This is what happened today

When you get home from school, write down all the important things that happened. You and your parents can read them together later.

**Think about:**

- Teachers
- Other children
- Recess
- Lunch time
- Friends
- Enemies
- Things that made you feel good
- Things that bothered you
- Things that made you feel bad
- Things you need to remember to bring or to do
- A good joke
- A bad joke
- Something that happened on the way to school
- Something that happened on the way home
Feelings: Child

1. When I'm home on my own, I really like _____________________________________

__________________________________________________________________________

__________________________________________________________________________

2. When I'm home on my own, sometimes I feel __________________________________

__________________________________________________________________________

__________________________________________________________________________

3. When I'm home on my own, I wish __________________________________________

__________________________________________________________________________

__________________________________________________________________________

4. When I'm home on my own, sometimes I'm scared when ________________________

__________________________________________________________________________

__________________________________________________________________________

5. When I'm home on my own, I wish Mom or Dad ________________________________

__________________________________________________________________________

__________________________________________________________________________

6. When I'm home on my own, my brothers and sisters ____________________________

__________________________________________________________________________

__________________________________________________________________________

7. Sometimes I feel ___________________________________________________________

__________________________________________________________________________

__________________________________________________________________________
Feelings: Parent

1. When I’m at work and know you’re on your way home from school, I

2. I’m proud of you when

3. I get angry when

4. Sometimes I wish

5. I worry about

6. I want you to tell me when
Some things I want you to know about me: Child

1. The hardest thing about being home by myself or with sisters or brothers is ____________________________________________
   ____________________________________________
   ____________________________________________

2. One thing I wish would happen soon is ____________________________________________
   ____________________________________________
   ____________________________________________

3. My favorite family activity is ____________________________________________
   ____________________________________________
   ____________________________________________

4. One thing I worry about is ____________________________________________
   ____________________________________________
   ____________________________________________

5. Something I feel really good about is ____________________________________________
   ____________________________________________
   ____________________________________________

6. (Fill in your own) ____________________________________________
   ____________________________________________
   ____________________________________________

7. And ____________________________________________
   ____________________________________________
   ____________________________________________
Some things I want you to know about me: Parent

1. The hardest part of the day for me is __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________

2. I’m really pleased with my children when ________________________________________
   __________________________________________
   __________________________________________
   __________________________________________

3. My favorite family activity is __________________________________________________
   __________________________________________
   __________________________________________
   __________________________________________

4. One thing I worry about a lot is _________________________________________________
   __________________________________________
   __________________________________________
   __________________________________________

5. One thing I feel really good about is ____________________________________________
   __________________________________________
   __________________________________________
   __________________________________________

6. (Fill in your own) _____________________________________________________________
   __________________________________________
   __________________________________________
   __________________________________________

7. And __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________
**On My Own and Ok**

**This is what to do if . . .**

**The doorbell rings**
Some parents don’t want their children to answer the door at all. Check with your parents. If it’s okay to answer the door, here are some good rules:

1. Make sure the doors are always locked.
2. Look through the window or peephole to see who is there.
3. Talk through the door to find out who it is and what they want.
4. Do not be fooled by the request to use your bathroom or telephone. Say that is not possible and direct the person to nearby public facilities.
5. Do not let anyone into the house unless you have been told to expect them, even if it is someone you know.
6. If someone says he/she is making a delivery or coming to repair something and you were not expecting anyone, do not let them in. Tell them your parents are busy and you are not to disturb them.
7. If the person is someone you know or if the person says your parents asked him or her to stop by, call your parents and check.
8. If you are expecting a delivery or repair person, have him or her slip an identification card under the door if possible.
9. If someone continues knocking, call a neighbor or the police for help.
10. Above all, don’t be embarrassed when you don’t let people in.

