

# Seat Belt Rules

## Summary

Students will explain the purpose and procedure of wearing a seat belt

## Time Frame

1 class periods of 30 minutes each

## Group Size

Large Groups

## Materials

### Teacher Resources

- [Utah's Booster Seat Law](#)

### Copies

- [Home Connection - English](#)
- [Home Connection - Spanish](#)

### Materials

Terrific lesson ideas may be found at

<http://intermountainhealthcare.org/hospitals/primarychildrens/childhealth/parenting/Pages/home.aspx>

### Music

"Buckle Up" from CD Take a Stand

### Vocabulary

personal safety  
air bag  
booster seat  
seat belt

## Background for Teachers

### Lesson at a Glance

#### Note to teacher:

It is suggested that a local police officer be invited to help teach this lesson.

#### Introduction

1. Personal Safety Definition

#### Strategy

2. Do's and Don'ts of seat belt use
3. Sing "Buckle Up."

#### Conclusion

4. Role Play

#### Home Connection

5. Booster Seat Law

## Instructional Procedures

1. Personal Safety Definition

Personal safety means taking care of ourselves and making the right choices so we can remain safe.

2. Do's and Don'ts of seat belt use

Children are safer in an automobile when they wear seat belts.

Children should ride in a car in the back seat. Children under the age of eight (8) should be buckled into booster seats.

Discuss child safety seats, air bags and the Utah Booster Seat Law.

3. Role Play

Arrange four chairs to represent the front and back seats of a vehicle.

Have the children practice sitting in the rear seat and buckling themselves into a booster seat.

Have children STOP and THINK before the car moves.

Explain that when you make smart choices over and over again they become smart habits.

When you have a smart habit, you do what is right automatically.

4. Teach and Sing "Buckle Up"

Use actions, games, role plays, humming and other effective teaching methods to teach the song, "Buckle Up."

5. Booster 'Til 8 Parent Brochure

Make a copy of the Home Connection for each student. Send the Home Connection paper home with each student and instruct students share the information with their families.

Bibliography

This lesson is part of the Utah State Board of Education [Prevention Dimensions program](#)

Authors

[Utah LessonPlans](#)