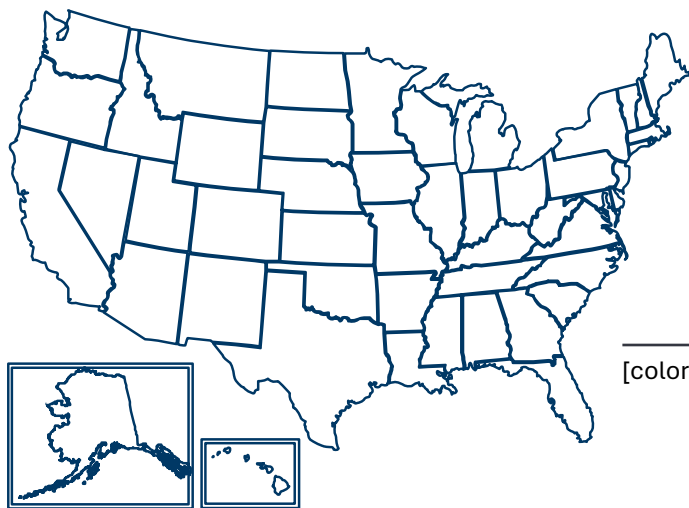


welcome to



[color in your state on the map and write your state name]

Keeping Kids Safe

A FUN ACTIVITY BOOK

[write your name]



How to use this activity book

Children/Students

Hello, we are happy you are here! This book is for you to learn how to be safe and healthy. If there is a word or an activity that you do not understand, ask a trusted adult to help you. Have fun and stay safe!

Parents/Caregivers/Teachers

This book is for children of all ages and places who are new to the United States. It will help them learn about their new home and how to stay safe and healthy. There are also some helpful tips and reminders for adults, parents, and caregivers to support your child's health. We encourage you to talk with your child about the different lessons in this book and help them to complete the activities.

To obtain this information in a different format, call: 651-201-5414.

The Minnesota Center of Excellence in Newcomer Health is supported by NU50CK000563 (MN) from the U.S. Centers for Disease Control and Prevention.



ALL ABOUT ME



My name is _____.

I liked to be called _____.

I am _____ years old.

I have lived in _____.

My birthday is _____.

A drawing of myself!

5 things I like to do:

1.

2.

3.

4.

5.

A food I like is:

I like learning about:

My wish for this year is: _____.

IF I CALL 911, I SAY...

My name is: _____.

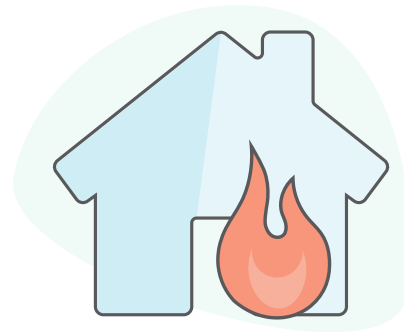
My address is: _____.
(house number, street, and city)

I have an emergency. I need help with: _____.

Remember, calling 911 is for emergencies only!
Emergencies are dangerous, like:



Someone looks very sick



There is a fire



EMERGENCY CONTACTS



Fill this out with an adult!

My emergency contacts are...

First and Last Name: _____

They are my: _____
(parent/grandparent/caregiver/family member)

Phone Number: _____

First and Last Name: _____

They are my: _____
(parent/grandparent/caregiver/family member)

Phone Number: _____

First and Last Name: _____

They are my: _____
(parent/grandparent/caregiver/family member)

Phone Number: _____



Police
Firefighters
Ambulance
911



Doctor
(____) - ____ - ____



School
(____) - ____ - ____

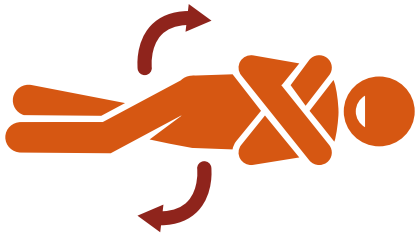
FIRE SAFETY

If any part of you or your clothes are on fire, you must

STOP, DROP, and ROLL.

Practice at home and don't forget to **cover your face!**

Draw a line to connect the pictures to the word they match.



STOP



DROP



ROLL

SMOKE ALARMS

Smoke alarms are very important!

They protect you and your family from fires. If you hear loud beeping or noises from the smoke alarms, get out fast. Make a plan with your family where you will meet outside.

Read the statements below and circle TRUE or FALSE.

1. Smoke alarms help keep me safe.
(TRUE / FALSE)
2. I stay inside when I hear smoke alarms.
(TRUE / FALSE)
3. My home has smoke alarms in every bedroom.
(TRUE / FALSE)



REMINDERS FOR ADULTS



- TEST smoke alarms monthly and keep them clean.
- CHANGE batteries in smoke alarms every year.
- REPLACE smoke alarms every 10 years.
- MAKE an escape plan with your family.

Correct answers: 1-false, 2-true, 3-false, 4-true. Circled pictures: car, fireplace.

VISIT YOUR DOCTOR

Well-Child Check Schedule

- ☐ Newborn
- ☐ 1 month
- ☐ 2 months
- ☐ 4 months
- ☐ 6 months
- ☐ 9 months
- ☐ 12 months
- ☐ 15 months
- ☐ 18 months
- ☐ 2 years (24 months)
- ☐ 2 ½ years (30 months)
- ☐ 3 years (36 months)
- ☐ Every year after that

What is a well-child check?

A well-child check is a regular doctor's visit to make sure a child is healthy and growing.

