

# KIDS SAFETY TIPS & COLOURING BOOK



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**Eat healthy foods.**



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**Always remember your name, parents' names,  
address and phone number.**



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**Use both sides of a paper.**



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**Switch off lights and appliances that are not being used.**



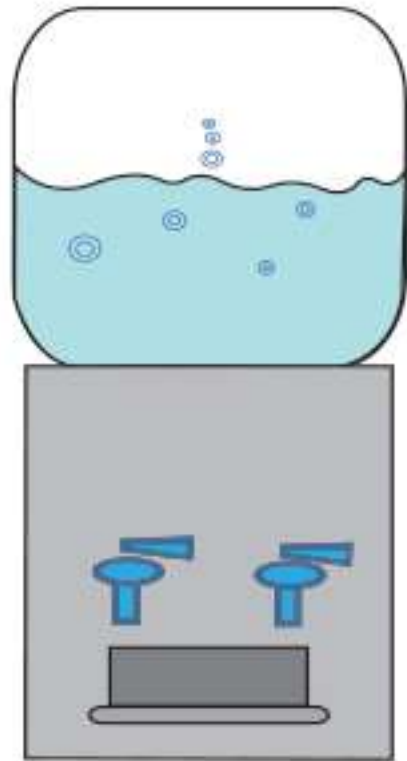
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**Do not wander near plants and trees  
at night.**



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**Always drink clean water.**



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**Plant a tree at least once a year.**



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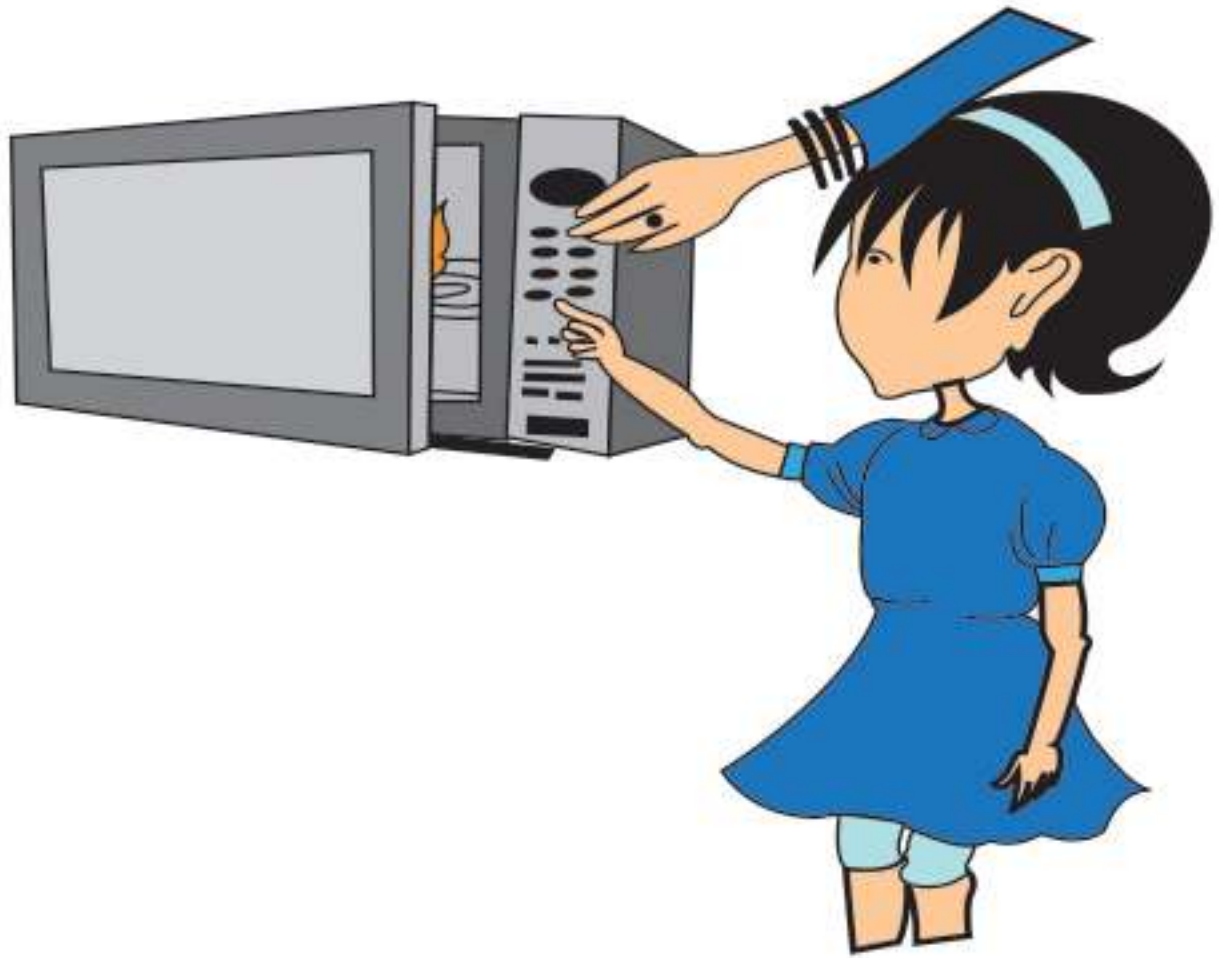




