fingers, around wrists, and under nails. To help the children remember this habit, have them sing Timon and Pumbaa's "Germ Free" song: <p style="text-align: center;"><i>Germ free, clean as can be!</i> <i>Twenty seconds in the water that's how you'll be!</i> <i>Germ free, definitely!</i> <i>Twenty seconds in the water that's how you'll be!</i> <i>Germ free, philosophy!</i> <i>Twenty seconds in the water that's how you'll be!</i></p> 6. What should you do after you eat sugary foods? Answer: To keep teeth healthy, brush as soon as possible after eating sugary foods. Flossing and brushing teeth after every meal helps remove germs and prevent cavities. 7. Why should you cover your mouth when you cough or sneeze? Answer: The air gets filled with your germs if you don't cover your mouth and nose when you cough or sneeze. If you cough or sneeze into your hands, germs stick to your hands and spread to things you touch. That's why you should cough and sneeze into your shoulder, elbow, or a tissue, rather than your hands. 8. Get 'em Moving! Demonstrate that physical activity is fun! <ul style="list-style-type: none"> • Run in place or do jumping jacks for 10 seconds • Pretend to swim in place for 10 seconds

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PROGRAM OUTLINE (CONTINUED)

Duration	Activity	Details/Suggestions
12 minutes	What did you learn? (continued)	<ul style="list-style-type: none"> • Climb an imaginary ladder • Become your favorite bird and soar around the room. <p>9. Healthy Food Choices</p> <p>Bring a food label to share with the group. Tell them the amount of fat, cholesterol, sodium, and sugar in the food. Explain that healthy food choices can help prevent or reduce the risk of disease. Ask if they think the food label you brought represents a healthy food choice. Why or why not? For further reference refer to MyPyramid at http://www.choosemyplate.gov</p> <p>10. Germ Detectives</p> <p>Using a glo germ kit (available through customary educational resources), simulate the spread of germs to help the children learn that germs cannot be seen by the human eye, and that washing their hands with warm water for 20 seconds is the best way to avoid spreading germs.</p> <p>The demonstration involves rubbing simulated germs on hands, touching multiple surfaces, and then revealing the germs with an ultra-violet light; children then wash their hands and re-examine them under the ultra-violet light to determine if they removed all of the germs.</p>
10 minutes	Safety Smart® Activities	<p>Activities can be completed as a group, individually, or as a game. To get started, here are a few ideas:</p> <ul style="list-style-type: none"> • Hand Washing Data Sheet (<i>page 7</i>) • An Hour A Day (<i>page 8</i>) • Timon and Pumbaa's Health and Fitness Tips (<i>page 9</i>) (<i>Answers: page 19</i>) • Is It Safety Smart®? (<i>page 10</i>) (<i>Answers: page 20</i>) • Health and Fitness Words (<i>page 11</i>) (<i>Answers: page 21</i>) • Healthy and Fit Coloring Page (<i>page 12</i>) • Maze Craze (<i>page 13</i>) (<i>Answers: page 22</i>) <p>Take-Home Activities</p> <ul style="list-style-type: none"> • Timon and Pumbaa's Safety Smart® Checklist (<i>page 14</i>) • Safety Smart® About Health and Fitness (<i>page 15</i>) • Describe a Picture (<i>page 16</i>)

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PROGRAM OUTLINE (CONTINUED)

Duration	Activity	Details/Suggestions
10 minutes	Sing-Along with Timon and Pumbaa	<p>Help the children remember the messages by leading them in a sing-along. <i>(page 17)</i></p> <p>On the DVD scene selection menu, choose the Sing-Along option. Encourage the children to sing along with the characters. If the children are studying another language, you may want to consider replaying the Sing-Along in the language they are studying by re-accessing the 12-minute animation.</p>
2 minutes	Certificate	<p>Award the UL Safety Smart® Certificate! <i>(page 18)</i></p> <ul style="list-style-type: none"> • Option 1: award to each child • Option 2: award to the group/class
2 minutes	Thank you and goodbyes	<p>Encourage the children to “get wild about safety” and start sharing the Safety Smart® behaviors they have learned. Remind them that their safe behavior will be a good example for others to practice being Safety Smart®.</p> <p>For more safety fun, share the www.ulsafetysmart.com website address with the children, but remind them that they need their parents’ permission to use the Internet.</p>

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	



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SUGGESTED QUICK-START GUIDE

The activities in this Ambassador's Guide are designed to reinforce and extend the health and fitness learning found in the program. Depending on how much time you have, you may wish to select some or all of the activities:

If you have one class period...

