Most kids look forward to summer, when school is out, the pool is open and they can play all day. Summer 2020 may be quite different for many kids around the country. There may be rules about gathering in groups, and some swimming pools may never open. Some fun summer traditions can also be dangerous for kids. Have safe is your family when it comes to summer activities!

Mini Fact: Bike helmets reduce the risk of injury by about 70%.

Try ’n’ Find

Words that remind us of summer safety are hidden in this puzzle. Some words are hidden backward or diagonally, and some letters are used twice. See if you can find:

**Bike, Sunscreen, Tick, Belt, Storm, Summer, Pets, Safety, Seat**

_Cook’s Corner_ Healthy Oat Bran Cookies

You’ll need:

- 1 1/2 cups oat bran
- 1 cup whole-wheat flour
- 1 cup quick-cooking oats
- 1 cup dried cranberries
- 1/2 cup chopped pecans
- 1/2 cup soft margarine
- 1 teaspoon baking soda
- 1 3/4 cups oat bran
- 1/4 teaspoon salt
- 1 cup light brown sugar packed
- 4 egg whites
- 1 1/2 cups egg whites
- 2 1/2 cups low-fat milk

What to do:

1. Preheat oven to 350°F. Grease large cookie sheets with cooking spray and measure dough by rounded teaspoons or about 1 inch apart.
2. Bake at 350 degrees for 12 to 15 minutes until done. Makes 3 to 4 dozen.
3. Stir wet mixture into oat mixture and blend thoroughly.
4. In a large bowl, combine oat bran, flour, oats, cranberries, pecans, baking soda and spices.
5. Bake at 350 degrees for 12 to 15 minutes until done. Makes 3 to 4 dozen.

Sun safety

☐ I wear a hat.
☐ I drink lots of water.
☐ I don’t exercise in the hot sun. I stay in the shade.
☐ I stay in sight of adults.

Tick safety

☐ I check myself and my pets often for ticks.
☐ I never wear earbuds while riding.
☐ I stop at stop signs and for red and yellow lights.
☐ I don’t ride barefoot.

Hiking safety

☐ I stay in sight of adults.
☐ I walk only on trails and watch my step. Roots, rocks and logs can trip hikers.

Cook’s Corner: Healthy Oat Bran Cookies

**Mini Jokes**

Sandra: What’s green and likes to peck at trees?

Stuart: Woody Woodpickle!

Eco Note

Have you ever heard of the UV Index? The UV Index assigns a number to the next day’s UV—or ultraviolet ray—levels and highlights the level of exposure for people who plan to be outdoors. You should pay attention to the UV levels and plan your activities to protect yourself from getting too much sun by using shade and covering up with sunglasses, a hat, and protective clothing, and using sunscreen. The higher the number on the scale of 1 to 7, the more careful you need to be.

For later: Look through your newspaper for safe summer fun activities.

Coat cookie sheets with cooking spray and measure dough by rounded teaspoons or about 1 inch apart.

Wealth safety

☐ I am inside during a storm, I stay there, away from windows and doors.
☐ I am outside, I go in if I can.
☐ I am swimming, I leave the water when I first hear thunder or see lightning.

Travel safety

☐ I always buckle my seat belt.
☐ I never bother the driver.
☐ I watch for traffic before I get out of the car.

Our Safety Report Card

Does your family get an S (satisfactory) or a U (unsatisfactory) in each of these areas?

- Sun safety
- Hiking safety
- Bike safety
- Tick safety
- Weather safety
- Travel safety

Try how did your family do? What areas do you need to work on together to be safer this summer?

Weather safety

- You’ll need an adult’s help with this recipe.

Mini Jokes

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Teachers: Follow and interact with The Mini Page on Facebook!