It can include:



HOW A CHILD'S BODY AND MIND ARE GROWING AND WHAT ACTIVITIES THEY CAN DO

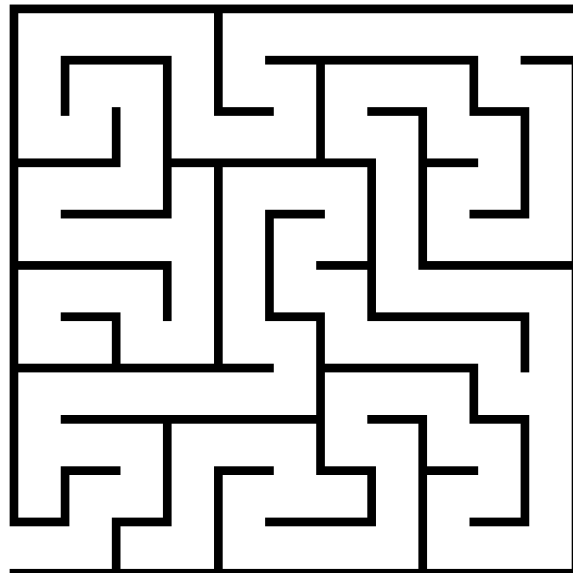


HEALTH SCREENING AND MAKING SURE A CHILD IS HEALTHY, EVEN IF THEY FEEL FINE



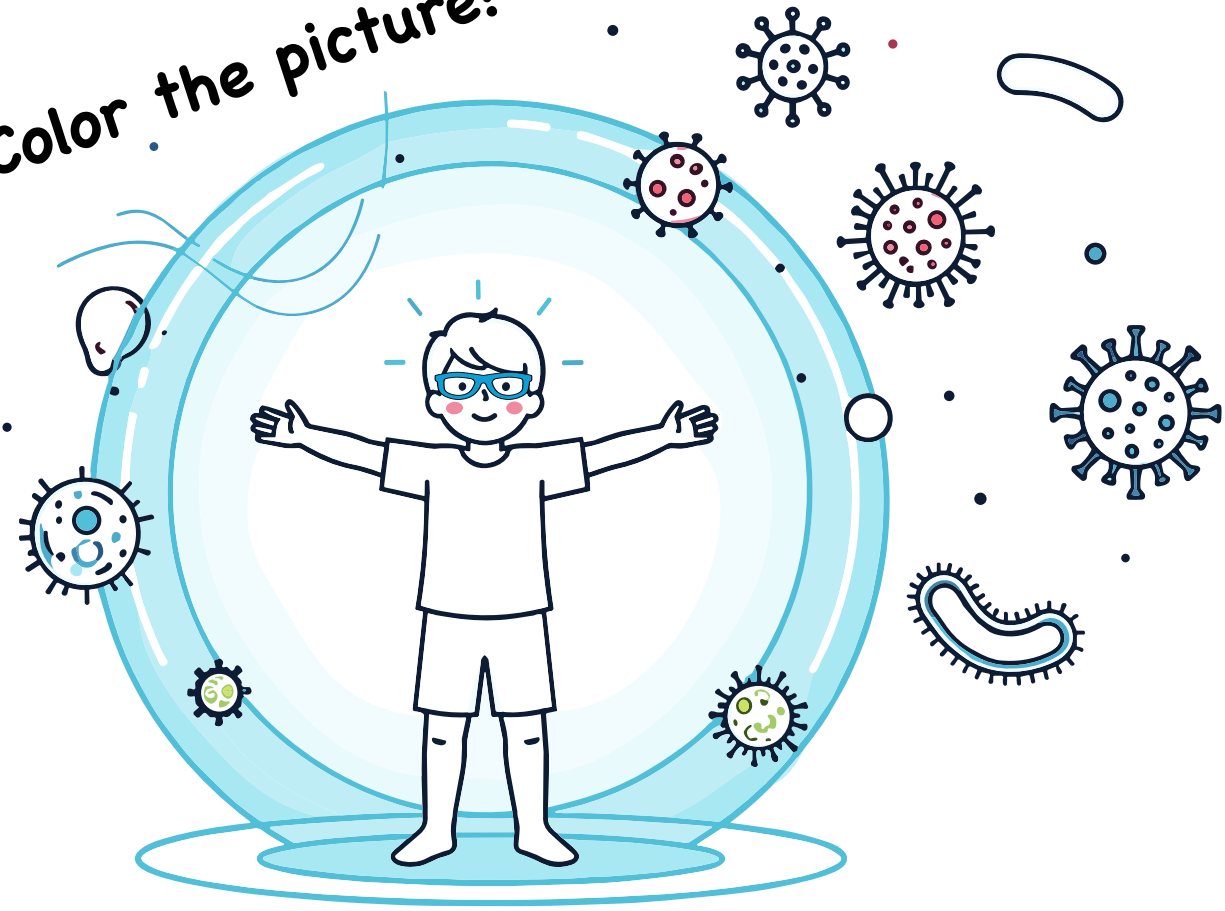
VACCINES

Help the family get to the doctor's office!



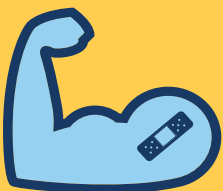
VACCINES

Color the picture!



Often when you are sick with an illness like the flu...
your body will build a defense force to fight against it.

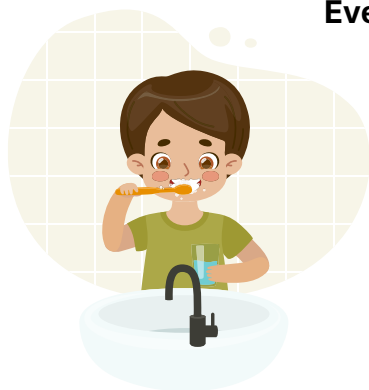
A vaccine helps your body recognize an illness faster. It is
important to get vaccines when your doctor says you need
them. Some vaccines you need each year, like the flu vaccine.



