

# **SAFETY SEYMOUR ACTIVITY PACK FOR TEACHERS AND PARENTS**

**A FUN AND INTERACTIVE SESSION FOR CHILDREN IN YEARS 2  
AND 3 ABOUT HOW TO PROTECT OURSELVES AND OUR HOMES  
FROM CARBON MONOXIDE.**



## FOR PARENTS AND TEACHERS

Safety Seymour is a fun and colourful character who has an important message to share about gas safety in the home, and the dangers of Carbon Monoxide (or CO) poisoning in particular.

Developed by Cadent, the largest gas distribution network in the UK, the Safety Seymour sessions are usually presented in schools by trained arts workers. At Northern Gas Networks we thought that Safety Seymour was so great that we have now introduced it to schools in our North of England region. Our trained Community Care Officers present the session free to Year 2 and Year 3 classes.

Now that schools are closed to most pupils due to the Coronavirus outbreak, we are sharing the Safety Seymour session through this activity pack. So if you are home schooling your children, or if you are a teacher who is sharing online teaching aids, you might like to use the resources in this pack.

The session focuses on educating children in a fun and engaging way on the dangers of carbon monoxide, what the symptoms are and also how to stay carbon monoxide safe. This is done through various activities and involves several areas of the curriculum including drama, science, art, and Personal, Social and Health Education (PHSE). There are also links to a series of short videos on YouTube that you can show to children as you go through the information.

This pack includes all the information that you will need to talk children through the main learning points of the session. There is also a quiz, a Safety Seymour puppet to cut out and make, an artwork sheet for children to draw a colourful CO monster and information about a national CO safety creative competition for children, which they might like to enter as well. The closing date for this competition is 30th September 2020 and entries can be emailed to [GDNCO\\_Compensation@northerngas.co.uk](mailto:GDNCO_Compensation@northerngas.co.uk).

There is also a sheet of information about CO detectors which can be fitted in your home. This information is as much for parents as it is children, as it gives details on the best type of alarm to fit, how much alarms costs and where to buy them. It also gives children advice on what to do if they hear the alarm in the home.

If you would like to leave any thoughts or ideas on our social media channels, we are on Facebook as Northern Gas Networks, and on Twitter @NGNgas. There is more information about staying safe from CO at [northerngasnetworks.co.uk/ngn-you/our-communities/carbon-monoxide](https://northerngasnetworks.co.uk/ngn-you/our-communities/carbon-monoxide)



# INFORMATION SHEET FOR PARENTS AND TEACHERS

Note for parents/teachers:

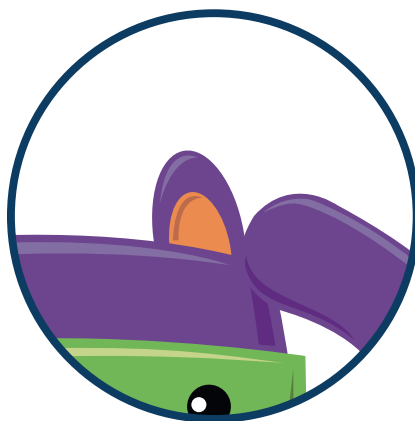
You can point to your eyes, nose etc to demonstrate this to children.

## CARBON MONOXIDE

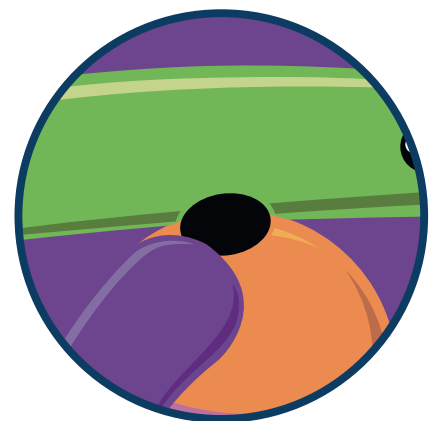
**“What is carbon monoxide?” Carbon monoxide (CO) is a dangerous gas that you can’t:**



**SEE**



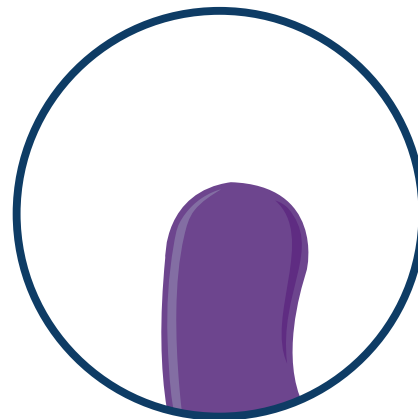
**HEAR**



**SMELL**



**TASTE**



**TOUCH**

But CO can be very dangerous and can make people very ill. Sometimes it is called the silent killer. So it’s really important that you learn how you can spot if there is CO in your home, and what to do if you do spot it.

