



Sam the Safety Dog says ...

Sam, the NSC Safety Dog, is here to talk about safety with kids like you! This time, Sam has a special message about a winter treat: hot chocolate!

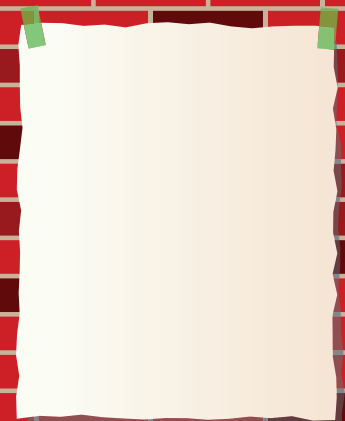
“Hot chocolate is ... well ... hot! Before you take a sip, let it cool down for 10 minutes.”



Stay active indoors

Being stuck inside during the cold winter months doesn't mean we can't be active! Try this family project: Create a "move jar." On pieces of paper, write down activities that include movement. For example, "10 jumping jacks" or "walk like a monster back and forth five times."

Then, fold the pieces of paper and put them in your jar. Each day, pick out a new one and, together, do what it says on the paper.



Three good things

The holidays are a good time to stop and think about all the good things we have in our lives. What are you thankful for? Above, write down three things. If you want to, share your list with someone!

Photos: gpointsstudio/iStockphoto; Andre_BR/iStockphoto