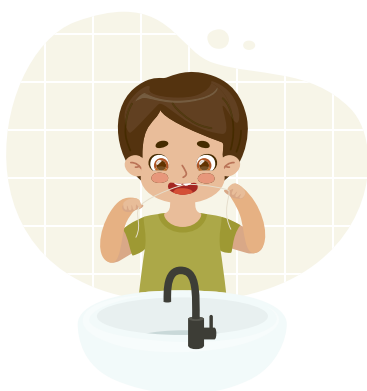
ADULTS: Make sure you review the list of vaccines
your child needs and when with your doctor!

CARE FOR YOUR TEETH!

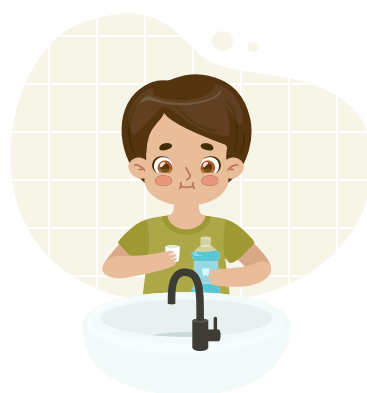
Every morning, Ming brushes his teeth.



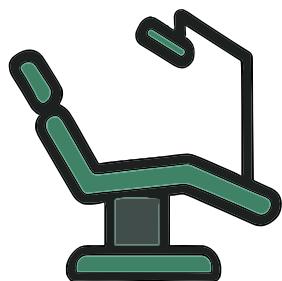
Before going to bed every night, Ming brushes and flosses his teeth. Sometimes he also uses mouthwash!



Ming also visits his dentist twice every year to make sure his teeth are healthy!



Label the steps below to match the pictures!



A



B



C



D

_____ 1. Brush twice a day

_____ 2. Floss once a day

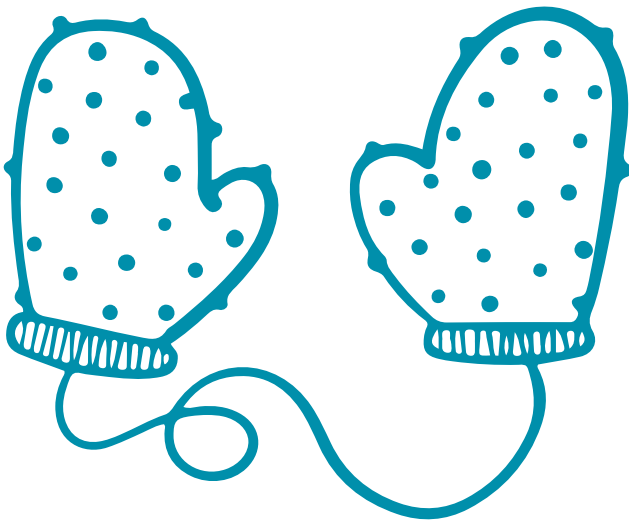
_____ 3. Mouthwash

_____ 4. Visit the dentist twice a year.
Parents: visit before kids turn one!

Correct answers: 1-C, 2-B, 3-D, 4-A.

WINTER CLOTHES

Name these 3 things you wear in winter.
Then, color the clothes below.



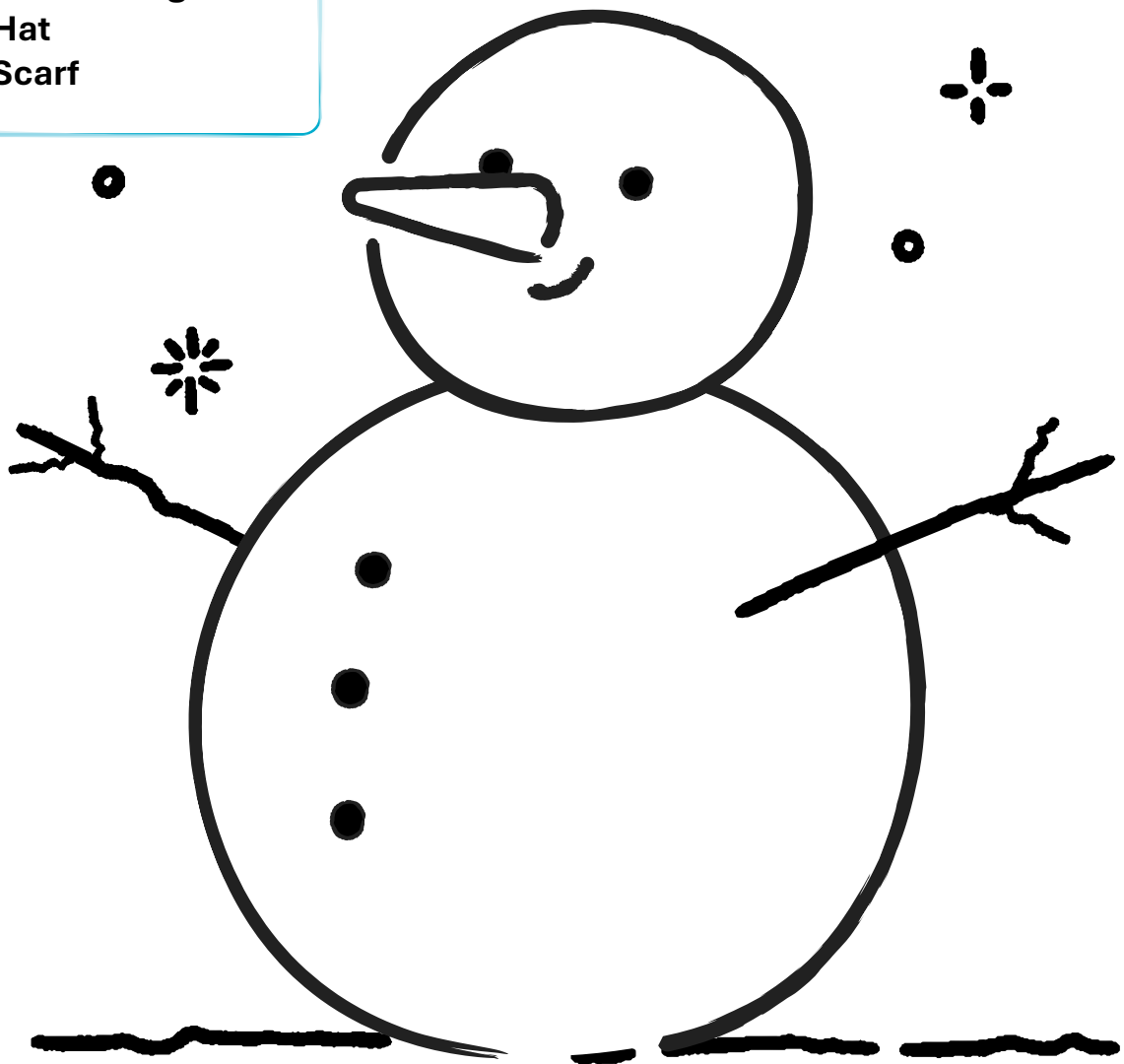
Correct answers: mittens, scarf, hat.

