

A SchoolBeat Educational Resource

BOOK

1

# ACTIVITY BOOK

FOR 5-7  
YEAR OLDS



SchoolBeat.cymru

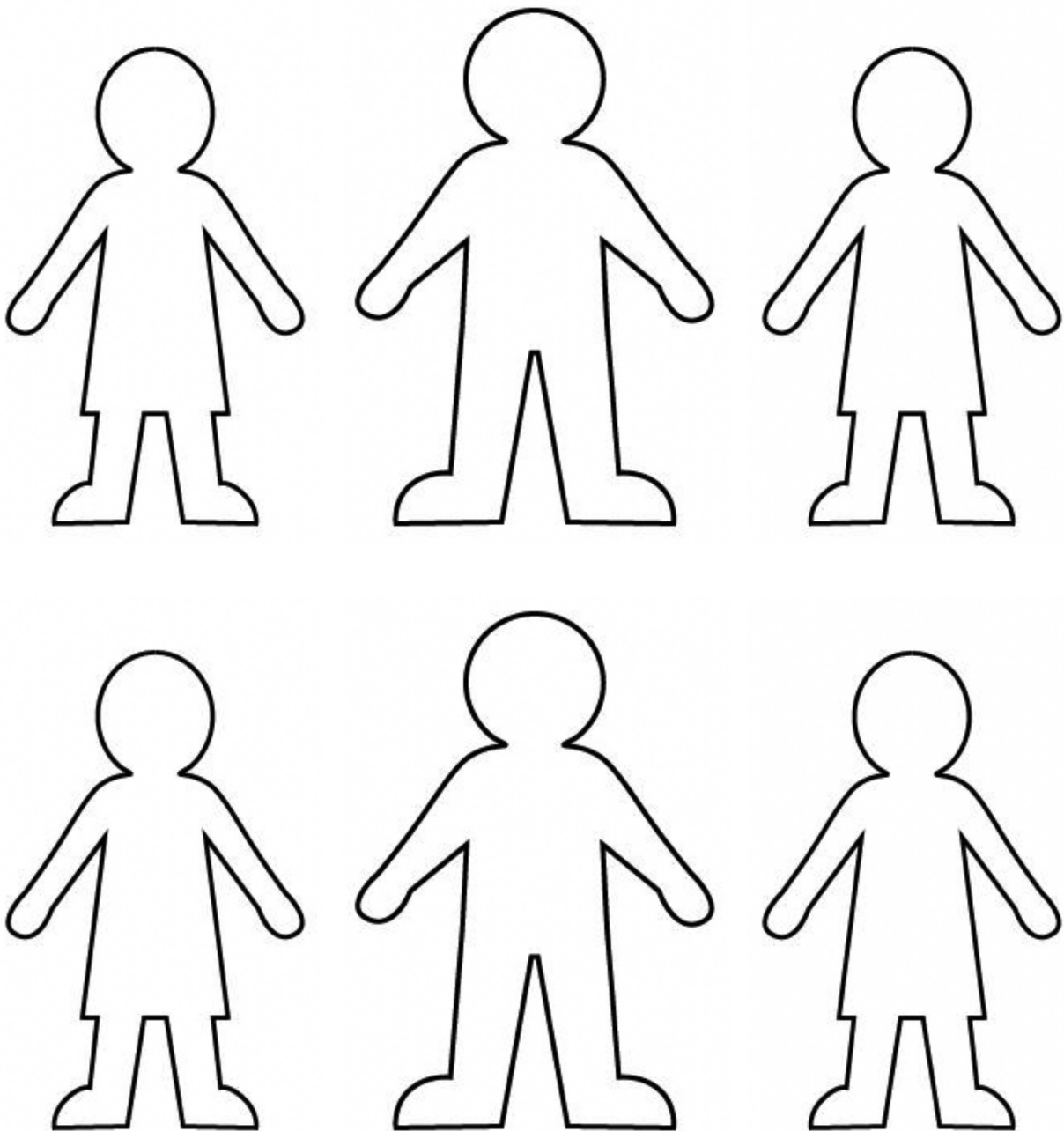
# A SAFE HAVEN

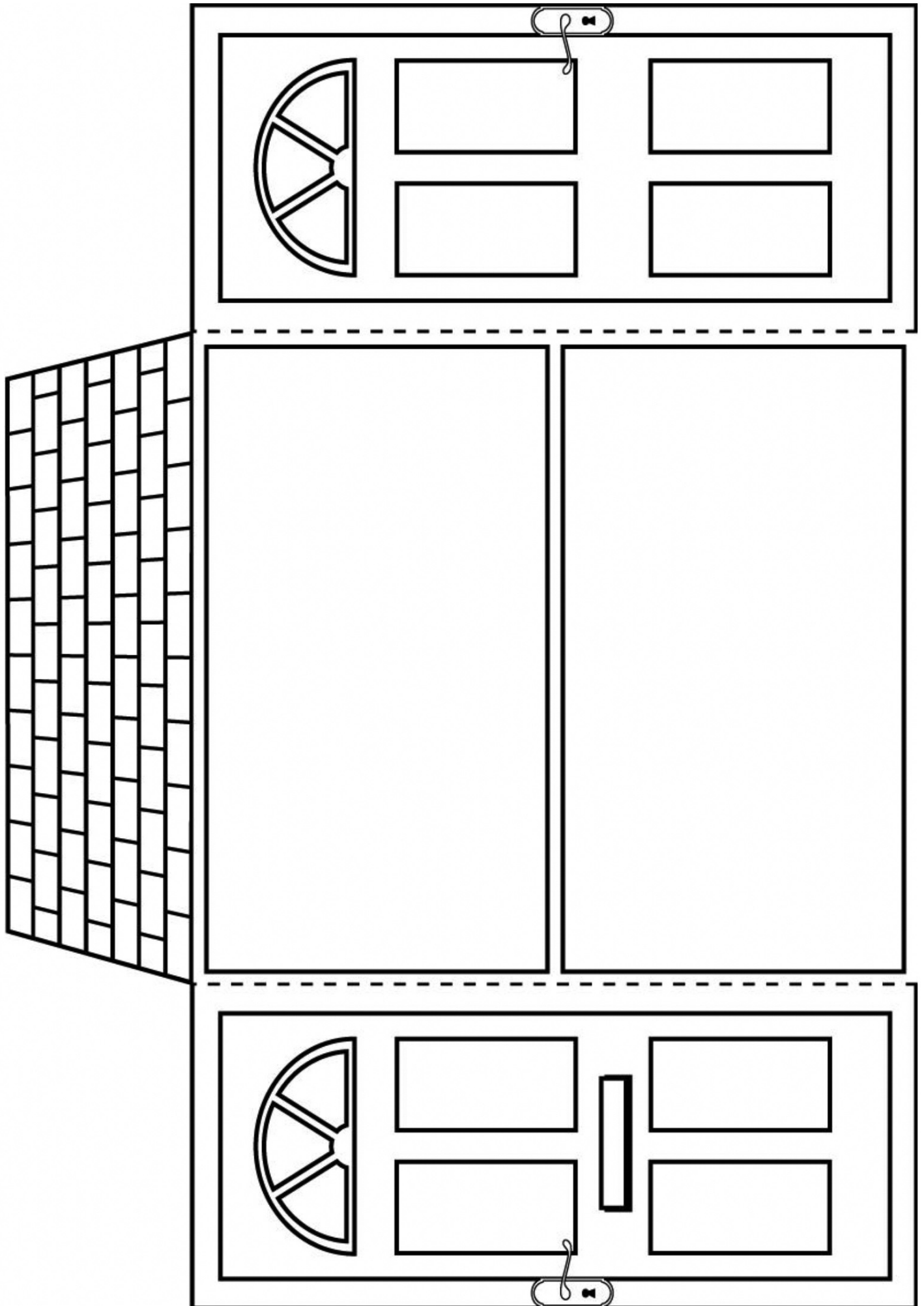
## Who Lives in My House?

