

# BEACH SAFE

*with*

# TRAFFORD







Notes for grownups: Trafford and Friends is a concept created and designed by Mark Nolan from the N332 Road Safety Group. We use AI tools to simplify the production process, but all concepts and information are created by humans. You can read about how we use AI in more detail on the website, [n332.es](https://n332.es). All elements are presented without prejudice and is for information purposes only.

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# CONTENTS



**04** SAFE ON THE BEACH  
Beach Safe with  
Trafford

**10** SING WITH TAMMY  
Squeeze a Little - Rub it  
In! Trafford's Suncream  
Song

**05** SING WITH TAMMY  
Safe by the Sea with  
Trafford

**13** THE STORY CONTINUES  
Beach Safe with  
Trafford

**27** PLAY ZONE  
Fun colouring in and  
quiz pages

**37** GET THE MUSIC  
Spotify codes to scan







HELLO!

Hi, I'm Trafford!  
Today, we're going to the beach!  
Would you like to come with us?



# Get the Song



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**SAFE BY THE SEA  
WITH TRAFFORD**



Alexa, play Safe by the Sea by Trafford and Friends

# SAFE BY THE SEA WITH TRAFFORD

Down to the beach with a hat on my head,  
A shirt on my back and some water, well-fed!

I don't run wild in the midday sun,  
I stay cool in the shade 'til the heat is done!

Check the flag – what colour today?  
Green means go – come splash and play!  
Yellow? Wait and think it through...  
Red means stop – no swim for you!

If I want to swim, I don't go alone,  
I stay near a grown-up and don't drift on my own.  
I wear my ring and armbands tight,  
And I never go far – that's just not right!



*Watch for rocks – they can be sly!  
Stay hydrated, don't run dry!  
No running fast on hot, wet stone...  
Stick to safety – don't go alone!*

*Check the flag – what colour today?  
Green means go – come splash and play!  
Yellow? Careful – waves might crash...  
Red means stop – don't make a splash!*

*With Trafford and friends, we're smart by the sea –  
Safe in the sun, where we all want to be!*





**The beach is super fun, but guess what?  
We need to be a little bit careful, like  
superheroes!**



I have my swimming suit ready, and I'm wearing comfy, loose clothes to stay cool. Oh, and a hat! Don't forget your hat! It's like a cool crown for your head!





A vibrant cartoon illustration of a group of characters on a sandy beach under a blue sky with clouds. In the center, a young boy in a blue cap and shirt waves. To his right, a man with a beard and blue cap applies sunscreen to his arm. In the foreground, a grey wolf-like character in a red and white striped tank top with 'N33' on it holds a sunscreen bottle. Next to him, a smaller grey wolf-like character with a red bow and 'N332' on its tank top is applying sunscreen to its face. To the right, an older man with glasses and a yellow shirt with 'N332' is also applying sunscreen. In the bottom left, a white duck and a small red crab are visible. A black cat is in the bottom center. The text 'And before we go outside, we put on our sunscreen! It's like a magic invisible shield to protect our skin from the sun's tickles!' is overlaid in the center-right.

And before we go outside, we  
put on our sunscreen! It's  
like a magic invisible shield  
to protect our skin from the  
sun's tickles!



# Another Song



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**SQUEEZE A LITTLE - RUB IT IN!  
TRAFFORD'S SUNCREAM SONG**



Alexa, play Squeeze a Little - Rub it In! Trafford's Suncream Song  
by Trafford and Friends

# **SQUEEZE A LITTLE - RUB IT IN! TRAFFORD'S SUNCREAM SONG**

The sun is shining, big and bright,  
Making everything warm and light!  
Time for adventures, time for fun,  
But first, let's put our sunscreen on!

Squeeze a little, rub it in,  
From your nose right to your chin!  
On your arms and on your legs,  
Sunscreen magic, Trafford begs!  
It's a shield, invisible, neat,  
Keeps our skin safe from the heat!

Before we run and jump and play,  
We get our magic cream today!  
It helps us stay cool, safe, and sound,  
The best protection all around!