STAYING WARM

Help the snowman get dressed to play outside by drawing on the clothes he needs!

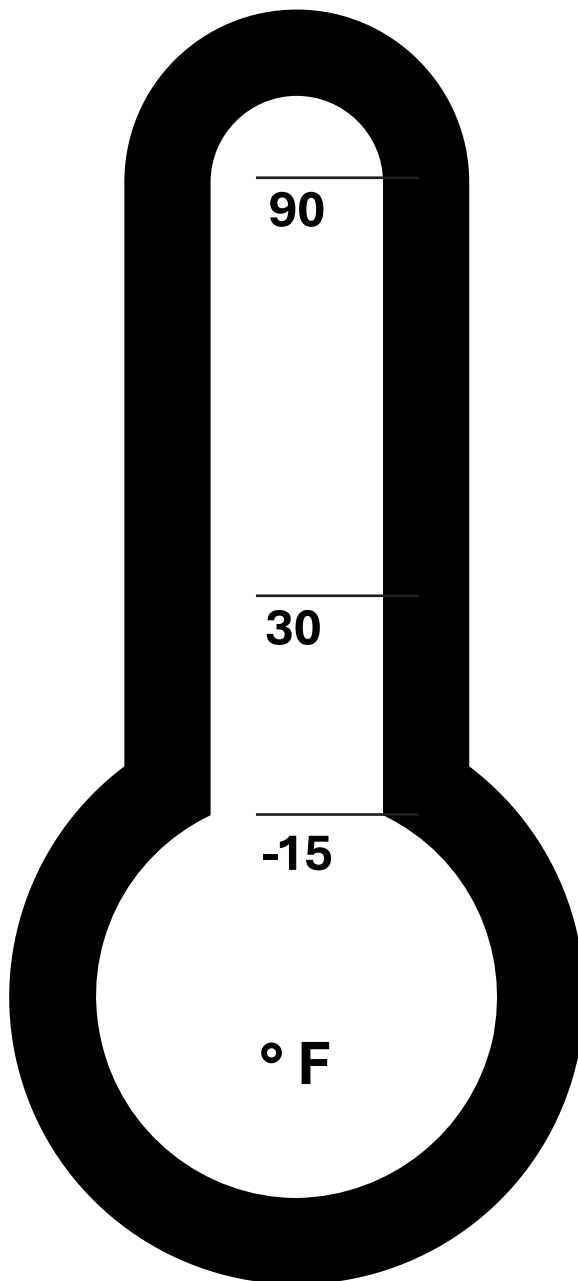
Can you draw me a:

1. Coat
2. Snowpants
3. Boots
4. Mittens or gloves
5. Hat
6. Scarf



TEMPERATURE TIPS

Some states can have extreme weather! A thermometer is used to measure temperature, or how hot or cold something is. Color in the different sections of the thermometer and learn when it is safe to play outside.



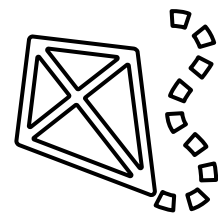
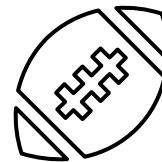
HOT ZONE

Be careful when temperatures are at or above 90°F (32°C)



PLAY ZONE

It is safest to play outside when the temperature is at or above 30°F (-1°C) and below 90°F (32°C)



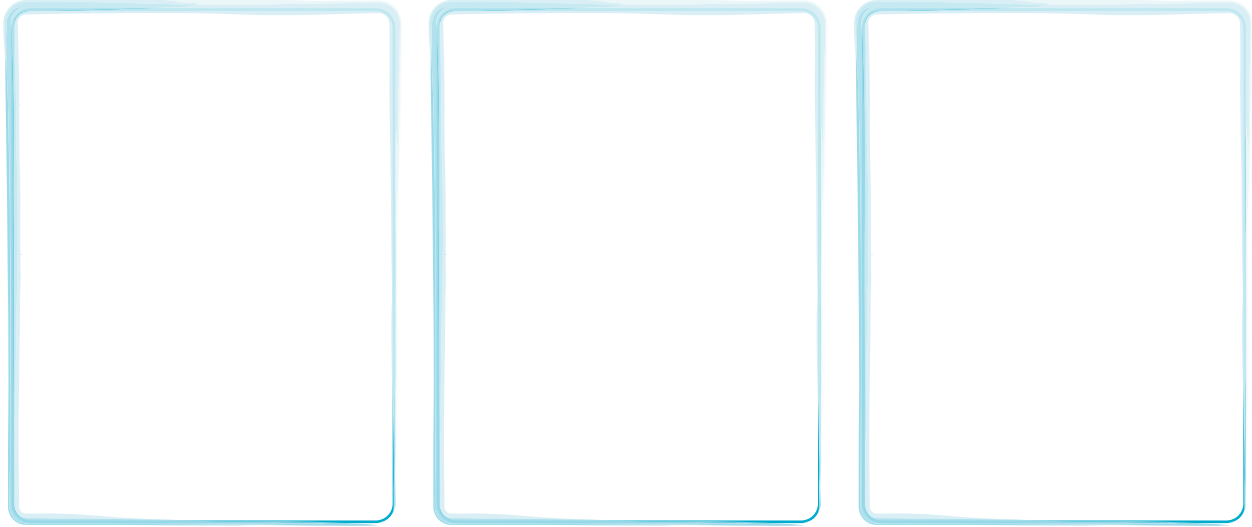
COLD ZONE

Limit time outdoors when the windchill is at or below -15°F (-26°C)



