



Materials

- Tape
- Markers
- Measuring tape or ruler
- Bristol board

Tips

- This activity could be adapted to cover visual arts and physical education course curricula.
- Display the visual in a high traffic area and draw attention to it by making a school announcement.
- Be as creative as you want with the display - have several Two Feet, Two Seconds visuals set up around the school using different methods and materials to demonstrate the same message.

Capturing Results

- Take pictures of your visuals and post them on the No Regrets Facebook page or send them in to SMARTRISK.



Students create an informative visual to raise awareness throughout their school that a fall from two feet can cause serious brain damage.

Background

- The human skull is only one centimetre thick. As a result, hitting your head from a fall just two feet from the ground can cause serious brain damage.
- This activity is designed to increase the student body's knowledge and understanding of preventable injury and to encourage students to Buckle Up and Wear the Gear.

The Activity

The following steps are guidelines for you to run Two Feet, Two Seconds in your school. Feel free to make the activity your own so that it is relevant to your classroom, school, or community.

- Speak with your principal and staff adviser about an appropriate time and place to set up the display.
- Tape a thick line two feet above the ground along a wall.
- Keep the line there for several days before adding the caption "Afraid of heights? A fall from two feet can cause brain damage".
- Add the SMARTRISK logo so students will connect the message to your No Regrets team.

Promote:

Buckle Up

look first

Wear the Gear

Get Trained

Drive Sober