1009 NAVOLI SANGAM SCHOOL **HEALTHY LIVING**

STRAND 4: PERSONAL AND COMMUNITY HEALTH

PERSONAL SAFETY

•	Personal safety is the freedom from worry that you might suffer physical harm and threats
	of physical harm
•	It is important that you learn to follow safety procedures when you are alone either at home,

school or traveling in a car or bus or when playing outdoors or when out swimming or on field trips.

<u>ACTIVITY</u>

1.	List some good habits that contribute to good personal safety?

2. Write down your classroom rules that directs you to safety?

3. Why safety is important?