



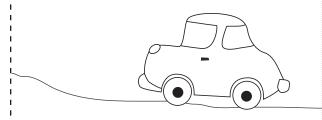
Personal Health Series Car and Bus Safety

Travel Brochure





NAME







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Safety Tips

- 1. Always stay in your car seat or booster seat.
- 2. Always wear a safety belt.
- 3. Keep your body parts inside the car at all times.
- 4. Play and talk quietly so you don't district the driver.
- 5. Never eat foods like lollipops or other foods on a stick that could hurt you if the car stops suddenly.
- 6. Always sit in the back.

Games and Activities

- 1. The Alphabet Game
- 2. Guess the Animal
- 3. The License Plate Game
- 4. Bingo
- 5. I Spy
- 6. Color
- 7. Listen to music
- 8. Sing songs
- 9. Read a book
- 10. Take a nap

Healthy Snacks

- 1. Fruits (apples oranges, grapes, bananas)
- 2. Pretzels
- 3. Whole-grain cereal
- 4. Animal crackers
- 5. Pre-cut veggies (carrots, celery, cucumbers, bell peppers)
- 6. Fig bars
- 7. Water
- 8. String cheese