Comenius
Active Magazine
3rd edition
Safe While Being Active
Introduction

Dear members,
Thank you very much and welcome to the 3rd edition of our Comenius Active Magazine. In this edition we will be dealing with being safe while being active - a topic in which we will go through different examples on how to implement safety in activities in different natural surroundings that promote active lifestyle. We will also look back on our meeting in Spain and look back on our Car Free Day celebration.

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Safe While Being Active

„Jerječkinje barjačkinje“
(Traditional Croatian game)

Location of the activity:
- In the forest
- In the park

Resources needed:
- Fluorescent vests (for the forest), rubber boots, mud suits or snow suits if necessary.
- In case children don’t know each other name tags can be made and placed on children’s clothes so they are visible.
- Marks on the floor can be made so it is easier for children to position themselves in two parallel but distanced lines.

Safety rules:
- In the forest is very important that before running the ground is cleared of all fallen branches and sticks. Together with children you can collect them on one pile that will not be in the way. Also the grounds need to be checked out for landslides or sinkholes.
- Remind children that while running in the forest they should lift their feet to reduce chances to get their feet caught in tree roots.
- Children need to be previously familiar with what to do in case there are dogs near by
- In case there are fallen trees first make sure they are stabile enough before children approach them
- During tick or mosquito season necessary protective measures need to be taken (such as tick and mosquito sprays).
Rules for playing the game:
Children should be divided in two lines that face each other. In each line children are holding hands making a “chain”. One line (1) chooses a child from the opposite line (2) that will run into their line. If he or she manages to break the “chain” than he or she chooses a child from there and they go the line from where the child ran. In case the child doesn’t break the “chain” he or she stays in the line he or she got tangled into.
The game is over once there is only one child left in one of the chains.
Safe While Being Active

**Cycling in the Park**

Location of the activity: Cycling in the Park

Resources needed: Children’s bicycles, helmets, high visibility vests, buoys

Safety rules:
- Compliance with safety gap
- Not preceded by another
- Avoid the traffic buoys
- Be patient, be tolerant to each other

Rules for playing the game
Moving between two buoys in the series, leaving adequate following distance, and then are going through the roundabout at the end of the line.

**Running bike**

Location of the activity: Courtyard of the kindergarten
Safe while being Active

Running Bike

Paks, Bendek Elek Óvoda – Pre-Primary School

Resources needed:
Bicycle

Safety rules:
The designated route can only be used by the children with the bikes, the others are not allowed to disturb them. 2. The next child can start if there are two buoys between him/her and the previous child.

Rules for playing the game: The 3-4 years old participants start after each other with the running bike. They try to stay in the designated route. The skilful ones can bypass the buoys with slaloms. The aim of the game is to develop their balance and to stop safely. The running bike is also a highly effective way to learn how to ride a real bike.
Important aim in movement development is that children learn to ride a bicycle by the age 6. **This learning process consists of three phases:**

1. **phase:** riding balance bikes and scooters – to improve balance, to practice starting and stopping

2. **phase:** practicing pedalling on small bikes, with bigger bikes completing slalom courses, practicing traffic rules

3. **phase:** a 20km bike tour to the village "Cseresznyés".
Safe While Being Active

Active Holidays Sightseeing

Location of the activity:
Playground
If you have bad weather, you can do it in the gym

Resources needed:
calk (different colors), 6 bobby-cars, 6 roller, cardboard traffic lights, “traffic-maze” from home to castle, traffic-rules have to be included, if available safety vests

Safety rules:
Traffic rules, safety rules, safety vests

Rules for playing the game
Children split up in 3 groups (pedestrians, scooter drivers, car drivers)
Children obey the traffic rules on their way to the castle; they take photos and drive or walk back.
Safe While Being Active

SAFELY SURROUNDED BY MOUNTAINS

Our kindergarten has moved into nature for three days. The visit took place in the magnificent Logarska dolina valley surrounded by high mountains.

Slip-resistant footwear; multi-layered clothing suited for changing weather conditions (warm, chilly, rainy); backpack for bottled water and healthy snacks.
Safe While Being Active
Safely Surrounded by Mountains
Ljubljana, “Vrtec Pedenjped” – Pre-Primary School

- Focus on forest-road signs.
- Protection: tick repellents.
- No interference with wild animals.

- Stick to the group, do not stray away!
- Embrace the nature using all your senses.

HILLS AND MOUNTAINS CLOSE TO US
Safe While Being Active

Hiking

Ljubljana, “Vrtec Pedenjped” – Pre-Primary School

- INSTRUCTIONAL TIME WITH MOUNTAINEER
- MOUNTAIN POCKETBOOK
- APPROPRIATE EQUIPMENT
- DON’T LEAVE MARKED PATHS
- FIRST AID KIT
- CHECK THE WEATHER FORECAST
- DON’T EAT FLOWERS
- DON’T SHOUT
- TAKE GARBAGE BACK TO THE VALLEY WITH YOU
Safe While Being Active
Mountain Safety
Ljubljana, “Vrtec Pedenjped” – Pre-Primary School

MOUNTAIN SAFETY

IF YOU WANT TO GO WALKING IN MOUNTAINS, YOU JUST NEED SOME HILLS, GOOD WILL, NICE WEATHER AND GOOD FRIENDS.

