

# 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](http://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**

For more resources please visit [OllieOtter.org/activities](http://OllieOtter.org/activities)



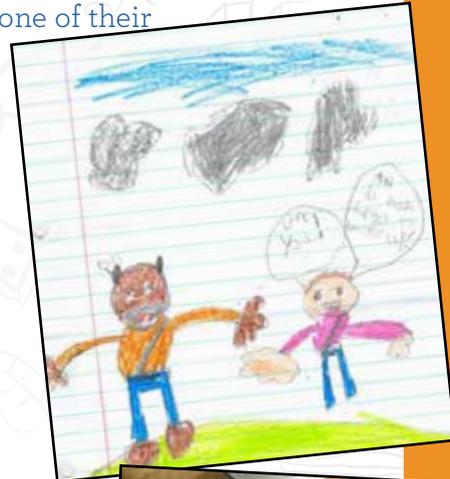
*Celebrate!* - COUNT HOW MANY BONES YOU CAN FEEL IN YOUR HAND.  
#HIGHFIVESATHOME!



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