WINTER REFLECTION

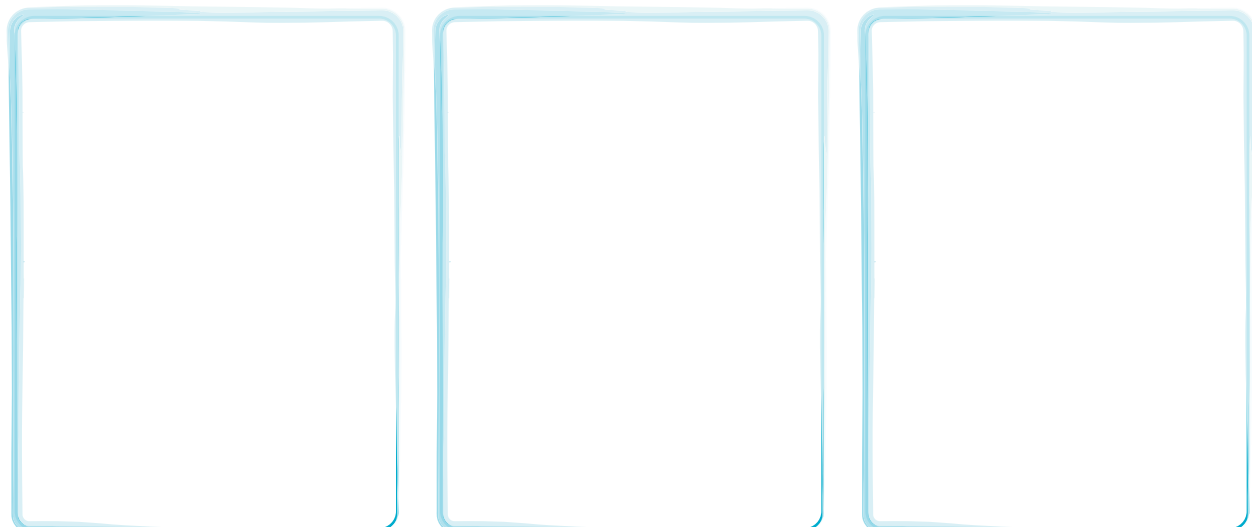
Draw three (3) activities you can do in the winter:

Three large, empty rectangular boxes with light blue borders, arranged horizontally, intended for drawing three activities you can do in the winter.

Write three (3) words that describe winter:

Three small, empty rectangular boxes with light blue borders, arranged horizontally, intended for writing three words that describe winter.

Draw three (3) items of clothing that you wear in the winter:

Three large, empty rectangular boxes with light blue borders, arranged horizontally, intended for drawing three items of clothing that you wear in the winter.

HEAT SAFETY

What should you do to stay safe in the summer or when temperatures are very warm?
Circle the correct answers.



Wear sunscreen



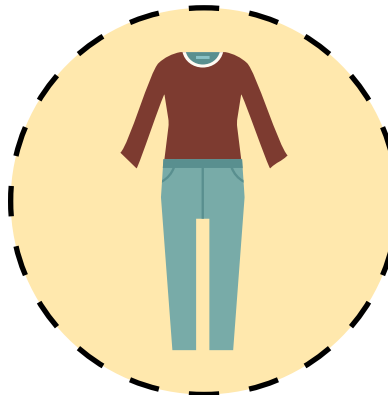
Wear loose, light colored clothing when possible