- Watch the 12-minute **Safety Smart®: Healthy & Fit! DVD**, ask the children the first five questions from the “**What did you learn?**” activity on pages 3 and 4, and have all of the children participate in a group **Sing-Along**.
- Award the **Safety Smart® Certificate** on page 18 to the class/group and send each child home with a copy of **Timon and Pumbaa's Safety Smart® Checklist** on page 14.

If you have two class periods...

- Add the **An Hour A Day** worksheet and/or the **Hand Washing Data Sheet** worksheet on pages 7 and 8.
- Complete **Timon & Pumbaa's Health and Fitness Tips** on page 9 and the **Is It Safety Smart®?** worksheet on page 10 as a group.



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HAND WASHING DATA SHEET

[illegible]



Name: _____

AN HOUR A DAY

To be healthy and fit, you should do an hour of physical activity each day. In the box below, draw a picture to show how you'll be physically active for an hour today. Write or dictate a sentence that describes your picture.

About my picture: _____

Teacher Note:

Introduce this activity by talking about the concept of one hour. Display an analog clock with the time set on the hour. Ask students:

- What time is shown?

Show the passing of an hour and ask:

- What time is shown now?

Ask:

- How many minutes are in a half hour? (30) One hour? (60)
- How many half hours make one hour? (2)

- How might you show this relationship using numbers or pictures? (Students might write: $30 + 30 = 60$. Or they might draw two halves of a clock on one side of an equal sign and a whole clock on the other side. Many answers are possible.)

Set an analog clock to various times (on the hour and half hour only) and ask:

- What time is shown?
- What time will it be in one hour?
- What time was it an hour ago?

Repeat using a digital clock.



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®?

Can you spot ways to stay healthy? What is happening in each picture? Circle "Yes" if the picture is Safety Smart®, and circle "No" if the picture is not Safety Smart®. Then use the lines to write a sentence about what is happening in each picture.