CO is made by accident; when other fossil fuels such as natural gas do not burn away properly. But it shouldn’t be in your home.

# HELLO SAFETY SEYMOUR!

## Who is Safety Seymour?

Safety Seymour is a bear on a mission. He's a caped crusader who has been visiting schools to teach children about how they can spot the signs of CO gas, and how to keep everyone at home safe and well.



## Where can you find CO at home?

*Note to parents/teachers: If you are teaching children at home, you and they can go around your house and look at the various appliances that you have, and ask the children where they think CO may come from. Teachers presenting online can ask children to think of the different appliances they have at home, and think about which ones might produce CO. When you have answers from the children, you can then talk through each of the appliances pictured below, and explain what to look out for with each one.*

### What are the signs to look for?

Gas appliances which can cause CO include gas heaters, gas cookers, fires, boilers and water heaters. If you spot any of the signs below, it may mean there is a release of CO.

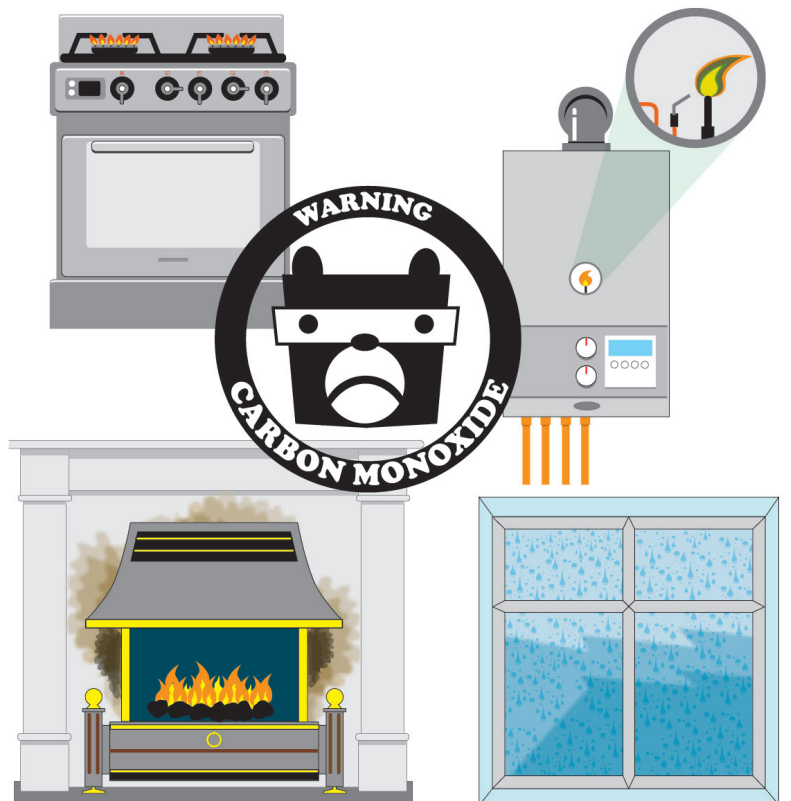
**Cooker** – Gas flame looks 'floppy' and burns orange or yellow rather than mostly blue

**Boiler** – Pilot light looks floppy or often blows out

**Fire** – There is soot or yellow-brown staining on or around an appliance

**Window** – You see or smell smoke or have excessive condensation in the room where you have a gas appliance

All of the appliances that you have looked at could cause CO to be in your home. BBQs are OK as long as they are outside, such as in your garden. If there is a chimney in your home, it needs to be cleaned regularly. You can also show children this short video on YouTube: [youtube.com/watch?v=8D9U5jVUyQM](https://www.youtube.com/watch?v=8D9U5jVUyQM)





# What are the symptoms of CO poisoning?



**HEADACHES**



**SICKNESS**



**BREATHLESSNESS**



**COLLAPSE**



**DIZZINESS**



**LOSS OF  
CONSCIOUSNESS**

## How you can keep safe from CO.

**WHO YOU GONNA CALL?!  
THE NATIONAL GAS EMERGENCY SERVICES!**

**0800 111 999**

**YOU OR ANYONE ELSE IN YOUR FAMILY CAN CALL THIS  
FREE NUMBER 24/7.**

The only thing that can detect CO is a Carbon Monoxide Alarm! It looks like this and can save lives. The best sort of alarm to have is one that makes a noise, so that it can wake you up if it senses CO. It needs to be tested once a month.