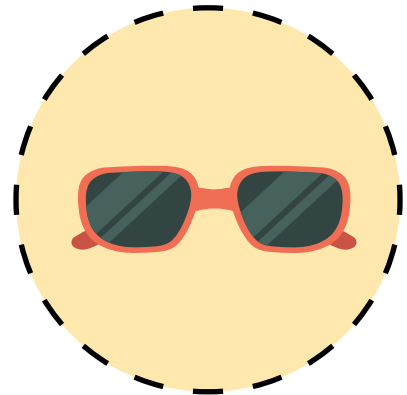
Stay outside in the heat all day



Drink plenty of water



Wear heavy, dark colored clothing

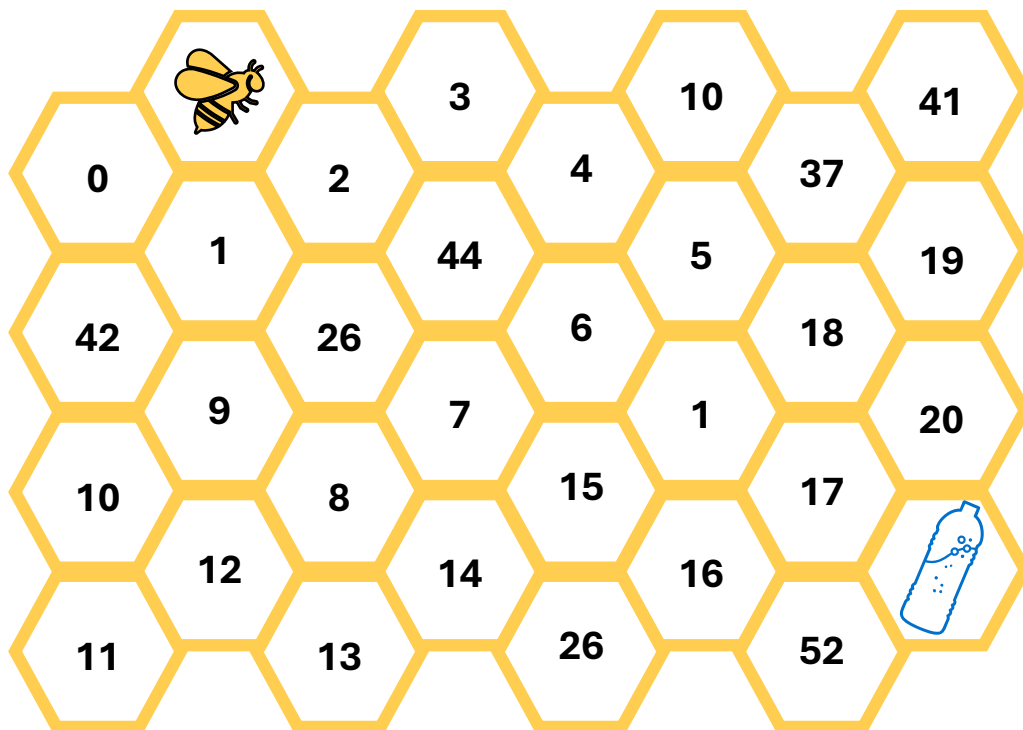


Wear sunglasses or a hat

Correct answers: Wear sunscreen. Wear loose and light colored clothing. Drink plenty of water. Wear sunglasses or a hat.

STAY HYDRATED

Help the bee find the way to the water bottle by coloring numbers 0-20 in the honeycomb below!



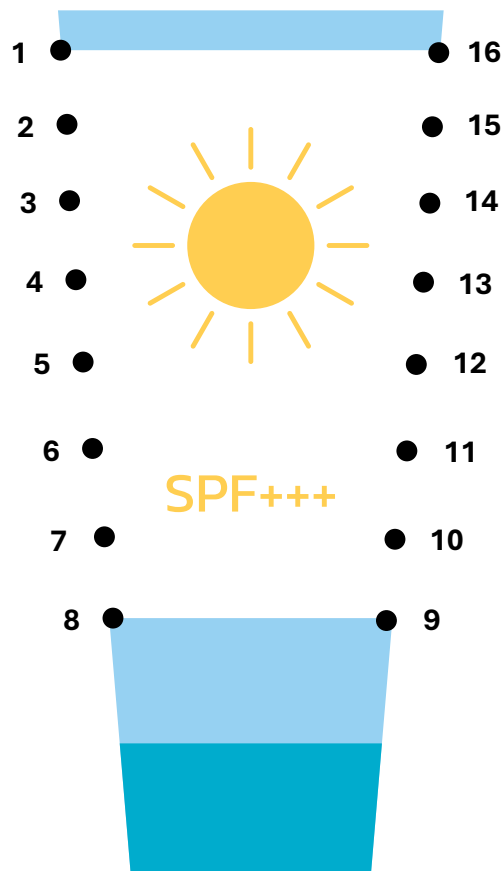
FUN FACTS



- Hydration means drinking enough water.
- If you are playing outside, make sure to drink water even if you are not thirsty.
- Eating hydrating foods like watermelon and berries can help you stay hydrated too!

SUNSCREEN

Connect the dots to create your own bottle of sunscreen!



CAN YOU FILL IN THE BLANKS?

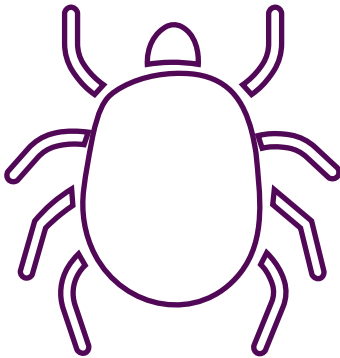
1. Reapply sunscreen every _____ hours.
2. Reapply sunscreen after playing in the _____ .
3. Use sunscreen with an SPF of greater than _____ .
4. Seek _____ between 10 a.m. and 4 p.m.

Correct answers: 1. two, 2. water, 3. 30, 4. shade.

SUMMER BUGS

Color in the bugs! Then draw a line to match each bug to its correct name.

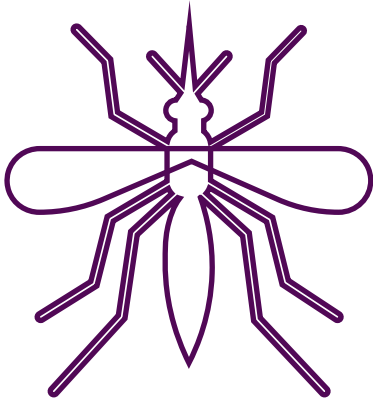
1.



A. Mosquito

- Itchy bug bites
- If playing outside at night, wear bug spray
- Wash bug spray off before going to bed

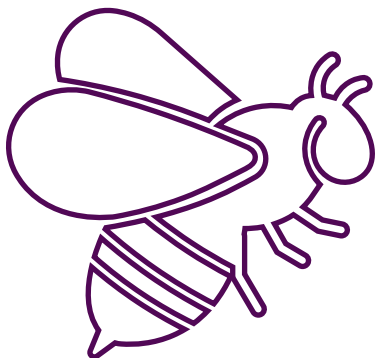
2.



B. Bumble bee

- Don't play with bumble bees
- If stung, ask an adult to remove the stinger
- Put ice on the sting

3.



C. Tick

- After playing outside, ask a trusted adult to check your hair, arms, and legs for ticks
- When playing in long grass, tuck pants into socks

Correct answers: 1-C. tick, 2-A. mosquito, 3-B. bumble bee.

DON'T GET SICK CHECK FOR TICKS!

