

MIRIAM & ARI'S BACK-TO-SCHOOL CHECKLIST



- ☐ Buy school supplies
- ☐ Review SMART Kids safety tips
- S**-Seek Safe Helpers
- M**-Make the Uh-Oh Feeling Matter
- A**-Ask First
- R**-Respect Your Body
- T**-Tell A Trusted Adult

- ☐ Put emergency information card in backpack
- ☐ Practice sharing feelings & asking for help
- ☐ Create & discuss home safety plan
- ☐ Learn about boundaries & personal space
- ☐ Choose 5 trusted adults
- ☐ Set safety rules for bus
- ☐ Learn school safety rules
- ☐ Establish routines
- ☐ Review playground safety
- ☐ Practice healthy habits
- ☐ Talk about maintaining privacy, not secrecy

Let's make this year **SMART!**