

4'9"

UNDER 4'9"



Ollie AT HOME

DAILY SAFETY ACTIVITIES



OLLIEOTTER.ORG

Ollie **AT** HOME



WORK ZONE SAFETY - Orange means CAUTION, and caution means to *please slow down*. Ollie's friends, the Tennessee Road Builders, work alongside the roadways, so Ollie is giving you activities to do at home so you can practice slowing down to keep our Tennessee Road Builders safe!

ROAD BUILDERS DAY!

ASK YOUR PARENTS TO HELP WITH THE ACTIVITIES BELOW.

★ ART - DRAW A SAFETY CONE OR BARREL

- Draw and color in a safety barrel or cone, and be sure to use orange for CAUTION.
- Discuss what else you see when you see a safety barrel or cone on the road. How do those machines help the road builders? Why is it important to slow down when we see safety barrels and cones?

★ GAME - PLAY RED LIGHT GREEN LIGHT



- Take turns yelling "red light" to stop, "green light" to go, or "yellow light" to slow down in an open space without any potential obstacles, either racing against someone in your home to a finish line or completing an activity at each speed as you hear it.
- Talk about what would happen if no one followed the rules on the roadway. Why do we need a yellow light on stoplight?

★ JUST FOR FUN - DRESS UP AS A ROAD BUILDER

- Dress up like one of Ollie's road builder friends using objects from around your home to create a safety vest, helmet, and other things you have seen a road builder wearing while working along our roadways.
- Find something in your house with a reflective surface on it, and talk about how it helps cars see whoever is holding it or wearing it at night. Why is it important for road builders to wear reflective material when they're on the side of the road?

SHOW US YOUR WORK! #OLLIEATHOME

For more resources please visit OllieOtter.org/activities



Celebrate! - GIVE EVERYONE IN YOUR HOME A SLOW MOTION HIGH FIVE!
#HIGHFIVESATHOME!



Ollie wants everyone to be able to complete these activities and learn about WORK ZONE SAFETY, so here are a few ideas for how to modify each activity based on your child's age or skill set.

★ ART - DRAW A SAFETY CONE OR BARREL

- Draw or print an image of a safety barrel or cone for your child and give them an orange crayon or marker to color it in.
- Ask your child to draw and color an entire work zone scene with safety barrels, cones, road builders, and machines (for example).
- Have your child construct a safety barrel or cone out of materials in your home using clay, playdough, construction paper, etc.



★ GAME - PLAY RED LIGHT GREEN LIGHT

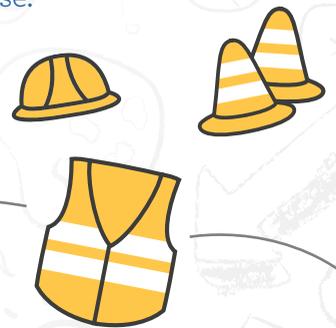


- Choose a song for your child to sing out loud, then call out the colors to make them sing out, sing slower, or stop singing.
- Have your child eat a snack or meal in slow motion.
- Play "Simon Says" with your child to practice paying attention and following the rules.



★ JUST FOR FUN - DRESS UP AS A ROAD BUILDER

- Help your child find and wear the brightest clothing they can find in the house.
- Find an old shirt and have your child cut it into a vest, or decorate a vest they already own.
- If your child has a bike helmet at home, have them wear it as long as they can throughout the day.



Safety First

Making improvements to Tennessee roadways can help reduce the number of traffic fatalities in our state each year. By slowing down in work zones, we can help keep our Tennessee Road Builders stay safe while they make safer roads for us.

~Ollie



Ollie **AT** HOME



DISTRACTED DRIVING - As a way to cut down on distracted driving, our state, Tennessee, is now a HANDS FREE State. That means the driver of a car cannot hold a cell phone in their hand while they are driving to make calls, send text messages, or watch videos. There are many things to distract people while driving. You can help by remind them not to pick up their phone and by being quiet in your seat every time you ride in the car!

HANDS FREE TN!

ASK YOUR PARENTS TO HELP WITH THE ACTIVITIES BELOW.