*Remember to talk to your parents about their instructions and rules for your house.*

**The telephone rings**

1. Answer the phone pleasantly.
2. Do not give your name or number or address.
3. Never say that you’re alone.
4. If the caller wants to speak to your parent, say that your parents can’t come to the phone right now.
5. Take a message—the name and phone number of the caller. Do not give your parent’s phone number at work.
6. If the same person calls more than once and says it’s important and you’re not sure what to do, call your parent or contact person.
7. If you get a “prank call,” someone trying to play a joke, or teasing you, or threatening to hurt you, or scaring you, hang up right away and call your parent or contact person. Don’t answer the phone or the door until your parent or contact person arrives.
On My
Own and
Ok

Emergency situations

Home fires
1. Ask your parents to show you where the smoke detectors are in your house and ask them to let you hear what they sound like when they go off.

2. Ask your parents to help you prepare a diagram of your house with all the ways that you can get out drawn in.

3. With your parents, practice fire drills from each room.

4. If the room is smoky, the best way to get out is by crawling on your hands and knees. There will be more air for you to breathe. Practice that with your parents.

5. If clothing catches on fire, remember to stop, drop, and roll. Practice that with your parents.

6. Remember, the most important thing to do if there is a fire is to get out of the house. Don't try to put out a fire yourself. Don't go back into the house for any reason. Go to a neighbor to call the fire department.

Tornado
1. Talk with your parents about having an emergency kit for bad weather.

2. Talk with your parents about the best place to go if there is a tornado warning.

Tornado Plan
• Listen to the radio.

• A tornado watch means the weather is bad.

• A tornado warning means you should go to the special place for safety.

• This is where I go ____________________________

• Listen to the radio until you hear the “all clear” that means it is safe to go out.
What if . . .

1. You just got home and your little brother or sister is with you and you remember you left your key at school.
   Solution (circle correct answer)
   a. All of you go to a friend’s house and call your parent.
   b. Leave the kid on the steps and go back to school.
   c. Try to break in.
   d. Other __________________________

2. You come home from school and the front door, which is always locked, is partly open.
   Solution (circle correct answer)
   a. Go inside and call a parent.
   b. Knock loudly and walk in.
   c. Go to a neighbor’s house and tell them.
   d. Other __________________________

3. You smell smoke coming from your kitchen and your little sister is playing in her room.
   Solution (circle correct answer)
   a. Try to put out the fire.
   b. Get your sister and both of you leave the house.
   c. Call parent and ask what to do.
   d. Call emergency number.
   e. Other __________________________

4. Someone you don’t know stops by to see your parent.
   Solution (circle correct answer)
   a. Let them in to wait.
   b. Tell them your parents are busy and ask them to come back later. Call your parents.
   c. Other __________________________

5. You get home from school one day and the power is off and your house is cold.
   Solution (circle correct answer)
   a. Don’t worry about it.
   b. Make a fire to keep warm.
   c. Check to see if the power is out in the neighborhood and then call parents for instructions.
   d. Other __________________________
Emergency numbers

Mom at work ________________________

Dad at work ________________________

Neighbor/relative __________________________

Neighbor/relative __________________________

Police ___________________________

Fire ___________________________

Ambulance ___________________________

Poison ___________________________

Information to give in case of an emergency

My name ___________________________

Parents' name ___________________________

Names of my sisters and brothers ___________________________

My address ___________________________

If rural address: this is how to get to my house ___________________________
First aid

Speak to your parents about a *first aid kit*. Maybe you and your parents can prepare one together. Be sure you know where it’s kept. Here are some simple rules for first aid, things you can do for yourself.

**Burns**
Run cold water on the burn or hold an ice cube on it until it no longer hurts.

**Cuts and scrapes**
- Wash a cut or a scrape with soap and water, dry it, and put a bandage on it.
- If it’s bleeding, apply direct pressure until the bleeding stops. Have Mom or Dad show you what direct pressure is.
- Then, clean it and bandage it. If blood is gushing or spurting and cannot be stopped, this is an emergency.

**Nosebleeds**
These can be very scary, but most of the time you can stop them. This is what you do:
- Do not lie down. Sit up on a chair.
- Pinch your nose closed between your thumb and finger for about 5 minutes. Check a clock to be sure.
- If the bleeding has not stopped after 5 minutes, apply a cold cloth.
- If it is still bleeding badly, this may be an emergency; call police or ambulance right away.