Safety Smart®? ☒ YES ☐ NO



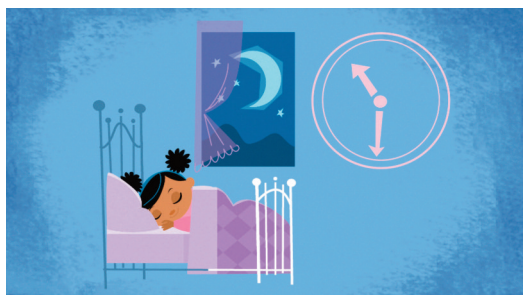
Safety Smart®? ☐ YES ☐ NO



Safety Smart®? ☐ YES ☐ NO



Safety Smart®? ☐ YES ☐ NO



Safety Smart®? ☐ YES ☐ NO



Safety Smart®? ☐ YES ☐ NO



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. _____

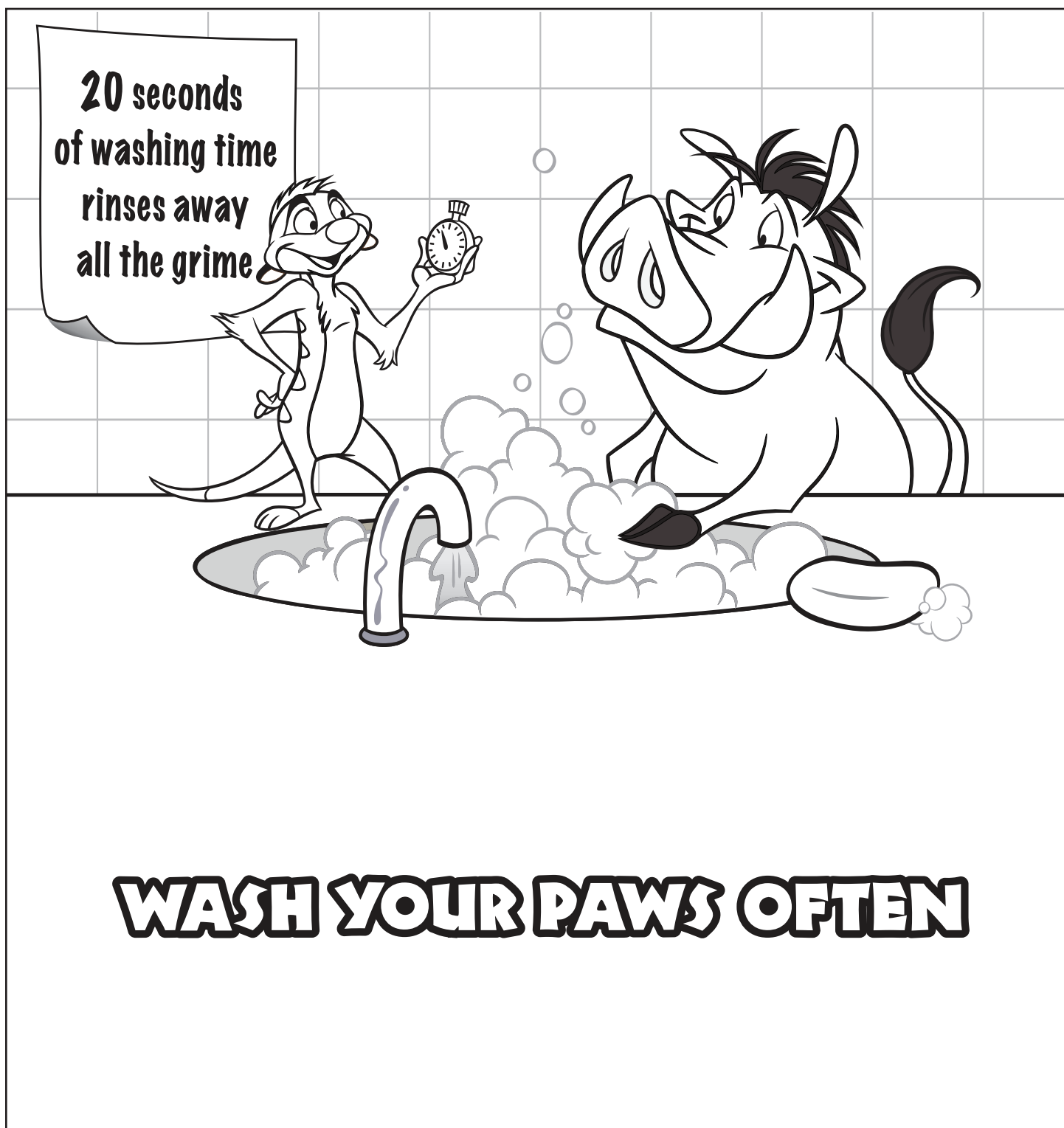
8. _____



with Timon and Pumbaa:
SAFETY SMART
Healthy & Fit!

Name: _____

HEALTHY AND FIT COLORING PAGE



WASH YOUR PAWS OFTEN



with Timon and Pumbaa:
SAFETY SMART
Healthy & Fit!