You will need an empty cereal box which can be turned inside out to represent a model of your house. You can use the image on page 3.

Use a blank sheet of paper to draw the people who live in your house.

Customise and cut out, then place the people you have drawn into the house.



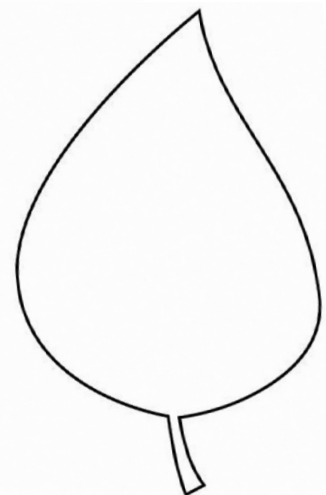
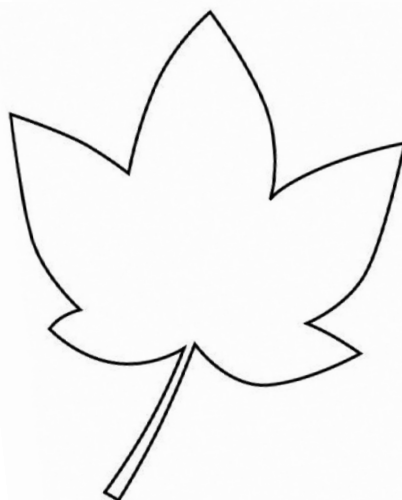
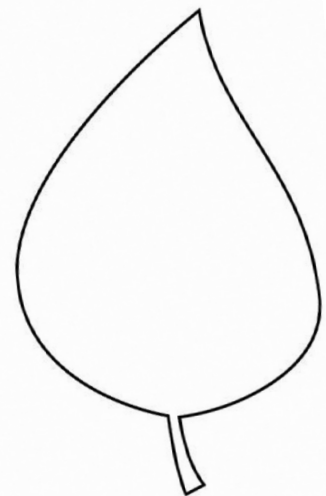
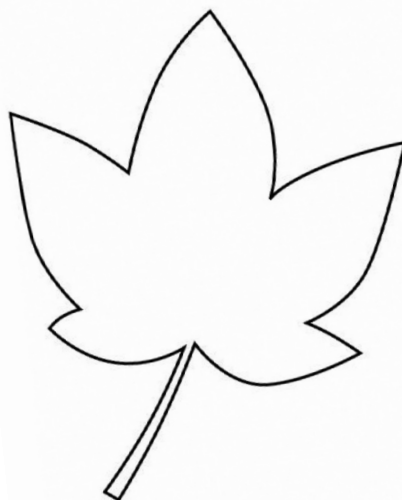
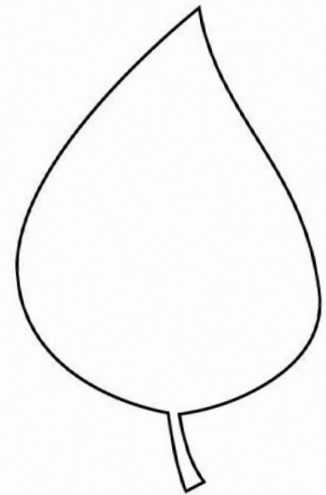
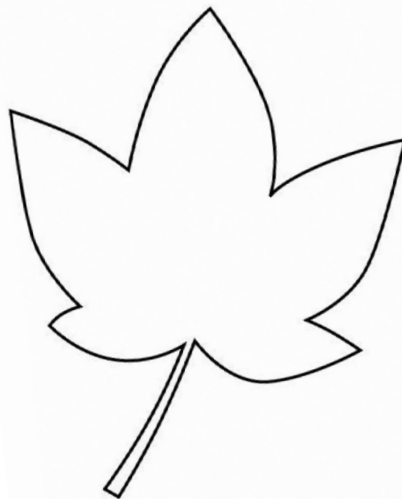


# Praise Tree

**Create a praise tree for your family.**

**Get your family to write positive statements about each other using copies of the leaves below. Using the tree outline, stick the leaves on to the tree.**

