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 distract 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