



The Safe Choices Trail

A personal safety game for children aged 5-7

Dear Teacher,

We have created this game with one simple aim: to help you start gentle, age-appropriate conversations with your youngest pupils about staying safe, making good choices, and always telling a trusted grown-up.

The Safe Choices Trail is designed for children aged 5-7. Nothing in it is graphic or frightening - the serious subject behind our work is never put in front of young children. Instead, through play, children practise the Four Safe Steps - Stop, Don't Touch, Walk Away, Tell a Grown-Up - until those words feel familiar, natural and easy to say out loud.

These messages will stay with children long after the game is packed away. Young children learn best through play, repetition and conversation - and every Choice Card in this pack is a conversation starter. There are no wrong answers; the win is the talking. The game supports PSHE, circle time and safeguarding-led discussion, and works just as well at home with parents and carers.

WHAT'S IN YOUR PACK

Page 2

The game board

Page 3

Eight cut-out Choice Cards

Page 4

How to play, plus notes for grown-ups

Everything we provide is completely free for your school - printing and delivery included - funded by our business partners. If you have any questions, or would like to know more about our wider primary school support, including our Anti Knife Crime Mob colouring competition and Primary Activity Pack, we would love to hear from you.

With thanks for everything you do,

Andrew Brown

Director, Knife Crime Matters CIC

THE SAFE CHOICES TRAIL



An Anti Knife Crime Mob game · roll the dice, make safe choices, reach the finish!



THE FOUR SAFE STEPS

- 1 STOP** (Red button)
- 2 DON'T TOUCH** (Purple button)
- 3 WALK AWAY** (Teal button)
- 4 TELL A GROWN-UP** (Orange button)

CHOICE CARDS

Cut out, shuffle, place face-down by the board · a grown-up reads each card aloud

CHOICE CARD 1

You find something sharp on the ground in the park. What do you do?

Safe idea: Stop, don't touch, walk away, tell a grown-up.

MOVE ON 1 SPACE

CHOICE CARD 2

Your friend looks sad and alone in the playground. What could you do?

Safe idea: Be kind - ask if they are OK, or tell a grown-up.

MOVE ON 1 SPACE

CHOICE CARD 3

Someone dares you to touch something dangerous. What do you say?

Safe idea: It is brave to say NO and walk away.

MOVE ON 1 SPACE

CHOICE CARD 4

Can you name two grown-ups you trust?

Safe idea: For example a parent, carer or teacher.

MOVE ON 1 SPACE

CHOICE CARD 5

You see something at school that worries you. Who can you tell?

Safe idea: A teacher or another trusted grown-up.

MOVE ON 1 SPACE

CHOICE CARD 6

A friend asks you to keep a worrying secret. What do you do?

Safe idea: Worries are never secrets - tell a grown-up.

MOVE ON 1 SPACE

CHOICE CARD 7

What makes someone a good friend?

Safe idea: Kind, helpful, and looks out for you.

MOVE ON 1 SPACE

CHOICE CARD 8

Show the Four Safe Steps with your hands!

Safe idea: Stop - don't touch - walk away - tell a grown-up.

MOVE ON 1 SPACE

HOW TO PLAY

The Safe Choices Trail · for 2-4 players aged 5-7, with a grown-up

YOU WILL NEED

- The game board (page 2)
- The Choice Cards, cut out (page 3)
- One dice
- A counter for each player (a button or coin works!)



- 1 Cut out the Choice Cards, shuffle them and place them face-down next to the board.
- 2 Everyone puts their counter on START. The youngest player rolls first.
- 3 Roll the dice and move your counter along the trail. A grown-up reads out any space you land on.
- 4 Land on a STAR? You made a safe choice - hop on 2 spaces!
- 5 Land on a CARD space? Take a Choice Card. The grown-up reads it aloud. Say your answer out loud - then move on 1 space. There are no wrong answers, just good talking!
- 6 Land on an OOPS space? Don't worry - go back 1 space and say one of the Four Safe Steps to keep playing.
- 7 The first player to reach FINISH is safe and sound - but everyone who talked about safe choices is a winner!

REMEMBER THE FOUR SAFE STEPS

1 STOP

2 DON'T TOUCH

3 WALK AWAY

4 TELL A GROWN-UP

NOTES FOR TEACHERS, PARENTS & CARERS

This game introduces personal safety to young children through play - nothing in it is graphic or frightening. The aim is simple: children practise saying the Four Safe Steps out loud and learn that telling a trusted grown-up is always the right choice. Let conversations grow naturally from the Choice Cards, praise every answer, and gently model the safe response where needed. The game supports PSHE, circle time and safeguarding-led discussion, and works just as well at home as in the classroom. If a child shares something that worries you during play, follow your school's safeguarding procedures.