**This looks lovely using different coloured paper too!**





# WONDERFUL WORDS

**This activity helps you to learn that the things we say can hurt people's feelings or make them feel wonderful.**

## Part 1

**Think of wonderful words (kind things about a person's appearance, behaviour, personality that will make them feel good inside).**

**Choose one of the body outlines provided on the next page. Personalise and name the character. This will be your 'paper person'.**

**Write some wonderful words on the character.**

**Then, try to think how would you feel if someone said that to you?**

## Part 2

**What if someone said unkind things?**

**Whisper an unkind word to your paper person. How do you think this person feels now? e.g. upset, sad, hurt angry etc.**

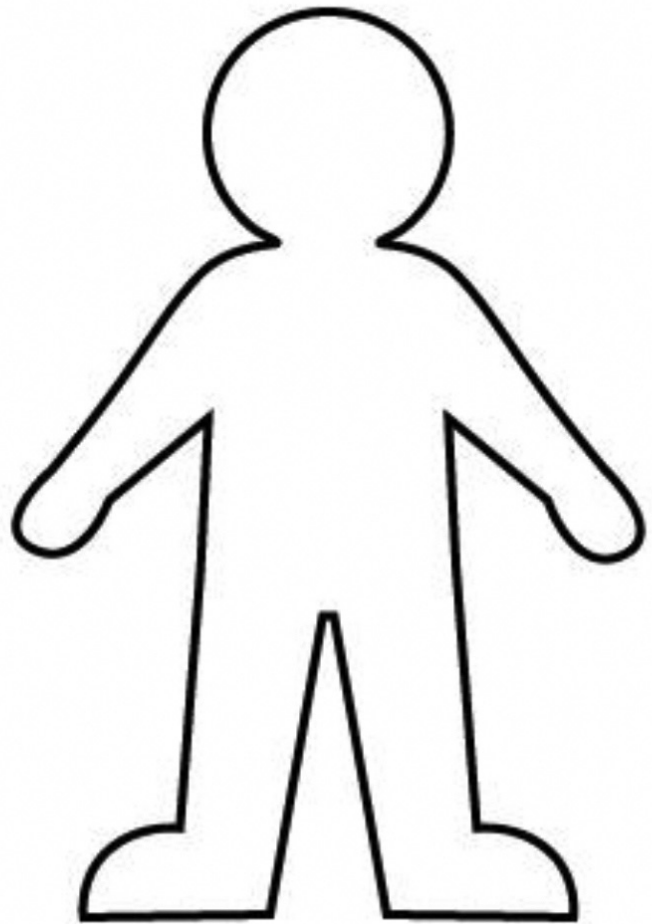
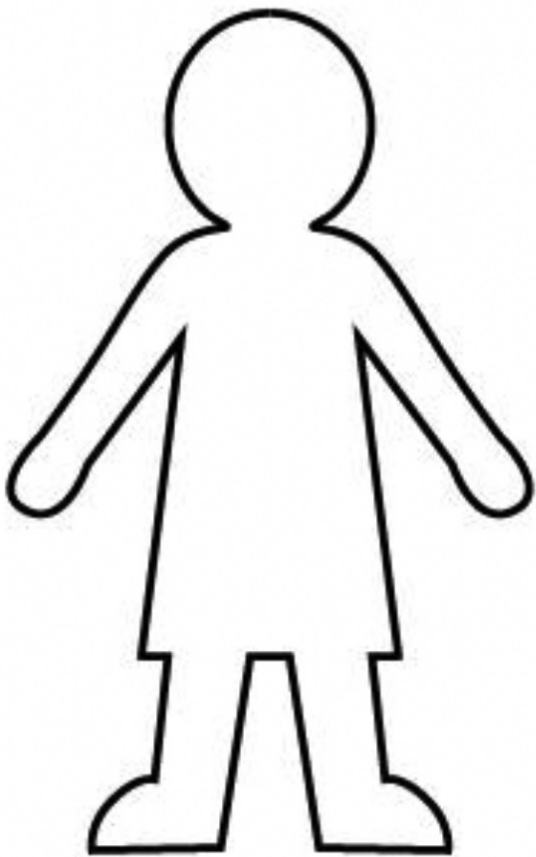
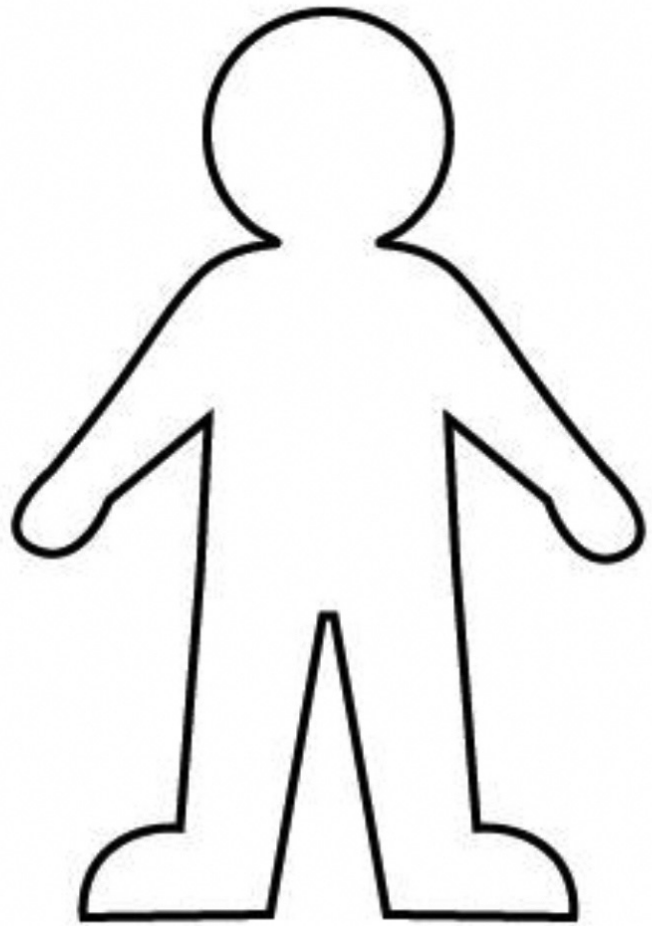
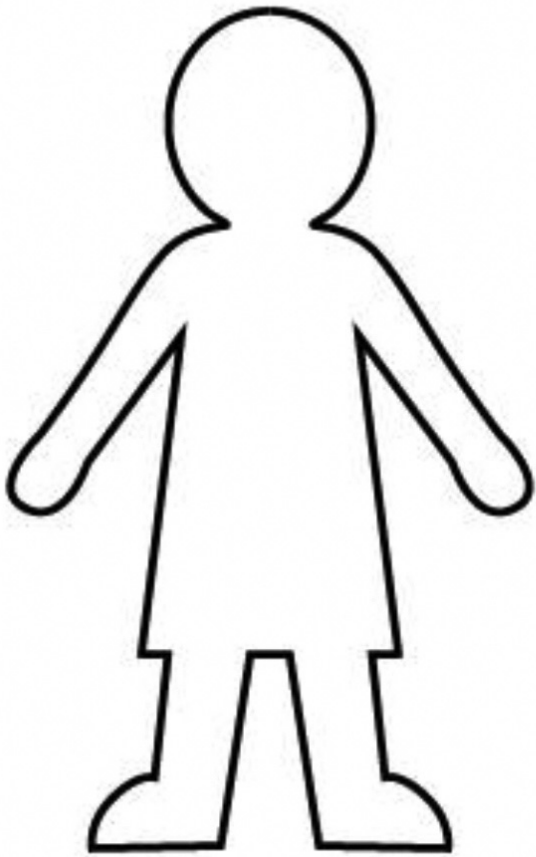
**Crumple up the paper person, then, un-crumple it and read one of the wonderful words to make them feel better.**