NECESSARY THINGS:
- Non slippery shoes
- Clothes in layers, hat
- Protections from ticks
- Water, snacks
- Guidance

SAFETY RULES:
Listen to your guide.
Never walk alone.
Do not climb, when it is not save.
Safe While Being Active
Mountain Safety
Ljubljana, “Vrtec Pedenjped” – Pre-Primary School

WATCH OUT FOR SHATERRED TREES.
BE CAREFULL.
Safe While Being Active

SHARK ATTACK

A game to play on the beach

Use this game to teach students the importance of protecting themselves from sunrays, since sunburns are extremely painful. This game also teaches the difference between red, yellow, and green flags on the beach. Red symbolizes it is too dangerous and is prohibited. Yellow signifies you should use extreme caution and only swim with an adult. Green signifies you are free to swim on your own, while still paying attention to strong ocean currents, changing weather conditions, and watching out for sharks or other animals.

1. Hat
2. Sunblock (cream)
3. Sunglasses
4. Red Bib
5. Red, Yellow, Green Flag
6. Hoops

Rules:

1. The teacher selects two students to be sharks. These students wear a red bib.
2. The teacher places hoops across the beach and puts sunglasses, sun block and hats in the hoops.
3. The students start at one side of the field and have to pick-up and put-on a hat, sunglasses and sun block before they can run to the other side of the beach.
4. The sharks try and catch
5. the students before they get to the other side of the beach. If a shark catches a student, they are sent to the hospital.
6. Students will have to go to the hospital if they forget to put on a hat, sun block, and sunscreen. They must put on all three. If a student is sent to the hospital, they have to stay there for 30 seconds before they can continue playing.
7. Students are “safe” inside the hoops where the materials are located from the sharks.
8. The teacher blows the whistle and changes between red, yellow and green flags. Students must hold hands with a buddy when the flag is yellow, and they must run to shelter in a hoop when it is red. If students continue running when a flag is red they will have to start from the beginning of the beach.
9. If a student has to start again, they have to re-apply their sun block, and pick up new sunglasses and a hat.
Sometimes in the winter we are lucky, that it snows and the students do winter sports outdoor - maybe sledge sliding near the school.

SLEIGHS, PLASTIC BAGS OR OTHER SMOOTH, FLAT THINGS YOU CAN GLIDE ON.
VERY WARM AND WATERPROOF CLOTHES AND BOOTS
ADULTS WHO WANT TO PLAY WITH YOU
FIRST AID KIT
LOTS AND LOTS AND LOTS of snow
...AND OF COURSE SMILES AND A GOOD LAUGH.

Safety rules:
TAKE CARE!
LOOK OUT!
WAIT FOR YOUR TURN!
HELP EACH OTHER – COOPERATE!
Rules for playing the game

OBEY THE SAFETY RULES
HAVE FUN
LAUGH A LOT!
Safe While Being Active

Little Fish

The activity takes place into the sea.

Needed resources:
- bathing suit
- sun lotion

Safety rules:
- clear and sandy waters
- sea level at least at waist

Rules for playing the game: This game requires at least three (3) persons. Get into the sea, up to your waist and form a circle. Adjacent persons join hands. Each person tries to pass its body over the joined hands opposite to him/her without breaking the hands bonds. A person loses if it doesn’t pass over or breaks the hands bonds. You keep doing this until two person remains.
**Safe While Being Active**

**Hot Potato**

- **Location of the activity:** In the garden or in the back yard at home
- **Resources needed:** Ball, At least 3 players
- **Safety rules:** Use a soft ball, Don’t aim at anyone’s head

**Rules for playing the game**

Everyone stands in a circle. Count down from 10 as you pass the ball around. Whoever has the ball when you reach zero is out. Last player left is the winner.

**Donkey**

- **Location of the activity:** Garden or back yard
- **Resources needed:** Ball, 2-4 players
Safe While Being Active
Donkey
St. Johnston, CO. Donegal – Primary School

Safety rules:

Don’t play near the road - If the ball goes out on the road, get an adult to get it for you.

Rules for playing the game
Stand in a circle, at least 2 meters from the next player.
Throw the ball to the next player.
The first time you don’t catch the ball, go down on one knee. The 2nd time, two knees, the 3rd time one hand behind your back. If you miss again, you are out.

Resources needed:
Something in the garden which you call ‘HOME’ e.g. a garden seat.
At least 3 players

Location of the activity:
Back yard or garden

Rules for playing the game
One person counts to 40 while the rest hide.
The catcher then searches for everyone. If they can reach ‘Home’ without being seen and shout ‘40 40’ they are safe. If the catcher sees them they are caught. First person caught is the catcher next time.