**Turn off the tap while brushing your teeth.**



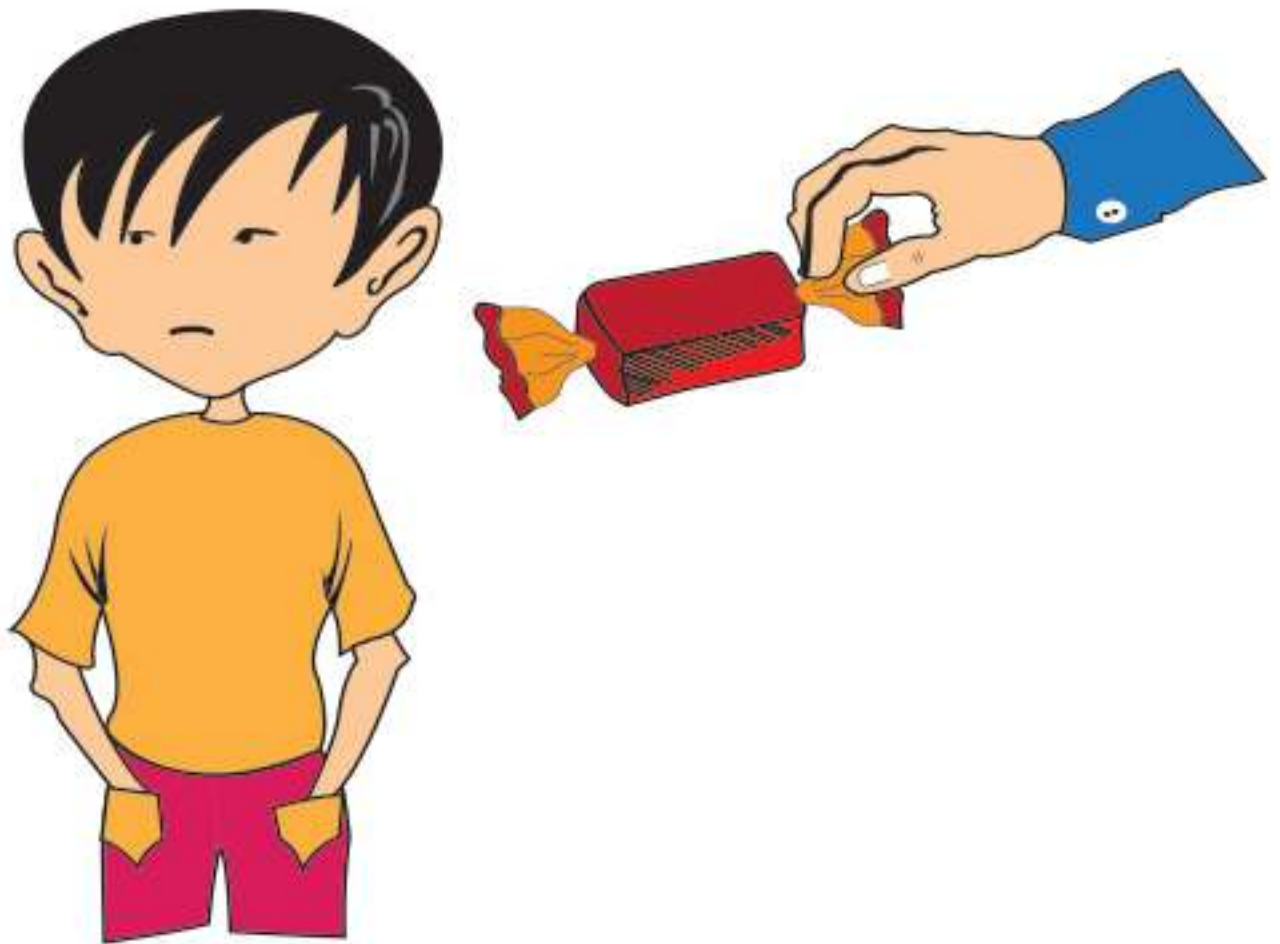
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**Do not use electrical appliances without  
adult supervision.**



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**Avoid talking to strangers or  
accepting gifts from them.**



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**Wear a helmet while riding a bike or  
when roller skating.**



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**Fasten your seat belt while  
riding in a car.**



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**Look both ways when crossing the road  
and hold an adult's hand when crossing.**



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**Always throw garbage in a garbage can.**



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**Brush your teeth twice a day.**



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**Do not forget to wash your hands  
before and after a meal.**



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