**Poisoning**
This will probably never happen to you because you and your parents will have made sure that all poison products are out of reach. But if something should happen, this is the emergency phone number for the poison control center. Check with your parents first before you call there.

Enter the telephone number below for the poison control center number nearest your area. Look in your phone directory.

**Poison control number:**

CAT J0530A
Preventing accidents at home

You can prevent accidents by checking your home for safety and by being careful. Here is a checklist for you to use about your safety habits. Put a ✓ beside each activity you do.

☐ 1. Pick up toys and stuff from the floor when they’re not being used.
☐ 2. Stay away from matches and fire.
☐ 3. Use only the electrical appliances allowed.
☐ 4. Walk, don’t run, in the house.
☐ 5. Keep away from electrical wires.
☐ 6. Wipe up spills right away.
☐ 7. Stand on something sturdy when reaching for things that are high.

Check your home for safety
You and your parents can do a safety check. Put a ✓ beside each one you have checked.

☐ 1. All poisonous products are out of reach of young children.
☐ 2. The list of emergency numbers is posted near the telephone.
☐ 3. Poisonous plants are out of reach of young children and pets.
☐ 4. All medicines are locked up or out of reach of young children.
☐ 5. There are no electrical cords that could be tripped over.
☐ 6. Fire escape plans are mapped and fire drills practiced.
☐ 7. Smoke alarms have been checked and everyone knows how they sound.
☐ 8. Everyone knows where the safest place is if there is a tornado warning.
   It is __________________________
☐ 9. Matches are out of reach of young children.
In the morning

Preparing the night before
- Shower or bathe.
- Prepare your clothes.
- Make a sack lunch (if needed).
- Pack a book bag and place it in a special place.
- Check with parents if there is something you need from them, for instance, lunch money.

Getting up
- Be sure to get out of bed when you are awakened by family member, by telephone, by alarm clock.

Getting ready
- Brush teeth; wash hands.
- Dress.
- Check grooming—hair, neatness.
- Be sure to eat breakfast.

Preparing to leave
- Are you dressed for the weather—do you need a raincoat, sweater, boots, umbrella?
- Do you have everything you need—book bag, lunch or lunch ticket?
- Do you have your key?
- Remember to check if the door is locked.

Have a good day!
**Morning time**

- Wake up time ____________________
- Time parents leave ________________
- Time to leave for school ________________

<table>
<thead>
<tr>
<th>Things to do in the morning</th>
<th>Time needed</th>
<th>Clock time</th>
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<tbody>
<tr>
<td>1.</td>
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# After school

## After school activities

<table>
<thead>
<tr>
<th>Day</th>
<th>School Dismisses At</th>
<th>After-School Activity</th>
<th>Arrive Home At</th>
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</thead>
<tbody>
<tr>
<td>Monday</td>
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<td>Tuesday</td>
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<td>Friday</td>
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<td>Example</td>
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</table>

## Things I'm responsible for doing after school

<table>
<thead>
<tr>
<th>Time Needed</th>
<th>Clock Time</th>
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<tbody>
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<tr>
<td>Example</td>
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</tbody>
</table>

## Things to do after school on my own time

- Do homework
- Read
- Phone friends:
  - Name
  - Number
- Project or hobby:
  - 
  - 
  - 
  - 
- Play with other children
  - Yes
  - No
  - If yes, these are the kids:
    - Names
    - Phone No.
    - Their Home
    - My Home
    - Example: 

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Homework

When
You and your parents can discuss the best time. What works best for you? Do you prefer doing homework before supper? If so, talk to your parents about arranging time for them to go over the assignments with you.

Do you prefer doing homework when parents are home? Will this work well with family schedule? Talk to your parents about best time for everyone.

Help
Parents can help. Share what you’ve been learning, your books, your problems. If you have a hard time sticking with your homework, it may be a good idea to plan to do it when parents are home and can keep an eye on you. It’s a good idea to have parents check the assignment with you and make sure it is done.