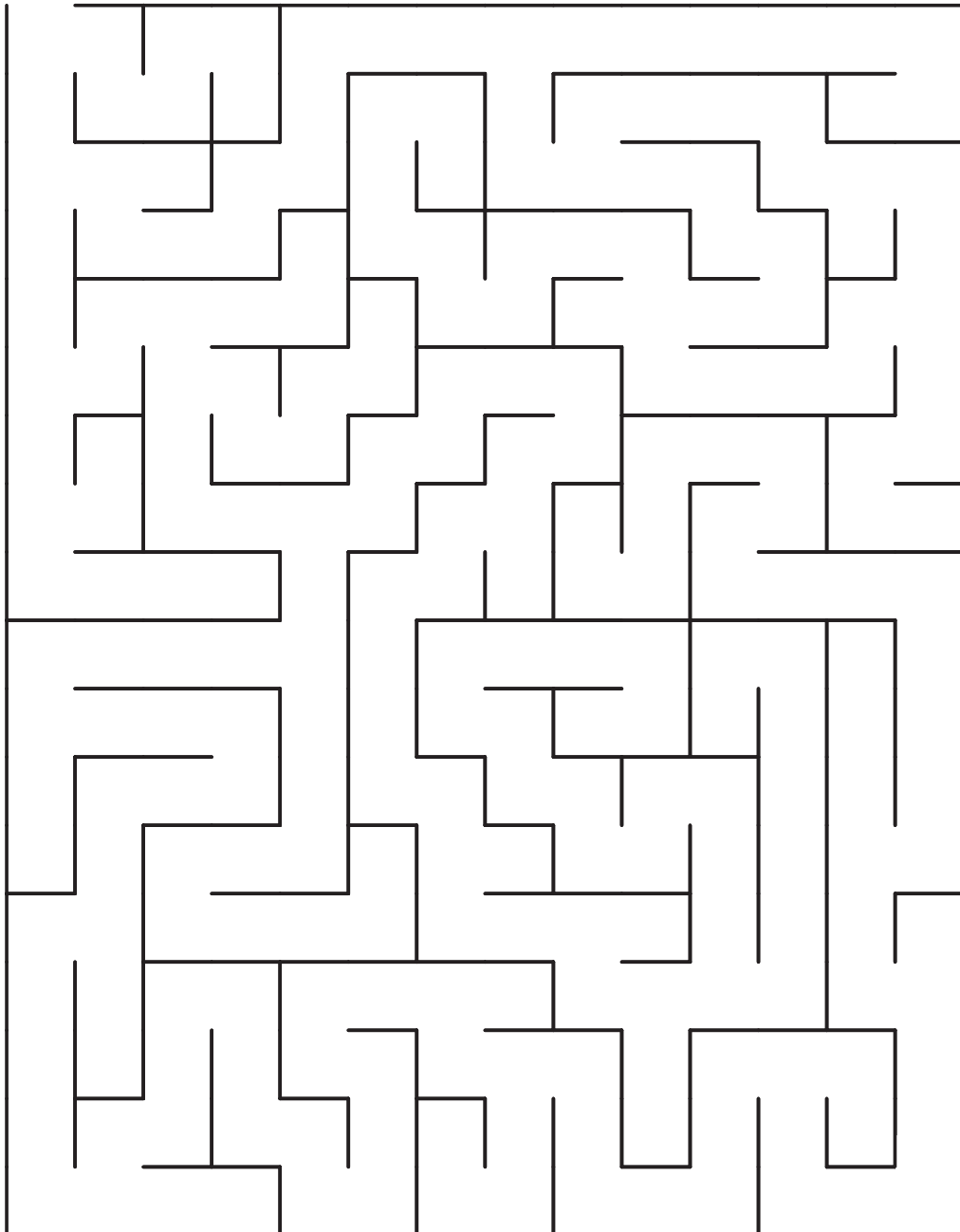
Name: _____

MAZE CRAZE

Help Timon and Pumbaa stay healthy and fit!



START



FINISH!





with Timon and Pumbaa:
SAFETY SMART®
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: _____

TAKE-HOME ACTIVITY:

SAFETY SMART® ABOUT HEALTH AND FITNESS

Dear Family: Your child is learning that what we say can be written down. Read the directions on this page to your child and do the activity together.

Directions

1. Describe something you learned about being healthy and fit.
2. Read your words together.
3. In the box, draw a picture to show what you learned.

What I Learned: _____



Name: _____

TAKE-HOME ACTIVITY: DESCRIBE A PICTURE

Directions

1. Ask your child to tell you about this picture.
2. Together, write your child's description on the lines under the picture.
3. Read your child's words together.





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.



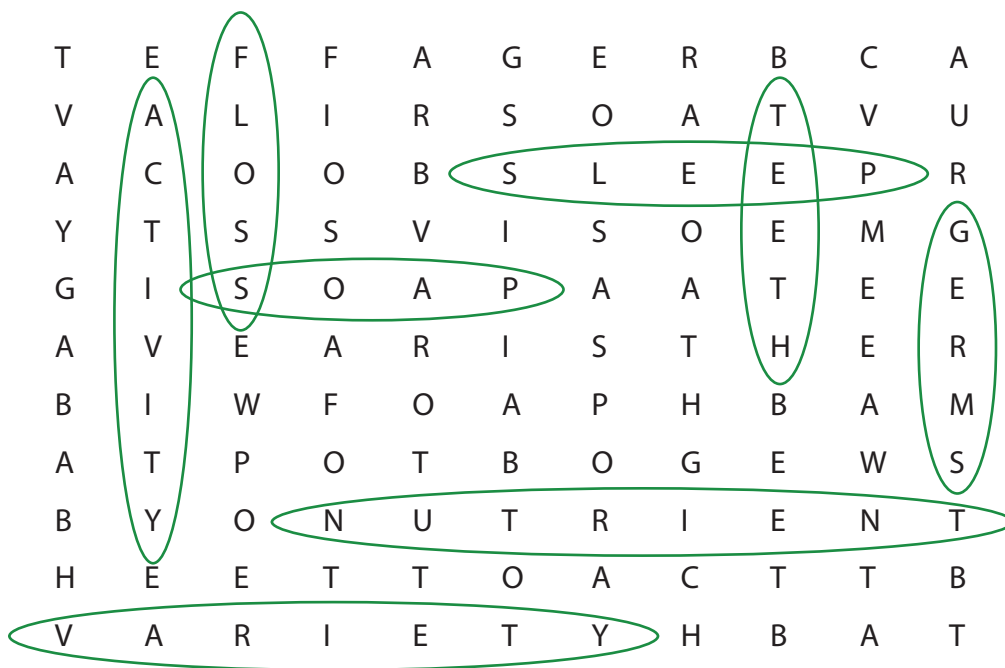
Safety Smart®? YES NO

He is brushing his teeth.