★ ART - DRAW DISTRACTIONS

- Create a collage of things that could distract someone driving a car by drawing pictures or cutting them out of magazines.
- There are three types of distractions: visual (seeing), manual (touching), and cognitive (thinking). What type of distractions are in your collage? Can you think of one for each type?

★ WRITING - WRITE OLLIE'S NAME WITH YOUR NONDOMINANT HAND

- Try writing OLLIE on a piece of paper with the hand you don't normally use.
- When you complete a task, you probably use one hand more than the other. If someone is trying to call or text while driving, they might be driving with their nondominant hand while they hold the phone in the other. Could this make driving difficult?

★ PHYSICAL ACTIVITY - COMPLETE AN OBSTACLE COURSE WHILE DISTRACTED

- Follow an obstacle course through your house or outside while trying to read a book or using a device.
- It's hard to do two things at once. What other things would be difficult to do at the same time, and could any of them be dangerous?

SHOW US YOUR WORK! #OLLIEATHOME

For more resources please visit OllieOtter.org/activities



Celebrate! - TRY TO GIVE A HIGH FIVE WITH YOUR EYES CLOSED!
#HIGHFIVESATHOME!



Ollie wants everyone to be able to complete these activities and learn about HANDS FREE TN, so here are a few ideas for how to modify each activity based on your child's age or skillset.

★ ART - DRAW DISTRACTIONS

- Print off pictures of potential distractions and help your child cut them out and glue them to a sheet to make a collage.
- Have your child gather things in your house that could cause distractions to create an artistic display.
- Monitor your child as they create a digital collage of distractions using images they find online.



★ WRITING - WRITE OLLIE'S NAME WITH YOUR NONDOMINANT HAND

- Write out Ollie's name for your child to trace over while using his or her nondominant hand.
- Ask your child to write a full letter to Ollie with his or her nondominant hand.
- Play a song and have your child try to sing along while writing a letter to Ollie.



★ PHYSICAL ACTIVITY - COMPLETE AN OBSTACLE COURSE WHILE DISTRACTED

- Have your child walk in a straight line while watching a video without looking at the ground.
- Construct a game of hopscotch using chalk on the driveway or tape on a floor and have your child try to complete it correctly with his or her eyes closed.
- Monitor your child as he or she tries to type and send a message on a phone or tablet while completing an obstacle course through the house or outside.



Safety First

Remember to read your road map or set your GPS BEFORE getting on the road. Ollie wants to remind you we are #HandsFreeTN!

~Ollie



Ollie **AT** HOME



ALWAYS BUCKLE UP - It's important for you and everyone else in your vehicle to always BUCKLE UP! Ollie wants you to remember to always Buckle Up when you get into the vehicle. Here are some activities for you to do to help you remember!

ALWAYS BUCKLE UP!

ASK YOUR PARENTS TO HELP WITH THE ACTIVITIES BELOW.

★ **WRITING - TELL OLLIE WHY YOU BUCKLE UP**

- Write a letter to Ollie telling him why it is important to buckle up.
- Talk about why it is important to always use your seat belt. Are there other things inside a car that keep you safe?

★ **PHYSICAL ACTIVITY - PRACTICE BUCKLING UP**

- Use chairs inside your home to practice buckling up yourself, your toys, and your family members.
- Buckling up is important, even when you're going on a very short car ride. What are other ways you stay safe when doing activities that could hurt you if you aren't careful?

★ **JUST FOR FUN - "BUCKLE UP" SCAVENGER HUNT**

- Find things that start with each letter in "BUCKLE UP."
- While riding in the car with your parents, make a list of all the things in the car that keep you safe/ note their location in the vehicle.

SHOW US YOUR WORK! #OLLIEATHOME

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Celebrate! - TRACE YOUR HAND AND DRAW A PICTURE OF IT WEARING A SEAT BELT #HIGHFIVESATHOME!

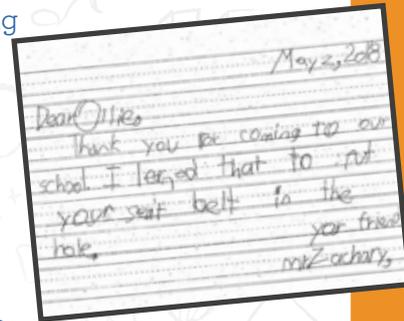


Ollie wants everyone to be able to complete these activities and learn about BUCKLING UP, so here are a few ideas for how to modify each activity based on your child's age or skill set.



