



Sam the Safety Dog says...

The NSC Safety Dog, Sam, is here to share messages of safety just for kids like you! This time, Sam has a special message about sleep:

"Kids need nine to 12 hours of sleep a night. Make sure you get enough sleep so you're ready to have a great day!"



How many safety items are in your home?
First aid kits, fire extinguishers and corner guards on tables are a few examples. 
Write down how many you can find!



Decode the message

Use the alphabet key provided to decode the secret message below!

A = 1	E = 5	I = 9	M = 13	Q = 17	U = 21	Y = 25
B = 2	F = 6	J = 10	N = 14	R = 18	V = 22	Z = 26
C = 3	G = 7	K = 11	O = 15	S = 19	W = 23	
D = 4	H = 8	L = 12	P = 16	T = 20	X = 24	



1	12	23	1	25	19
23	5	1	18		
1					
8	5	12	13	5	20
23	8	5	14		
18	9	4	9	14	7
25	15	21	18		
2	9	11	5		

Answer: Always wear a helmet when riding your bike.