

## Put Safety First

*An activity of "Why wearing a helmet is a smart move when skateboarding".*

Wearing a helmet can protect your brain during a risky activity. "Why wearing a helmet is a smart move when skateboarding" (page 26, *What's Up* June 2026) explains. Use this group project to remind your class about putting safety first!

### ON YOUR OWN

- A. Using the *What's Up* story, state what makes the brain vulnerable and how the parts of the helmet protect it.

Why helmets are important	
<p><i>What makes the brain vulnerable:</i></p> <p><i>The skull —</i></p>	<p><i>How the <u>shell</u> of the helmet protects the brain:</i></p>
<p><i>The brain's consistency —</i></p>	<p><i>How the <u>liner</u> of the helmet protects the brain:</i></p>

### IN YOUR GROUP

- B. Choose an active sport, game or activity that at least one member in your group does. List as many ways as possible to avoid injury while doing that activity and the protective gear to wear (if necessary).

Example: *Cycling - Wear a helmet, knee pads, and elbow pads.*

*- Check that the bicycle parts are working well before cycling.*

- C. Create a safety poster for the activity from (B).
- Give your poster a title.
  - Include the top 4 or 5 safety measures discussed in (B).
  - Use clear and large font.
  - Illustrate your poster to make it very attractive.
  - Add your byline (i.e. your names) in a corner.

- D. Display the poster in the classroom as a reminder to keep safe during activities.