



# Health and Safety



General health and safety rules are often taken for granted, but statistics show frightening figures of accidents and health problems that could have been avoided.

Through various everyday scenes the aim of this show is to reinforce the importance of always being aware of possible dangers as well as striving to live a healthy lifestyle. We realize that if children can make this a way of life we will be encouraging a generation that will grow up to be responsible and make wise choices.

Topics that will be covered include:

- Road safety – for pedestrians and passengers
- Safety in the home
- Safety around water
- Stranger Danger
- Danger of the Sun
- Nutrition
- Cleanliness
- Exercise
- Sleep

We will conclude this show by encouraging the audience to use their **FIVE SENSES** to be safe and healthy.

For more information and bookings please contact:  
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