★ WRITING - TELL OLLIE WHY YOU BUCKLE UP

- Help write a letter to Ollie with your child committing to always buckle up.
- List all of the reasons why you buckle up every time you get in the car.
- Ask your child to write a safety pledge to always buckle up when they're riding in the car, and encourage everyone in your house to take the pledge and sign it as well.



★ PHYSICAL ACTIVITY - PRACTICE BUCKLING UP

- Help your child sit in a chair and pretend to buckle him and her up, then have them buckle themselves in for practice.
- Pretend to go on a car ride as a family and talk about the trip you're taking. Every time the car "stops," make it a game by calling out the person that forgets to buckle up before the "trip" continues.
- Make seat belts out of string, scrap material, paper, or other objects around your house to practice buckling in yourself, your toys, or your family members at home.

★ JUST FOR FUN - "BUCKLE UP" SCAVENGER HUNT

- Write out BUCKLE UP and help your child think of words that start with each letter.
- Have your child to come up with a dance move that starts with each letter of BUCKLE UP and show it off.
- Create a scavenger hunt for your child by coming up with a list of things to find that start with each letter.



Safety First

Parents - your kids are constantly watching what you do! If you buckle up, they are more likely to follow your example and do the same. Make buckling up a habit that stays with them throughout their life.

~Ollie



Ollie **AT** HOME



BELTS TO BONES - A seat belt should fit you low and snug across the hips, and cross your body at the chest and shoulder. Ollie has come up with a really great phrase he calls “Belts to Bones” to help you remember where the belt should be placed. Here are some activities for you to do at home to help you remember Belts to Bones!

BELTS TO BONES!

ASK YOUR PARENTS TO HELP WITH THE ACTIVITIES BELOW.

★ **ART - DRAW YOURSELF WEARING A SEAT BELT**

- Draw a picture of yourself with your seat belt crossing over your shoulder, chest, and hip bones.
- Wearing a seat belt every time you ride in the car is important. Has there ever been a time where a seat belt has kept you or a family member safe in the car?

★ **PHYSICAL ACTIVITY - DO THE BELTS TO BONES MOTION**

- Watch the video at OllieOtter.com/beltstobones to learn how to do Ollie’s “Belts to Bones” movement.
- Talk about why your seat belt needs to cross these places in the car. What might happen if you’re wearing your seat belt incorrectly?

★ **STEM - IDENTIFY THE PARTS OF YOUR BODY PROTECTED BY BONES**

- Figure out what parts of your body are protected by bones.
- It’s important to make sure your seat belt rests on the strongest parts of your body. What would happen if your seat belt wrapped around your stomach instead of your hip bones if your car stopped quickly?

SHOW US YOUR WORK! #OLLIEATHOME

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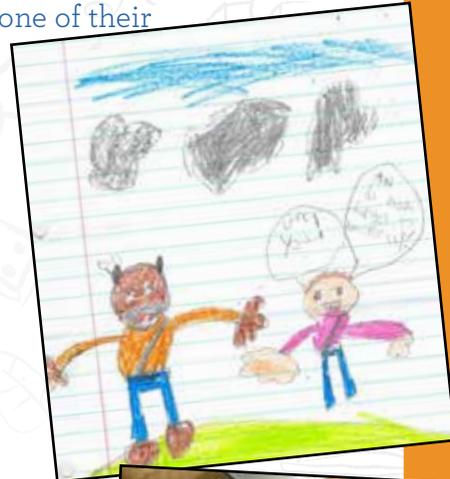
Celebrate! - COUNT HOW MANY BONES YOU CAN FEEL IN YOUR HAND.
#HIGHFIVESATHOME!



Ollie wants everyone to be able to complete these activities and learn about BELTS TO BONES, so here are a few ideas for how to modify each activity based on your child's age or skillset.

