

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

For more resources please visit OllieOtter.org/activities



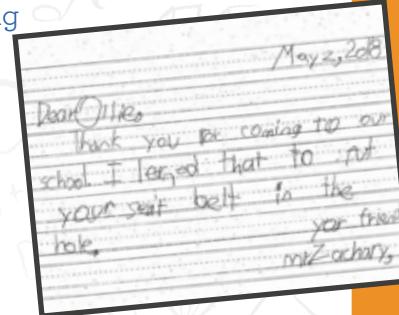
Celebrate! - TRACE YOUR HAND AND DRAW A PICTURE OF IT WEARING A SEAT BELT #HIGHFIVESATHOME!



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