*Squeeze a little, rub it in,  
From your nose right to your chin!  
On your arms and on your legs,  
Sunscreen magic, Trafford begs!  
It's a shield, invisible, neat,  
Keeps our skin safe from the heat!*

*Like a hat upon your head,  
Or a comfy, shady bed,  
Sunscreen helps us brave the day,  
So we can laugh and shout and play!*

*Squeeze a little, rub it in,  
From your nose right to your chin!  
On your arms and on your legs,  
Sunscreen magic, Trafford begs!  
It's a shield, invisible, neat,  
Keeps our skin safe from the heat!*





**We love playing on the beach, but it's important to find a shady spot, especially when the sun is giving big, warm hugs! Remember how we talked about staying in the shade? That's our special cool-down spot when the sun feels super warm.**





Never go too far  
from the sand. Be  
careful of slippery  
rocks, and make  
sure you can  
always see your  
grown-ups, and  
they can always  
see your happy  
face!





**If you want to splash in the sea,  
make sure you look for the flags  
on the beach! Only a green flag  
means it's safe to swim! That's  
like a big "Go!" sign.**



It's not a good idea to use  
big floaty beds because  
they can float far, far  
away! You need to keep  
your feet on the ground,  
even when you're  
splashing!







**I use a comfy rubber ring and  
armbands when I go in the  
sea, just to be super safe!**



Hey! Here's Derek, my  
school friend, he's at  
the beach too!  
Oh, but Derek  
reminded me to tell  
you something...





Always remember  
that sometimes the  
sea might be deeper  
than it looks, like a  
magic trick! So be  
careful!





If you ever get lost, or if you need help,  
look for the flags! They will show you  
where the friendly lifeguards are, or  
you can look for the police.

If you can't  
see them, ask  
any grown-up  
nearby to help  
you find your  
grown-up!





Playing is super fun,  
but it's important to  
take little breaks and  
relax so you don't get  
too hot, like a yummy  
toasted marshmallow!





And make sure  
you drink lots and  
lots of water!  
Gulp, gulp!







If you have a yummy picnic, be sure to clean up all your bits. And always take all of your rubbish home, because this helps keep the beach animals happy and safe! We don't want them to get hurt by our things.



And the most  
important thing of all?  
Always listen to your  
grown-ups! They know  
how to keep you super  
safe and happy at the  
beach!

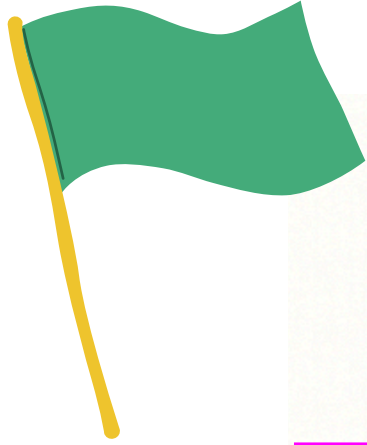






Enjoy your day at the beach, but stay  
Beach Safe with Trafford!





# PLAY ZONE







COLOUR US





COLOUR US



# COLOUR US





COLOUR US



BEACH SAFE





- SUN
- HAT
- SHADE
- WATER
- FLAG

- SAFE
- SEA
- RING
- GROWNUP
- PICNIC

|   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|
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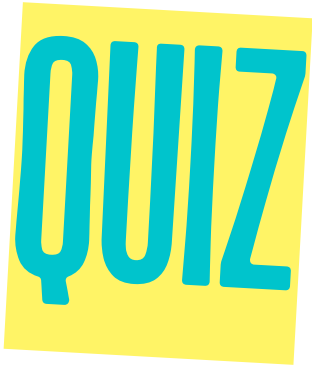
# CAN YOU SPOT 5 SAFE THINGS?

Clue: There are more than 5



## AND 1 THAT'S NOT SAFE?





## Beach Safe Quiz with Trafford!

**CIRCLE THE CORRECT ANSWER IN EACH QUESTION.  
ONLY ONE ANSWER IS CORRECT.**

1. What do we put on before going out in the sun?

- A) Raincoat
- B) Sunscreen
- C) Pyjamas

2. What should you wear on your head at the beach?

- A) A party hat
- B) A woolly jumper
- C) A sun hat





3. What colour flag means it's safe to swim in the sea?

- A) Red
- B) Yellow
- C) Green

4. What helps Trafford float safely in the water?

- A) A rubber ring and armbands
- B) A balloon
- C) A giant beach ball

5. Who should you always stay close to at the beach?

- A) A crab
- B) Your grown-ups
- C) The ice cream man





6. What should you do if you get lost at the beach?

- A) Hide in the sandcastle
- B) Look for a lifeguard or ask another grown-up for help
- C) Swim out to sea

7. Why do we clean up our rubbish after a picnic?

- A) So we don't get told off
- B) To help beach animals stay safe
- C) Because it's boring





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