★ ART - DRAW YOURSELF WEARING A SEAT BELT

- Draw a picture of a person for your child and have them use a crayon or marker to draw a seat belt on top of it.
- Use a picture from a coloring book to have your child draw a seat belt on one of their favorite characters.
- Find pictures on your phone or tablet and help your child draw seat belts on the people in the picture using your device's draw tool.



★ PHYSICAL ACTIVITY - DO THE BELTS TO BONES MOTION

- Try out different songs with your child to see which one is most fun to dance to as you both do Belts to Bones.
- Time how fast your child can do Belts to Bones or have them race against someone else.
- Help your child create their own informational video teaching others about Belts to Bones.



★ STEM - IDENTIFY THE PARTS OF YOUR BODY PROTECTED BY BONES

- Show your child where their shoulder, hip, and chest bones are and compare them to how their stomach feels.
- Ask your child which body part they think is most important that is not already protected by a bone.
- Have your child create the major bones in the body using pasta noodles, straws, Q-tips, or other items around the home.



Safety First

If the shoulder belt is uncomfortable, use the vehicle height adjuster to raise or lower the shoulder strap to a comfortable position, laying over your collarbone between your neck and arm. A booster seat might be needed to help the shoulder belt fit properly on children.

~Ollie



Ollie **AT** HOME



IT'S BOOSTER TIME! - Tennessee law states that anyone under 4'9" tall needs to be in a booster seat. A booster seat does exactly that - it will BOOST you up, so that your seat belt will fit you properly, which is Belts to Bones. Do you know how tall you are?

IT'S BOOSTER TIME!

ASK YOUR PARENTS TO HELP WITH THE ACTIVITIES BELOW.

★ ART - ILLUSTRATE A TRIP IN THE CAR

- Draw pictures to illustrate a fun car ride, and be sure to draw yourself in a booster seat if you're under 4'9" tall!
- It's fun to imagine a trip somewhere special, but thinking about safety is not usually the first thing that comes to mind. Do you have a booster seat? Do you sit in it every time you ride in the car?

★ WRITING - WRITE A LETTER TO OLLIE ABOUT THIS WEEK

- Review the activities you've done this week as part of #OllieAtHome and write a letter to Ollie about your favorites.
- It's important to remember all the lessons Ollie has shared with you and your family this week. Did you learn something new?

★ STEM - CHECK YOUR HEIGHT

- Measure how tall you are to see if you are under 4'9" and need to be sitting in a booster seat.
- Sitting in a booster seat when you are under 4'9" tall ensures your seat belt is fitting you Belts to Bones. Is everyone in your car using the seat belt correctly based on their height?

SHOW US YOUR WORK! #OLLIEATHOME

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Celebrate! - OUTLINE YOUR HAND ON A PIECE OF PAPER AND WRITE ONE THING ON EACH FINGER ABOUT WHY YOU ALWAYS BUCKLE UP. #HIGHFIVESATHOME!



Ollie wants everyone to be able to complete these activities and learn that UNDER 4'9", IT'S BOOSTER TIME so here are a few ideas for how to modify each activity based on your child's age or skill set.

★ ART - ILLUSTRATE A TRIP IN THE CAR

- Draw a picture of your child in a booster seat and have him or her color it in to look like one they use.
- Give your child a magazine or print pictures from the internet to help your child create a story about a car ride.
- Help your child create a video about a trip in the car while using pictures they've created to help tell the story.

★ WRITING - WRITE A LETTER TO OLLIE ABOUT THIS WEEK

- Talk about the lessons your family has learned this week with Ollie, and help your child write a letter to sign for Ollie.
- Have your child write a letter to his or her friends about the importance of using a booster seat or telling them about another lesson they have learned this week.
- Help your child create a status for you to post on social media that informs your followers about the important lessons your family has learned with #OllieAtHome this week.



★ STEM - CHECK YOUR HEIGHT

- Help your child create a stack of items as tall as they are and show them how to measure it.
- Have your child measure everyone in the house and create a chart to determine who needs a booster seat and who doesn't.
- Ask your child to measure everyone in the house and calculate how tall all of you would be when combined.



Safety First

Children seated in a booster seat in the back seat of the car are 45% less likely to be injured in a crash than children using a seat belt alone. It's important for anyone under 4'9" to be in a booster seat to keep them safe!

~Ollie

