

# Sample S.A.F.E. Student Check-Out

Ask students to reflect on each of these four areas after each activity:

## Self

How was my level of participation? Was my choice of clothing and footwear appropriate for the activity? Do I need to make any changes for next time?

## Area

Were there any concerns with the area I used? Do I need to make any changes to my area next time?

## Feelings

How do I feel after participating in the activity? Do I feel hurt or injured? Do I need to communicate how I am feeling to a parent/guardian/caregiver (for example, did I hit my head)? Do I need to make any changes for next time?

## Equipment

How did my equipment work? Do I need to use different equipment next time? Do I need to communicate information about my equipment to my parent/guardian/caregiver?