Where
You will need a place to study at home and you need study resources. People can be resources, so can written materials. People can include friends, neighbors, libraries, uncles, aunts, and grandparents. Things can be dictionaries, encyclopedias, and atlases and other types of resources.

Phone friend
A phone friend can be a special person in your life. This is a person who usually is in your class whom you can call to talk to about homework, assignment, etc. You are also that person’s phone friend and you can help each other.
Most families have rules. Sometimes they seem like a lot of trouble but they are usually developed for good reasons. Some families include their children in developing rules. Understanding why they are there helps a lot. List some of the rules that exist in your house and who benefits from them.

1. 

2. 

3. 

4. 

5. 

6. 

7. 

8. 

9. 

10. 

New rules
Think of some rules that might help you and your family. Homework? Chores? Caring for sisters and brothers? Using the telephone? TV?


The people who live in my house

There are ___ people who live in my house. They are:

<table>
<thead>
<tr>
<th>ADULTS</th>
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<th>CHILDREN</th>
<th>AGE</th>
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When adults are not home and I'm on my own, this is how it works.

_________________________ is in charge of

_________________________ (NAME OF CHILD)

_________________________

What being in charge means (work with parents on this one).

_________________________

_________________________

These children are responsible for themselves.

_________________________

_________________________
1. You and your brother break a vase while wrestling in the living room. What should you do?
   Solutions (circle correct answer)
   a. Agree with your brother not to tell your parents.
   b. Tell your parents that your brother broke the vase.
   c. Tell your parents you were wrestling with your brother and broke the vase.
   d. Tell your parents you don’t know how the vase was broken.
   e. Other ________________________________

2. After coming home from school, you and your sister are supposed to do homework. Your sister refuses to do so, laughs at you, and says, “You can’t make me!” What would you do?
   Solutions (circle correct answer)
   a. Get angry and yell at her.
   b. Remind her of the home rules and consequences if she doesn’t obey.
   c. Grab her and physically make her stay at the homework.
   d. Call mom or dad, or let them know when they come home.
   e. Other _______________________________

3. Your little brother is bored and can’t think of anything to play after he gets home from school. He complains to you, pesters you, and demands your help in finding something to do. What would you do?
   Solutions (circle correct answer)
   a. Yell at him.
   b. Try to talk to him.
   c. Call your mom or dad.
   d. Try to find a game to interest him.
   e. Other ______________________________

4. You and your brother are watching a television show and your brother changes the channel and says, “It’s my turn.” What would you do?
   Solutions (circle correct answer)
   a. Hit your brother and change the channel back to your show.
   b. Call him a name.
   c. Agree to let him choose the next show if you can finish watching this one.
   d. Call mom or dad.
   e. Other ______________________________
Lonely or bored

Everyone feels lonely sometimes. Being home alone a lot may make you feel lonely, but sometimes being lonely and being bored get mixed up.

One way to look at boredom is this: Being bored is a choice and you can choose to make yourself not bored by deciding what to do.

Try telephoning a friend. One way to feel less lonely is to hook up with a friend or relative you can visit with over the telephone.

I can do these things to keep busy and not be bored.

<table>
<thead>
<tr>
<th>FRIEND</th>
<th>NUMBER</th>
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CAT J0530A
Time capsule

Have you ever looked through a family photograph album or found an old school notebook? Were you surprised at how much you’ve forgotten and how much you’ve changed? How far back can you remember and how have things changed since then?

In 1938, at the New York World’s Fair, an actual time capsule made of metal was filled with lots of information about American society at the time. The capsule was buried 50 feet underground with the specific instruction that it not be opened for 5,000 years.

You probably have already collected several “time capsules” from your own past. Maybe you keep an album or shoe box filled with your old report cards, greeting cards, and so forth.

If you enjoy rediscovering your own personal history, you are probably interested in making a time capsule of your life today, to be opened sometime in the future.

How to start
Make a list of things you could put in the capsule that tell about you now and your world now. You might include photographs, newspapers, and other moments. The more you include, the more memories you’ll have. But don’t overload.

