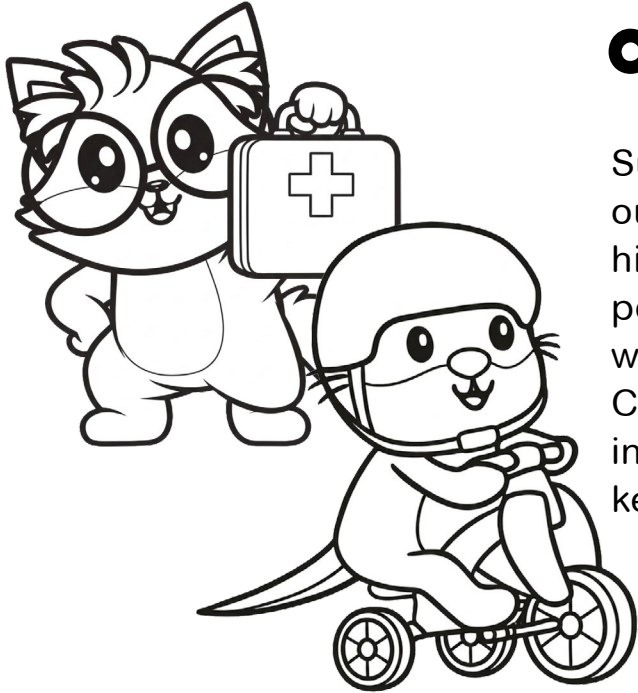


# GEARING UP FOR FUN OUTSIDE



Summer is here and it's a great time to get outside for some fun! Here's a few activities to highlight the importance of helmets, wearing a personal flotation device (PFD) around the water, and staying prepared in general. Connecting with kids about how we can reduce injuries and enjoy adventures will help us all keep enjoying the midnight sun of Alaska!

**1. Read to the child:** Look at the things on this page.

What are they? Which ones would help keep us safe when we play outside?

**2. Help your child name any items on the page that may be unfamiliar.**

Talk about activities that you have done together or with others outside this summer so far and others that you still want to do.

Here are a few ideas to get the conversation going:

**Playing at a playground**

**Biking**

**Hiking**

**Games like basketball, baseball, kickball and volleyball**

**Swimming**



**3. Read to the child:** Let's circle the things that would keep us safe and color the page.

**4. Ask your child:** What's missing from this page that we could add to keep us safe?