*Notes for parents/teachers:*

You can show children this short video about CO alarms, and about how gas engineers check homes so that they are CO safe: [youtu.be/qxO13pu-h8s](https://youtu.be/qxO13pu-h8s)

If you want to share a full Safety Seymour session with children, there is a longer video on YouTube which goes through all the important messages covered above. [youtu.be/m5oRQ\\_4irUE](https://youtu.be/m5oRQ_4irUE)

# HELLO SAFETY SEYMOUR!

## Carbon Monoxide Alarm

### Do you have one?

Seymour is here to spread the message, that every home should have a carbon monoxide alarm fitted. Carbon monoxide alarms can save your life, as they will sound before any carbon monoxide in your home reaches a dangerous level.

#### **Where to buy a CO alarm**

A carbon monoxide alarm looks similar to a smoke alarm. These small devices cost between £15 and £35 from most reputable DIY stores or online.

#### **Where to fit a CO alarm**

When you install your alarm, make sure you put it in a central location like the hallway. Place it at head height, and make sure it is at least a metre from any appliances.

#### **What to do if your CO alarm goes off**

If the alarm on your CO alarm sounds, you should turn off any gas appliances, leave our home immediately and call **0800 111 999**.

**The golden rule, as with smoke alarms, is to test it regularly and replace the batteries at least once a year, or when the low battery alarm sounds.**

# QUIZ TIME

Note to parents/teachers:

Below is a short quiz for children to take part in, that will help them to remember the main learning points, and you to assess how much they have learnt. The answers follow on afterwards.

1. **What is the National Gas Emergency telephone number?**

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2. **It is free to call the National Gas Emergency Number**

True            False

3. **Gas is a fossil fuel**

True            False

4. **What is Carbon Monoxide (CO) also known as?**

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5. **You can smell CO?**

True            False

6. **How is CO made?**

---

7. **What are the most common causes of CO at home?**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

8. **Name four symptoms of CO poisoning**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

9. **What is the only thing that can detect CO?**

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10. **How many times should you test a CO alarm?**

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# QUIZ TIME - ANSWERS

1. What is the National Gas Emergency telephone number?

**0800 111 999**

2. It is free to call the National Gas Emergency Number

**True** False

3. Gas is a fossil fuel

**True** False

4. What is Carbon Monoxide (CO) also known as?

**The silent killer**

5. You can smell CO?

True **False**

6. How is CO made?

**By accident!**

**When fossil fuels aren't burnt properly**

7. What are the most common causes of CO at home?

1. **Gas Fire**

2. **Boiler**

3. **Cooker**

8. Name four symptoms of CO poisoning

**Headaches, Dizziness, Nausea or sickness, breathlessness, collapse, loss of consciousness  
OR a lot like a heavy flu / cold**

9. What is the only thing that can detect CO?

**A Carbon Monoxide alarm**

10. How many times should you test a CO alarm?

**Once a month!**



# CO SAFETY COMPETITION

GET CREATIVE,  
BE SAFE.

We're looking for creative kids to design a poster, poem or film to raise awareness of a poisonous gas, called carbon monoxide (CO). The competition is open to children aged 5 - 11 and there are some great prizes up for grabs - for the winning pupil and their school or organisation, such as Cubs or Brownies.

Visit our website for more information:  
[www.northerngasnetworks.co.uk/carbon-monoxide](http://www.northerngasnetworks.co.uk/carbon-monoxide)

  
Northern  
Gas Networks

## LEARN ABOUT CARBON MONOXIDE AND HOW TO SPOT THE SIGNS BY BEING A CREATIVE WHIZZ

### CO signs to look out for:



Pilot lights in boilers frequently blowing out



Extra condensation inside windows



Gas appliances that are burning with a floppy yellow or orange flame that is normally crisp and blue



Soot or yellow stains around appliances



### Symptoms of CO poisoning:

- Dizziness
- Tiredness and confusion
- Stomach pain
- Nausea (feeling sick) and vomiting
- Shortness of breath and difficulty breathing

Send in your entries by **Wednesday 30th September 2020** to:  
[GDNCO\\_Competition@northerngas.co.uk](mailto:GDNCO_Competition@northerngas.co.uk)



# SAFETY SEYMOUR

## 2D CUTOUT PUPPET

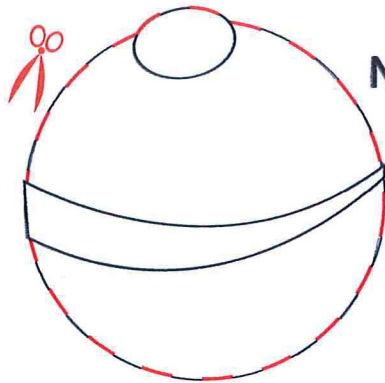
1) Cutout all the Seymour templates by following the dashed lines.