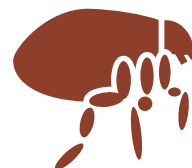
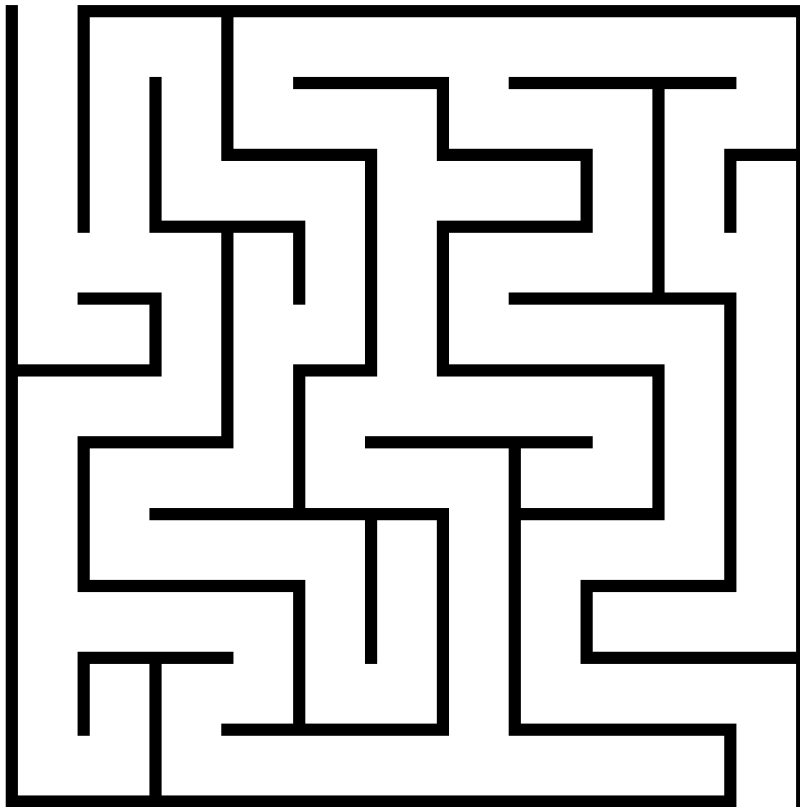
After being outdoors, always check your hair, clothes and body for ticks.
If you find any ticks, contact an adult right away!

Can you spot any ticks on Anna and Sam?



TICKS

Make your way through the maze to help the bug spray reach the tick in the middle!

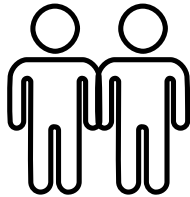


Ticks can make you sick. Ask an adult to take any ticks off you and identify the tick type. Using bug spray can help keep ticks off, but make sure to wash it off before bed!

WATER SAFETY

Match each picture on the left to the important water words on the right.

1.



A. Feet first

enter the water feet first

2.



B. Swimming lessons

take lessons at a community center to learn how to swim

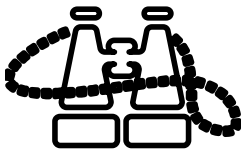
3.



C. Water watcher

an adult should watch you while you play in OR near the water

4.



D. Buddy system

swim with a friend
never swim alone

5.



E. Life jacket

always wear a life jacket
in open water

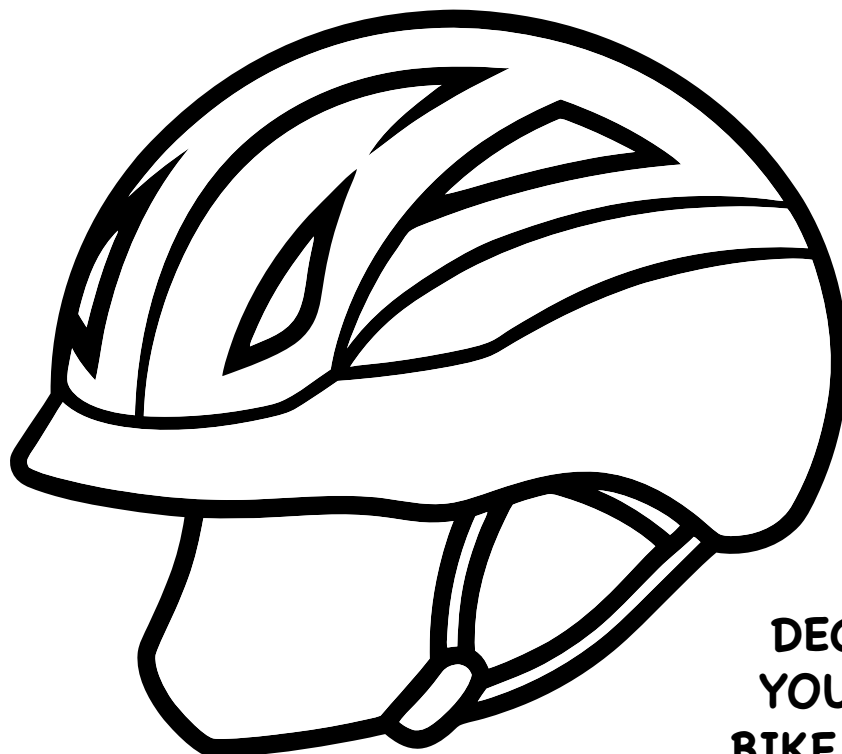
Correct answers: 1-D, 2-E, 3-A, 4-B, 5-C.

BIKE WITH A HELMET

Circle the kids who are wearing helmets!



Wear your helmet the right way, every day!
Make sure your helmet is level - not too far forward or too far back.



**DECORATE
YOUR OWN
BIKE HELMET!**

RIDING SAFELY

What do you do when biking?
Fill in the blanks.



1. I always wear my _____ .



2. I look both ways for _____ before crossing.



3. I _____ at all the stop signs.



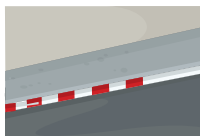
4. This sign means that I am on a _____ .