**Just like the paper person, unkind words can leave a mark on real people.**

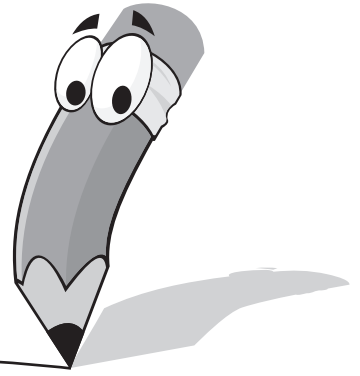
**Remember: Words are very powerful!**

**Words are like toothpaste, just as you can't get the toothpaste back in the tube, you can't take back unkind words.**

**Think of ways we can make our paper people feel better?**



# SMART Internet Safety Quiz



**Underline the correct answer**

**1. S - Which of these passwords is the strongest?**

- sara
- River
- Sara2002
- R1v3r5

**2. M - Which of these invitations would you not accept?**

- From: Cousin  
Meet me in town at 2 o'clock on Saturday?
- From: Friend from school  
Are you coming up to the park tonight at 6pm?
- From: niceguy\_136 (online)  
Let's meet up in the café after school. It'll be fun.
- From: Sister  
We're going out on the bikes tonight. Do you want to come?

**3. A - Which message would be okay to accept?**

- Hello friend. What's your name?
- Hi, love your avatar. I'd love to see your real photo!
- Let's play this game. Do you want to meet up later?
- I really enjoyed tennis last night in after school club. Are you going again this week?

**4. R - How do you know who you're talking to in a chat room?**

- By looking at the username
- By sharing usernames with friends and arranging to meet in a online game
- By looking at the avatar
- By accepting a new invitation

**5. T - Who would not be in your circle of trust?**

- A person from the same village as you
- Cousin
- School friend
- Parent

5. A person from the same village as you .  
4. By sharing usernames with friends and arranging to meet in a online game  
3. I really enjoyed tennis last night in after school club. Are you going again this week?  
2. From: niceguy\_136 (online) -Let's meet up in the café after school. It'll be fun.  
1. R1v3r5

**Correct answers:**



# AMAZING AVATARS

With other members of your family, give each one a picture profile to complete.

The avatar profiles are available on the following link:

[https://schoolbeat.cymru/fileadmin/teachers/ks2/stay-smart/eng/follow-up/6a\\_Picture%20Profiles.pdf](https://schoolbeat.cymru/fileadmin/teachers/ks2/stay-smart/eng/follow-up/6a_Picture%20Profiles.pdf)

The profile is a simple form of what might appear on a social networking site.

Everybody must decide what they think the character is like. (Princess, Blue Dragon, Wizard, Boy, Market stall holder, Tarian).

Market Stall Holder

Age:
Interests/Hobbies:
Email:

Wizard

Age:
Interests/Hobbies:
Email:

Princess

Age:
Interests/Hobbies:
Email:

Blue Dragon

Age:
Interests/Hobbies:
Email:

Tarian

Age:
Interests/Hobbies:
Email:

Boy

Age:
Interests/Hobbies:
Email:

Now, discuss the picture of the Pink Princess.

Discuss her profile.

Can we be sure that we know who the person behind the avatar is?

How can we tell? (We can't!)

It doesn't matter how long you've been talking to someone online or playing with them in a game you don't always know who they are in real life.



**REMEMBER:** if you feel uncomfortable or aren't sure who to accept as a friend, always talk to a trusted adult or report it to [www.clickceop.net](http://www.clickceop.net)

# SMART Detective Challenge Activity

Study the picture on page 11.

Find as much information as they can about the child in the picture in 5 minutes!  
What can you tell about this child from looking at this photograph?

Detective Notes		Detective Notes

Now check your answers with the ones at the bottom of the page!

## Remember!

An adult would be able to track and find out information about this child too so it is important to be SMART and keep safe.

Turn the webcam off when not in use and keep personal information private.

The picture gave away - name, address, school, club, interests and hobbies, pictures of the child, family and friends and even a password (on the computer screen) in addition to things like favourite bands, colours, books etc.



**More downloadable resources  
are available on our website too!**



**SchoolBeat.cymru**