Safety rules:

Don’t play anywhere slippy.
Hide in a safe place
Don’t block someone running for home.
Comenius meeting - Rincon de la Victoria – Spain
6.6.2014, presence – all eight (8) country members

1. It was agreed that we send all new e-mail addresses to Manos, that he upgrades our mailing list

2. Claudia exposed that we need to have more compact information regarding projects, because she cannot send her co-workers new tasks every day. We discussed to send our information on weekly basis (for example – every Monday)

3. 22nd of September - a day without a car
   - Every country makes their own poster and sends it on google drive for a brochure
   - Kids take photos about what they have done over the weekend without a car
   - We discussed why it’s important not to use a car to often and what are alternatives
   - Families that own more than one car can use only one to drive their kids to school or kindergarten
Meeting in Spain

- Families that cannot come to school/ kindergarten without a car should spend a weekend without a car and later send photos

- All posters must be sent latest until Thursday 18th of September

4. For our 3rd magazine we divided ourselves on areas according to different activity locations. Our main goal was how to learn to implement safe activities, safe sun protection, ...

3rd Magazine – agreements

- Spain - beach
- Greece – sea
- Ireland – home games
- Germany – highway, underground train
- Slovenia – mountains
- Croatia – garden & forest
- Denmark – rain & snow
- Hungary – playground

5. Christian exposed that he would like to have more conversations via Skype, on that we all agreed

6. Our proposal is to speak more over Skype, learn certain thing (for example: language, manual dexterity;...) All interested must send an e-mail to Manos

7. We all agreed that the first year of our cooperation was completed successfully. Our kids have learned a lot of things about our countries, we exchanged a lot of experiences and cooperation between all partners was excellent.

8. Next meeting is fixed for Germany. Official date in Germany is expected from 26th until 29th of November 2014
Car Free Day
September 22\textsuperscript{nd} 2014

As a part of our Car Free day Celebration each of the partner schools worked together with children and their families on incorporating a day without a car in their routine.

The aim of the celebration was to offer parents and children a healthy alternative in how to spend their time together and to create a habit of an alternative and healthy lifestyle.

Each partner school made a poster(s) on how and what their parents and children did and exchanged both ideas and experiences.

Car Free Day Posters

Let’s have a Car Free Day

St. Johnston, CO. Donegal – Primary School
Car Free Day
September 22nd 2014

Málaga, Rincón de la Victoria – Pre-Primary and Primary School
Car Free Day
September 22nd 2014

Hersonisos, Crete – 1st Primary School of the Port of Hersonisos

Düsseldorf, Zeppenheimerweg Kindergarten – Pre-Primary School
Car Free Day
September 22\textsuperscript{nd} 2014

Paks, Bendek Elek
Óvoda – Pre-Primary School

Kolding Friskole – Primary School
A Day Without a Car

Kindergarten Horizons, Zagreb, Croatia

We were diving, jumping and playing with the stones. In the afternoon after noon break and lunch we were riding bikes and sometimes scooter.

Our day started with swimming and having fun in kayak while our father was taking us on him to the next beach. We were cheering to my mother who was swimming all the way. We had lots of fun there on the beach.

When I get tired, my father and my uncle are my favorite means of transport. Bicycle is our favorite pastime. Going to the beach is as well a nice walk which we take each day and which we enjoy. Spending days at the beach are my nicest moments and most active ones.

We are spending most of the day on the beach. We are swimming, playing, searching special stones, walking... We have 700 stairs through the forest from our house to the beach. Sometimes it’s not easy to climb back but at the end of the day we are always happy and proud.

We spent the day without a car out on the beach. Swimming, playing, fishing and jumping in the sea. We caught five fish but we set them free because they were too small. It was a great day and we had a wonderful time.

Each day I walk with my parents and friends to the park to play or to the center of the town doing a fine number of stairs, sometimes a few times a day.
Car Free Day
September 22nd 2014

On our car free day we were exploring the forest of Sjeme, picking flowers, running, walking around ...

[Family Buljavača]

We spent our days with friends playing on the beach and in the sea. Our favourite pass time were the water balls.

[Family Simić]

We rode our bicycles and in the evening hours we took long walks.

Days without a car we mostly spend out in the open. There is so much to explore.

[Family Mavričić]

“A Day Without a Car”
Comenius – Active in Europe

Kindergarten Horizons would like to thank all the families that choose to participate and support our project.

Zagreb, Horizons – Pre-Primary school
Letter of thanks

A thank you to:

Hersonisos, Crete – 1st Primary School of the Port of Hersonisos
Paks, Bendek Elek Óvoda – Pre-Primary School
Ljubljana, “Vrtec Pedenjped” – Pre-Primary School
Düsseldorf, Zeppenheimerweg Kindergarten – Pre-Primary School
St. Johnston, CO. Donegal – Primary School
Málaga, Rincón de la Victoria – Pre-Primary and Primary School
Kolding, Kolding Friskole – Primary School
Zagreb, Horizons – Pre-Primary school

for all your cooperation and hard work you put into creating the 3rd edition of our magazine.

Editor: In behalf of Zagreb, Horizons – Pre-Primary School: Željka Škorić
Comenius – Active Magazine 3rd edition
Safe While Being Active