5. I _____ my bike when I get where I am going.



6. I check my _____ before I ride.



7. I ride my bike in a bike lane or on a _____ .



8. I make sure my _____ can touch the ground.

Correct answers: 1. helmet, 2. cars, 3. stop, 4. bike lane, 5. lock, 6. handlebars, 7. sidewalk, 8. feet.

WEAR A SEATBELT

Connect the dots to practice writing "buckle up"

BUCKLE UP



You should buckle your seatbelt
any time you are in a car

Circle one: **TRUE** **FALSE**

Correct answer: True! You should ALWAYS buckle your seatbelt when you're in a car.

SAFE CROSSING

What should you do when you are crossing the street?

Color the happy face for right answers and the sad face for wrong answers.



Follow
the signs



Run



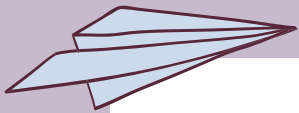
Listen
to music



Look around

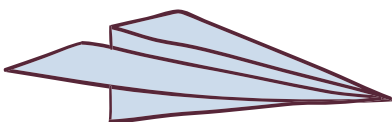
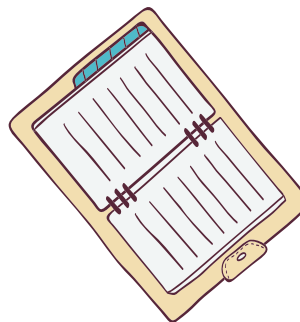
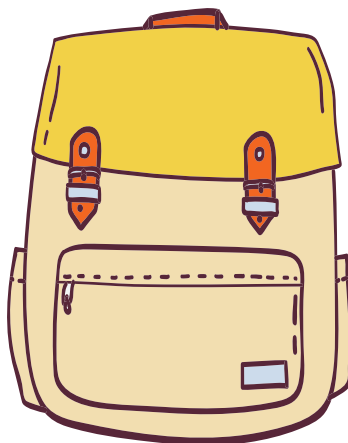


Correct answers: Follow the signs, look around. Wrong answers: Run, Listen to music.



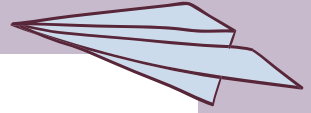
BACK TO SCHOOL

Circle the items you should bring to school!



Correct answers: You should bring your backpack, a pencil, a notebook, your homework folder, and glasses (if you need them). You don't need toys (soccer ball and paper airplane) or candy at school.





SCHOOL BUS TIPS

Help the bus find the right way to school!

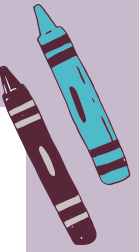
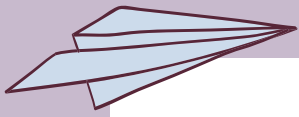


CAN YOU FILL IN THE BLANKS?

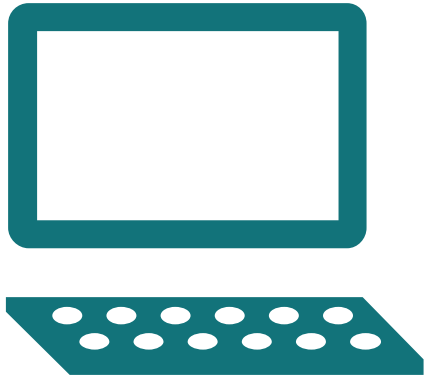
1. Wait until the bus has come to a complete _____.
2. Don't talk to _____ while waiting for the bus.
3. While on the bus, listen to the _____.
4. Keep your hands and feet out of the _____.
5. Never throw _____ on the bus.

Correct answers: 1. stop, 2. strangers, 3. bus driver, 4. aisle, 5. trash.





INTERNET SAFETY



The internet is fun and full of exciting things! Just remember: **NEVER** share personal information like your name, birthday, or address.

Draw a line from each set of words to the right box.

NAME

AGE

FOODS

**PERSONAL
INFORMATION**
DO NOT SHARE ONLINE

**NOT PERSONAL
INFORMATION**

MOVIE
NAMES

BIRTHDAY

ADDRESS

Right answers: Your name, age, address, and birthday are personal information and should not be shared online. Movie names and foods are not personal information.



Acknowledgments

Background

According to the 2022 United States Census Bureau, 21.7% of newly arrived people to the U.S. were under 18 years old. While resettlement agencies provide resources for adults, children lack orientation on key health and safety practices. Children often care for siblings and help caregivers navigate their new country as they quickly learn the language and culture in school. This educational booklet delivers essential health and safety information in an engaging format for newcomer children of all ages and their family members. Topics covered include emergency services, health and hygiene, weather preparedness, and how to prepare for success in school.

Collaborators

The Minnesota Center of Excellence in Newcomer Health would like to thank the University of Minnesota for creating the content and developing the first version of this resource. This involved collaboration with resettlement agencies, pediatricians, educators, and immigrant families to identify topics. Medical student Kiaya Johnston, under leadership of Hope Pogemiller, MD, MPH, led a team to create an interactive booklet with coloring activities, mazes, and matching games based on these topics. It was revised with stakeholder feedback and pilot tested with newcomer children and families. Initial feedback indicated high satisfaction with its clarity, cultural sensitivity, and practical applications.

The revised version was submitted to the Minnesota Department of Health to create a template for distribution to refugee health coordinators nationwide. The booklet can be translated into the languages of large arriving groups as needed.

Contact

Minnesota Center of Excellence in Newcomer Health
Minnesota Department of Health
PO Box 64975
St. Paul, MN 55164-0975
651-201-5414
MNCOENewcomerHealth@state.mn.us
www.health.state.mn.us

11/17/2025

To obtain this information in a different format, call: 651-201-5414.

The Minnesota Center of Excellence in Newcomer Health is supported by NU50CK000563 (MN) from the U.S. Centers for Disease Control and Prevention