What to do with it
If you actually plan to bury it, to sure to check with your parents first. You’ll need a large enough waterproof container to hold the items. Maybe you could use a plastic container. If you “bury” or “stash” it somewhere inside the house (closet, basement, attic, garage), then a shoe box with a lid will do.

To remember where you put it, write a note on the calendar on the date you plan to open it. Maybe you’ll plan to open it on your birthday next year, or five years from now.

How long can you wait?
Genealogy

A study of your chain of ancestors is called genealogy, a word that means family knowledge. It is interesting to learn about relatives and the many ancestors and generations that came before you. Where people lived, what work they did, who their children were, what their names were, when they were born, and when they died.

Genealogy has become a popular hobby and you may have already started to learn something about it. One of the exciting things about tracing your roots and learning about your heritage is that you have to do some detective work in gathering information.

There are many ways to start. One way is to use a pedigree chart (sometimes called an ancestor chart), where you start with you and go back through your parents and their parents. Most people have trouble completing their sheets beyond their own immediate family without having to search for more facts. Here is where the detective work comes in. To get unknown family information, think of all the possible people in your family whom you might ask. This may mean contacting relatives or friends of the family whom you may not have seen for a while. It may involve letters to people to collect information.

A good place to start is with your parents and with resources that exist in your house, the family Bible for example. Family Bibles often are used to record births, marriages, and deaths. Family scrapbooks, diaries, and baby books are other resources.

If you really become interested in continuing with the genealogy of your family, check at the library for resource books that can help you. The chart below is one way to get started. But remember, it is only the beginning.
Collections

Many kids like collecting things. But having a collection means that you save as much of a particular thing as possible. It can be fun to start accumulating as many different kinds of a specific thing as you can find, especially if it is available but also not that easy to find. Sounds a bit tricky, huh? It might be a great idea to start a seashell collection if you live near the coast of an ocean.

One thing that happens with collections is that as you begin to collect, you may decide to specialize even more. You may, for example, start collecting postcards and then find it is too easy. You then might decide to specialize in postcards with pictures of bridges.

One of the things about collections is that you usually want to show your collection to other people. It is a good idea to think about ways to store and display the pieces you collect. Notebooks, scrapbooks, or albums may be good for flat collections such as pictures, stamps, postcards, leaves, and match covers. Large objects may need to be stored in boxes. Think about storing and displaying your collection as part of the process of having a collection.

The following are some ideas of things that kids collect. You may get an idea from here or begin with an idea of your own.

- Autographs
- Bottle caps
- Butterflies
- Buttons
- Cash register tapes
- Coins
- Dolls
- Drinking straw wrappers
  - Greeting cards
  - Insects
  - Leaves
  - Maps
  - Match covers
    (with matches removed)
- Menus
- Photographs
- Postcards
- Posters
- Rocks
- Shells
- Stamps
On My Own and OK

Nutritious snacks

Snacks I am permitted to eat.

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

Snacks I need help in preparing ahead of time.

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

Snacks we have in our house that I can make myself.

IN REFRIGERATOR:

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

IN CUPBOARDS:

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

My favorite snack choices are:

1st

2nd

3rd

4th

5th
On My Own and Ok

Worksheet 24
Lesson 6

Kitchen know-how and food safety

While cooking
- Wipe up spills immediately
- Keep cabinet doors and drawers closed so you don't bump into them.
- Dry hands before plugging in appliances.
- Turn handles of cooking pots in toward the stove and do not reach across hot burners, especially when wearing floppy sleeves.
- Prepare food on clean cutting board, not on a bare counter top.
- Follow each step of the recipe carefully.
- Wash your hands often, always after touching your face or hair, blowing your nose, coughing, or handling pets.

While setting the table
- Arrange silverware in the order in which you use it with the piece to be used first on the outside, farthest from the dinner plate.
- Place forks, napkins, and salad plate on the left of the dinner plate.
- Place knives, spoons, and glasses on the right of the dinner plate.

When finished
- Wash all utensils and work area.
- Sweep the floor.
- Put away all ingredients and utensils.