

What To Do If I Get Lost

Grade: K- Guidance

Time: 30 minutes

Materials: Ernie Gets Lost (book)
"What to do if I get lost" card

Intro:

Close your eyes... pretend you're in a big store. It has all kinds of Christmas toys and presents, and lots of people! You're there with your mom and she is Christmas shopping. You stop to look in a bin of toys, but when you look up you don't see your mom. There are lots of other people, but not mom. Open your eyes. Has something like this ever happened to you? Raise your hand if you've ever gotten lost from your mom or dad, or grandma, or babysitter. It can be scary can't it.

Story: Read the story, "Ernie Gets Lost."

Discussion:

1. *Let's talk about what you should do if you get lost. Go through the card.*
 - a. **Freeze-** pretend there is glue on your shoes and stand like a tree-- straight and tall. Why? *If you wander around looking for mom, you might miss each other! Did Ernie freeze? Discuss.*
 - b. **Look around for the adult you came with.** *Your mom is probably looking for you, look for her, she might be close by. Did Ernie do this?*
 - c. **Yell your adult's name 5 times.** *Make sure it's their real name-- there might be a lot of moms in the store. Do you know your mom or dad's real name? Raise your hand if you do. Yell loudly-- even if it's in a store or restaurant.*
 - d. **Look for a safe adult, tell them "I'm lost."** *Who would be a safe adult? Did Ernie look for a safe adult?*
 - e. **Know your parent's name and phone number.** *First, do you know your full name? Do you know your parent's full name-- not just mom and dad? Did Ernie know this? What did Ernie have with him? Was that helpful, and why?*
2. Practice (role play) going through the steps so each as a chance to approach a safe adult and say they are lost. Recruit a couple 3rd or 4th grade students to help so groups are smaller.
3. Hand out the card to each; have students take the card home to share with their parents.
4. *When mom or dad say, "what did you learn today?" what can you tell them? Review the steps.*



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- 1. Freeze.** Don't wander around. Stand like a tree, tall and straight.
- 2. Look around for the adult you came with.** Look around for your adult, they will be looking for you too.
- 3. Yell your adult's name 5 times.** If you don't see your adult, yell their real name-- not Mom or Dad-- 5 times.
- 4. Look for safe adult, tell them "I'm lost."** Safe adults are store clerks or other moms with children.
- 5. Know your parent's name and phone number** Know your full name and parents full name and a phone number

Lost children are often frightened, having names and contact information written on a card can be helpful.

We all want to keep our children safe.



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