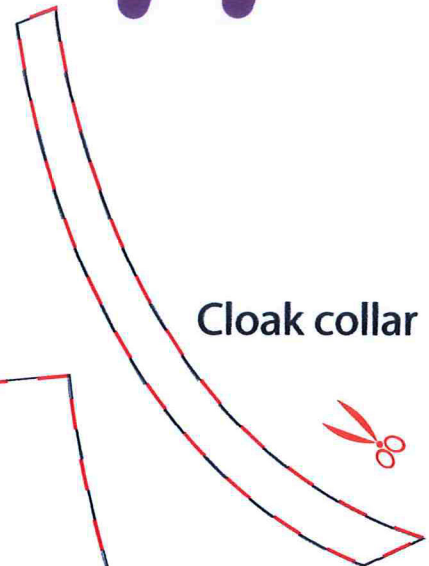
2) Colour in all the templates.



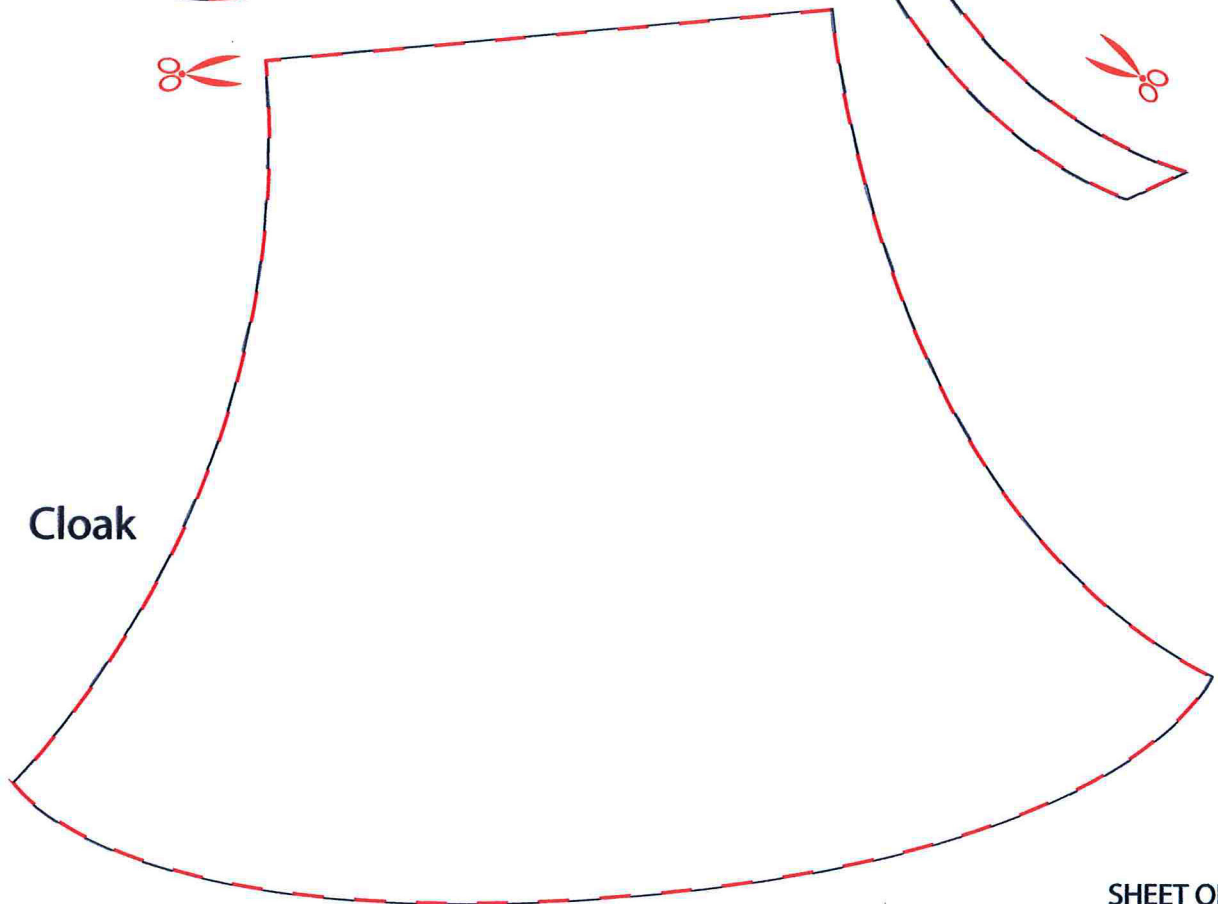
3) Next glue in place



Nose & mouth



Cloak collar



Cloak



Body

Mask

Arm 1.



\*put the top of the arms onto the circles...



Belly



Arm 2.



**SAFETY SEYMOUR**

# DRAW A CO MONSTER



SAFETY SEYMOUR