JCFS 🎎 CHICAGO

MIRIAM & ARI'S BACK-TO-SCHOOL CHECKLIST

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- 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
- lacksquare 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
- \Box Establish routines
- □ Review playground safety
- □ Practice healthy habits
- lacksquare Talk about maintaining privacy, not secrecy

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

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