

Year 3 Hummingbird

Life skills

Autumn 1

Why do we need to keep safe?

Health and Well-being

Key Vocabulary	Definition
999	The number to call for the emergency services.
emergency	A serious, unexpected and often dangerous situation requiring immediate action.
emergency services	These are the police, fire brigade, ambulance, coastguard and mountain rescue.
first aid	The initial medical help given to a casualty.
germs	Tiny, microscopic living things—like bacteria and viruses—that are everywhere.
hazard	Something that is dangerous and likely to cause harm or injury.
intense feelings	Emotions or physical sensations experienced with extreme force, passion, or depth.
medicines	A safe helper that fights germs, stops pain, or makes you feel better when you are sick.
offline	Being offline means a device is not connected to the internet.
online	Being online means a device (like a computer or smartphone) is connected to a network, usually the internet.
risk	The possibility of something uncertain happening that could affect you.
scam	A clever trick used by criminals to steal money, personal information, or passwords.
trusted adult	A reliable, supportive, and safe grown-up whom a child or young person can turn to for help, advice, or emotional support.
vaccination	A safe medicine that helps our bodies learn how to fight off dangerous germs.

Keeping Safe Online – Top Tips

1. Keep your personal information private.
2. Use a strong password and don't share it with anyone you don't trust.
3. Only download games and apps from safe, trusted places.
4. Think before you post or share something online.
5. Ask a trusted adult (like a parent or a teacher) before buying anything online.
6. Keep your device protected by updating its security tools.
7. Be careful of tricks and scams—if something seems strange, tell a trusted adult.



1. Check for danger
➤ Always make sure the area is safe

2. Call 999/112
➤ If it is an emergency, call 999 or 112. Remember LIONEL to give them important details

3. Reassure casualty
➤ Keep the casualty reassured
➤ Stay with them until help arrives

4. If you have been taught any first aid which may be useful, then use it

How to call for help in an emergency.

Intense Feelings

Intense feelings are emotions or physical sensations experienced with extreme force, passion, or depth. They range from profound joy, love, and excitement to overwhelming anger, grief, or despair. While they can be a natural response to specific events, constantly experiencing them can sometimes feel "too much" or hard to control.



Medicines and Safety

Medicines should be kept in a locked cupboard, and out of the reach of young children. All medicines can be dangerous if taken when they are not needed, which is why they need to be kept in a safe place.



Some pills look like sweets, which is why they need to be kept away from young children.