HEALTH AND FITNESS WORD SEARCH

ANSWER KEY



germs

soap

sleep

floss

teeth

activity

variety

nutrient



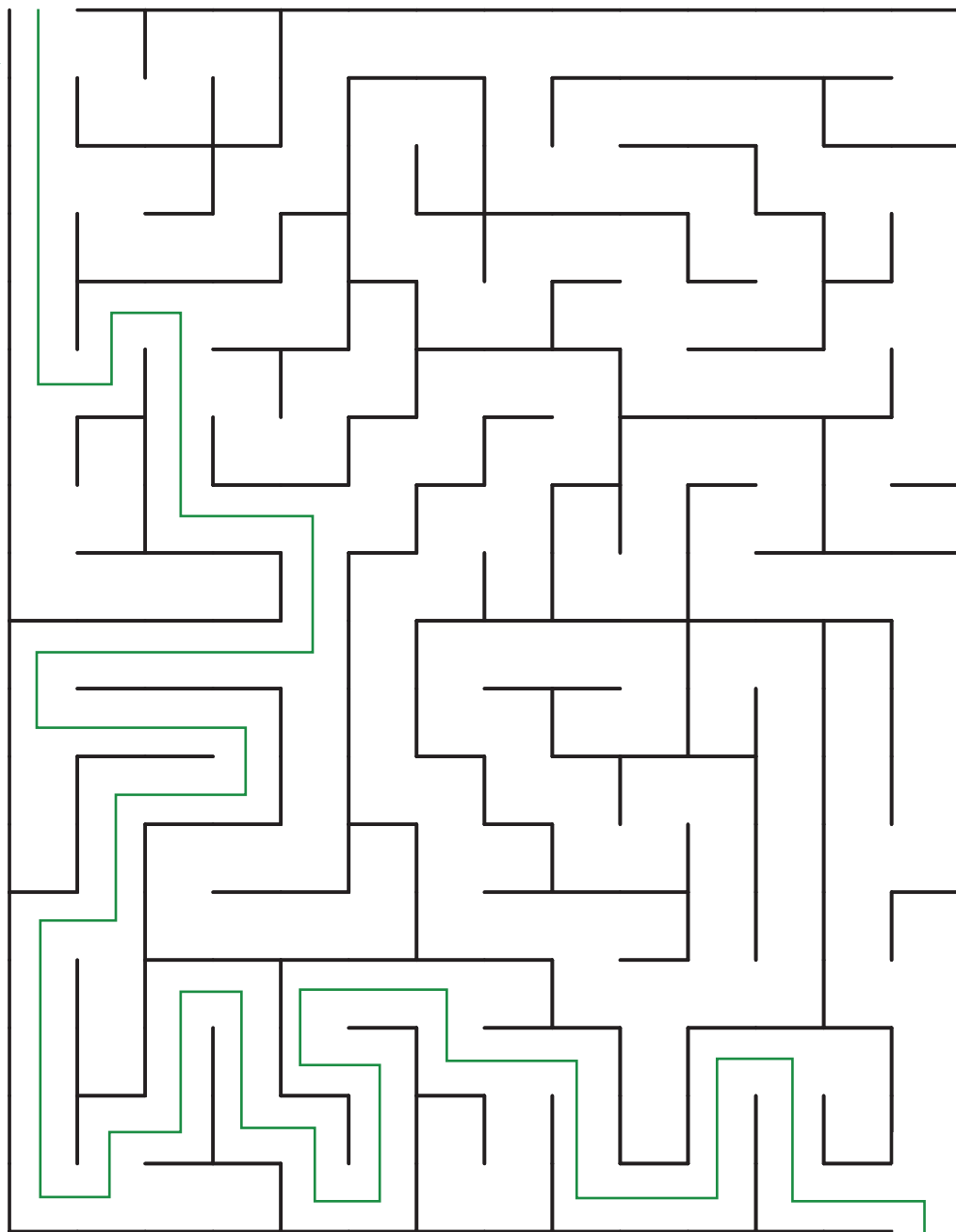
with Timon and Pumbaa:
SAFETY SMART
Healthy & Fit!

Name: _____

MAZE CRAZE ANSWER KEY



START



FINISH!

