



Summertime/Safety Time

Summertime and the Livin's Easy



Coach Michael of the First Tee of Cleveland is outdoors and thinking that **summertime is safety time** at Washington Park. Whether we are at the golf course, home, school, camp, at the grocery, or the beach, we should take every measure to ensure the safety of ourselves, family, friends and others.



With the advent of summer, Coach Michael says that now might be a good time to remind ourselves of **The Nine Healthy Habits** of the First Tee of Cleveland are **PHYSICAL: (1) Energy; (2) Play; (3) Safety; EMOTIONAL: (4) Vision; (5) Mind; (6) Family; SOCIAL: (7) Friends; (8) School; (9) Community**. How might we help insure that we and our friends and family have a safe summer?

Here are a few suggestions

- Practice **Social Distancing** at least 6 feet apart whenever possible in the general public
- **Masks** can help mitigate the spread of viruses
- **Wash your hands** thoroughly (20 seconds or more) and when you can't wash your hands use **Hand Sanitizer** and **Gloves**
- **Coming from outside the home**, sanitize your hands, door handles, objects and counter tops.
- Sanitize **frequently or high touch areas** ongoing
- Sanitize **the car** door handles, steering wheel and high touch interior areas.

Let's make Summertime a Fun-time for everyone!!!

Michael R Lisman is a Licensed Social Worker (LSW) and retired community development bank executive – father of 3 and grandfather of 5. As an personal finance educator, he has been teaching financial empowerment workshops to individuals and families since the 1980s .

ACTIVITY

How Many other ways might we help insure the health and well-being of our ourselves, friends, Family and other?

9 Healthy Habits of The First Tee Of Cleveland

PHYSICAL:

Energy
Play
Safety

EMOTIONAL:

Vision
Mind
Family

SOCIAL:

Friends
School
Community

	Actions/ things that we can do to insure the safety of ourselves friends, family or others	Who will this most likely affect Ourselves Friends, Family or Others
1		
2		
3		
4		
5		
6		
7		
8		
9		

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