

Unit: Staying Safe in a Winnipeg Winter

Objective

Ps will practice identifying safe and dangerous situations due to winter.
Ps will identify ways to stay healthy in the winter.

Materials

- **dangerous flashcards**
- **safety flashcards**
- **matching word flashcards**
- **vitamin D mini flashcards**
- **exercise mini flashcards**
- **calcium mini flashcards**
- **the lonely lady**
- **flashcard of the family**

Step 1 Warm Up (15 minutes)

Introducing the idea of staying safe in the winter:

- Write that title on the board. What does **safe** mean? If they don't know write the word **dangerous** on the board and ask them what that means. Explain both.
- How do we stay safe in the winter? Ask them for ideas.

Step 2 Work out (60 minutes)

Safety in the Winter:

- Write the word **dangerous** on one side of the board and the word **safe** on the other side of the board. Get out the **dangerous flashcards** with the **safety flashcards**. Start talking about them and putting them on the appropriate side of the board. As you name them put the **matching word flashcards** underneath)
- Explain we stay safe by:
 - Wearing proper shoes (non skid soles)
 - Having our sidewalks to our home shovelled
 - Not shovelling if it is too hard for us
 - Staying home when it is too cold
 - Not walking on slippery paths
 - Putting salt on the paths to our home to avoid falls.
 - Dressing in warm clothes
 - Stay in touch with friends and family through phone calls if shut in for a while due to cold weather
 - We don't go down paths that have not been shoveled properly.

Staying healthy for the winter months:

- Get out the pages staying healthy for the winter months – hold up the first page and explain vitamin D. Explain how it is important to keep us healthy. Talk about the food in the picture. Hand out the **vitamin D mini flashcards** and have the participants name them with you and each other. Point out that they can also take a daily supplement.
- Point to the picture of exercising. Talk about how it is important too. Hand out the **exercise mini flashcards** to show other ways to exercise. Have them name them with and you and each other.
- Point to the picture of calcium rich foods and explain how these foods make strong bones. Hand out the **calcium mini flashcards** and have them name them with you and each other.
- Point to the pictures of people staying active. Show the flashcard of **the lonely lady** and explain that to be alone all the time is not good for health. In the winter you must find ways to stay connected. Show the **flashcard of the family**. Reaching out to family and staying active in other ways is important in our long winters.
- Write the following sentences on the board:
 - What do you do to stay safe in the winter?
 - What vitamin D foods do you eat?
 - What kind of exercise do you do?
 - What kind of calcium foods do you eat?
 - How do you stay active in the winter?
- In groups or pairs have them discuss these questions.

Step 3 Cool Down (15 minutes)

Review the winter facts:

- Come back to the group and discuss what they learned about one another.