

Activity Safety Checklist

Keep this by your investigation station for quick reference

Before Starting Any Activity

- ☐ Read complete activity instructions including safety notes
- ☐ Check for relevant allergies or sensitivities
- ☐ Ensure proper adult supervision is available for duration
- ☐ Gather appropriate safety equipment (gloves, aprons, first aid kit)
- ☐ Confirm all materials are clean and safe for intended use
- ☐ Establish clear rules and emergency procedures
- ☐ Check weather conditions for outdoor activities

During Activities

- ☐ Maintain appropriate supervision levels
- ☐ Monitor for signs of fatigue, frustration, or discomfort
- ☐ Enforce safety rules consistently and positively
- ☐ Be prepared to modify or stop activities if safety concerns arise
- ☐ Keep first aid kit accessible ☐ Model safe behaviour at all times

After Activities

- ☐ Ensure thorough hand washing for all participants
- ☐ Clean and safely store all tools and materials
- ☐ Check children for any delayed reactions or concerns
- ☐ Document any incidents or safety observations for future reference
- ☐ Discuss what went well and any safety lessons learnt

Quick Safety Reminders

Wear gloves when handling soil, compost, or unknown plants
Adult supervision required for new activities and young children
Never eat unknown plants - identify first!
Wash hands thoroughly before and after all activities
Keep first aid kit nearby and accessible

Age-Specific Quick Guide

Ages 3-6: Constant supervision • Plastic tools only • No small objects • Simple one-step tasks

Ages 7-11: Close supervision • Teach proper tool use • Explain 'why' behind rules • Check ins during tasks

Ages 12+: Independence with oversight • Risk assessment skills • Can supervise younger siblings • Emergency response knowledge

For detailed safety guidance, see pages 81-86 of Natural Wellness Play



ACTIVITY SAFETY

Natural Wellness Play - Keeping Everyone Safe While Learning

 **Safety First, Fun Always!**

This checklist helps families ensure every growing adventure is safe and enjoyable. Use it before starting any new activity to make sure you're prepared. Safety doesn't mean less fun - it means more confidence!

Activity: _____ **Date:** _____

Supervising Adult: _____

BEFORE YOU START - GENERAL SAFETY

Basic Hygiene & Preparation

- ☐ Everyone has washed their hands before starting
- ☐ Work area is clean and organised
- ☐ First aid kit is easily accessible
- ☐ All participants know where the first aid kit is located
- ☐ Fresh water available for drinking and washing
- ☐ Appropriate clothing worn (old clothes/aprons if messy work)
- ☐ Long hair tied back
- ☐ Jewellery removed if necessary

Supervision & Communication

- ☐ Appropriate adult supervision level identified for ages involved
- ☐ Children understand the activity safety rules
- ☐ Emergency contact numbers readily available
- ☐ Everyone knows what to do in case of problems
- ☐ Clear boundaries established for the activity area

PLANT & GARDEN SAFETY

Plant Identification & Handling

- ☐ All plants identified and confirmed safe before handling
- ☐ No unknown or wild plants being used
- ☐ Children reminded: NEVER eat unknown plants
- ☐ Any potentially irritating plants identified (e.g., nettles)
- ☐ Gloves available if needed
- ☐ Allergy information checked for all participants

Soil & Compost Safety

- ☐ Fresh, quality compost from reliable source
- ☐ Gloves available for soil handling
- ☐ Children reminded to keep hands away from face
- ☐ Hand washing facilities prepared for after activity
- ☐ Compost stored safely away from young children



TOOLS & EQUIPMENT SAFETY

Tool Selection & Use

- ☐ Age-appropriate tools selected for each child
- ☐ Tools checked for damage before use
- ☐ Sharp tools (scissors, secateurs) only for appropriate ages
- ☐ Adult supervision for any sharp or complex tools
- ☐ Children shown correct tool use before starting
- ☐ Tools stored safely when not in use
- ☐ Broken or damaged tools removed from use

Materials & Substances

- ☐ All materials safe and non-toxic
- ☐ Food colouring is food-grade if being used
- ☐ Any chemicals (e.g., pH strips) are child-safe versions
- ☐ Adult handles any hot water or heating
- ☐ Protective equipment available if needed (goggles, gloves)
- ☐ Proper disposal method planned for any substances



