

Curriculum Area	Art & Design/ English	Activity Type	Practical and written
Suitable for	KS 2 & 3	Activity Number	BB12
Activity Name	Brain Safety Brochure		

Learning Outcome:

To promote understanding of why and how you should protect your brain

Materials Required:

Paper
Coloured Pencils/Crayons

Instructions:

Create a "Brain Safety Brochure" that is filled with safety tips about how to protect your brain from harm. Use colored paper, pencils, crayons, markers and pens to illustrate your brochure.

Cut out pictures from magazines to show good (and bad) brain safety habits.

Here is a reminder of the key things that children should think about:

1) Wear your seat belt

In a car, bus or airplane, your seat belt will help protect your head and brain from injury. Car accidents are by far the greatest causes of brain injuries, accounting for 37-50% of all brain injuries.

(Statistic from Amer. J. of Diseases of Children, Vol. 144, pages 627-646, 1990 and Brain Injury Association USA)

2) Wear your helmet!

Whether you are cycling, skating or skateboarding, your helmet will protect your head if you fall. Make sure that your helmet meets or exceeds the standards for safety. Head injury is the most common cause of death in bicycle accidents.

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3) Stay away from illegal drugs!

Drugs alter brain function - no question about that. Although damage done by some drugs can be reversed, some drugs may change brain function permanently. Why take the chance?

4) Know the risks involved with sports!

This applies mainly to boxing, football and the martial arts. However, even climbing, horse riding, diving and skiing have risks. Always wear your safety equipment properly and be in good physical condition for your sport.

5) Look before you leap!

It may sound impossible, but people DO dive into swimming pools without water. Dive only in the deep end of the pool and make sure that the water in rivers, lakes and at the beach is deep enough to dive in head first. Also, be aware of any objects, such as large rocks, that may be hidden under the water.

6) Look both ways before crossing the road!

Children will hear this one many times before, but accidents do happen and you can't be wearing your helmet all the time.

7) Make sure you have a "good" surface around your playground equipment!

Just in case you fall off of play equipment, a soft impact-absorbing surface will cushion your drop. So please don't use trees as climbing frames, because there is no safety surface under them!

8) Eat right!

Your brain needs energy to work its best.

9) Treat chemicals properly!

Many chemicals, such as pesticides and cleaners, contain neurotoxins that can kill nerve cells and damage nerves. These dangerous chemicals can be found in your home or at places of work. Dispose of these materials properly!

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