AGE-SPECIFIC SAFETY CHECKS

Ages 3-6: Little Scientists

- ☐ Constant adult supervision in place
- ☐ No small objects that could be choking hazards
- ☐ Plastic tools only (no sharp edges)
- ☐ Adult pre-approval for any tasting activities
- ☐ Simple, one-step instructions given
- ☐ Watch for: putting things in mouth, lack of danger awareness

Ages 7-11: Junior Researchers

- ☐ Tool use training completed
- ☐ Safety reasoning explained (why rules exist)
- ☐ Small independent tasks with regular check-ins
- ☐ Basic emergency knowledge taught
- ☐ Watch for: overconfidence, rushing through activities

Ages 12+: Advanced Researchers

- ☐ Risk assessment skills discussed
- ☐ Can supervise younger siblings with guidance
- ☐ Understand safe handling of complex materials
- ☐ Know first aid basics and emergency procedures
- ☐ Watch for: taking shortcuts, peer pressure to skip safety

EXPERIMENT-SPECIFIC SAFETY

Chemical & Indicator Safety

- ☐ Only using recommended safe substances (red cabbage juice, turmeric, food colouring)
- ☐ Adult handles preparation of any indicators
- ☐ No laboratory-grade chemicals being used
- ☐ Children wearing old clothes/aprons for staining substances
- ☐ Work surfaces protected with newspaper/plastic
- ☐ Eye protection available if needed
- ☐ Disposal method planned and safe

Water & Liquid Safety

- ☐ Adult handles all boiling water
- ☐ Hot liquids allowed to cool before children handle
- ☐ Spills cleaned up immediately to prevent slips
- ☐ Children understand water safety around younger siblings
- ☐ Containers stable and unlikely to tip

OUTDOOR SAFETY

Weather & Environment

- ☐ Weather appropriate for planned activity
- ☐ Sun protection available (hats, sunscreen) if sunny
- ☐ Rain protection available if needed
- ☐ Children dressed appropriately for conditions
- ☐ Adequate shade available for hot days
- ☐ Activity area checked for hazards (broken glass, animal waste, sharp objects)

Wildlife & Insects

- ☐ Area checked for wasp nests or bee activity
- ☐ Children reminded about insect safety (don't swat, move calmly)
- ☐ Antihistamine available if anyone has known allergies
- ☐ Children know what to do if stung or bitten
- ☐ Wildlife respected and observed from safe distance

EMERGENCY PREPAREDNESS

First Aid Essentials

- ☐ First aid kit stocked and accessible
- ☐ Plasters for minor cuts
- ☐ Antiseptic wipes or spray
- ☐ Cold compress available
- ☐ Antihistamine if anyone has allergies
- ☐ Emergency contact numbers saved in phone
- ☐ Know location of nearest A&E/walk-in centre

Emergency Action Plan

- ☐ All adults know basic first aid procedures
- ☐ NHS 111 number saved (non-emergency medical advice)
- ☐ 999 number ready for serious emergencies
- ☐ Poison Information number saved: 0844 892 0111
- ☐ Everyone knows the address for emergency services
- ☐ Mobile phone charged and nearby

AFTER THE ACTIVITY

Clean-Up Safety

- ☐ All tools cleaned and stored safely
- ☐ Sharp objects put away immediately
- ☐ Any substances disposed of properly
- ☐ Work area cleaned and tidied
- ☐ Spills or mess cleaned up

Hygiene

- ☐ Everyone washes hands thoroughly with soap and water
- ☐ Any cuts or scrapes cleaned and covered
- ☐ Dirty clothes removed and washed
- ☐ Food preparation surfaces cleaned before cooking

SAFETY ICONS KEY

 **Gloves Recommended - Use gardening or protective gloves**

 **Adult Supervision Needed - Adult must be present**

 **Eye Protection Advised - Safety goggles recommended**

 **Hand Washing Essential - Wash hands before and after**

 **Extra Caution Required - Take special care with this activity**

 **Remember: Safety Makes Learning Fun!**

When everyone feels safe and prepared, learning adventures are more enjoyable and successful. Taking a few minutes for safety checks means more confidence, more independence, and more fun for everyone!

Teaching children about safety helps them become responsible, independent learners.

