

# Out and About

Places • Vehicles • Road Safety • English + Urdu



*Hold a grown-up's hand. Eyes open. Ears open.*

**Modern Day Syllabus • Playgroup • Book 7 of 7**

# Let's go outside!

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Today we will visit 7 important PLACES,  
ride 8 different VEHICLES,  
and learn the most important rules  
of the road, so we always  
come home safe.



Hold a grown-up's hand.  
Eyes open. Ears open.  
Let's go!

# How to use this book

1. On a place page, ask: 'Have we been here together?' Tell a tiny story.
2. On a vehicle page, copy the SOUND together — vroom, choo-choo, splash!
3. On road-safety pages, practice in real life — at the door, at the gate.
4. Use 'Stop, Look, Listen' before EVERY road. Even small streets.
5. Make a game: 'Spot a red car!' on your next outing.
6. Praise safe choices the moment they happen.

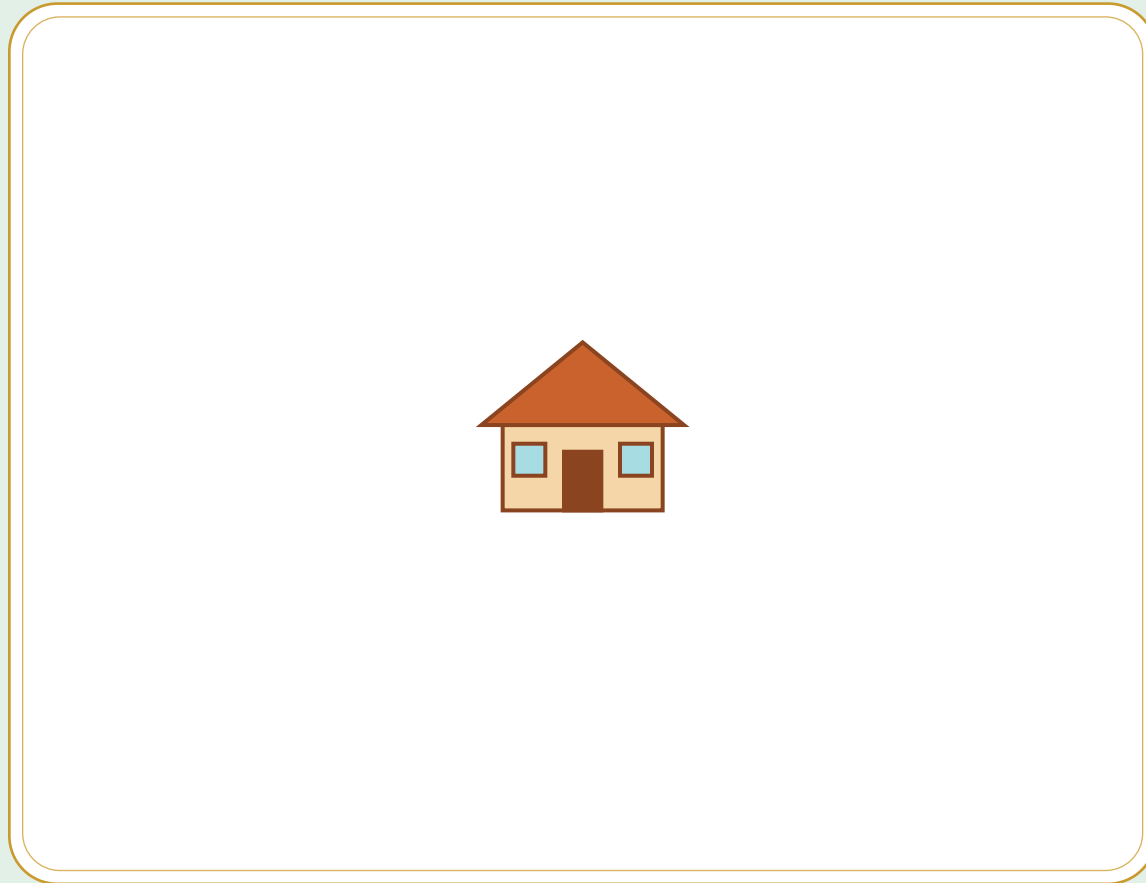
# Seven Important Places

*From home to school to the mosque — every place teaches us something.*



# Home

*Urdu: Ghar*



Where I sleep and play.

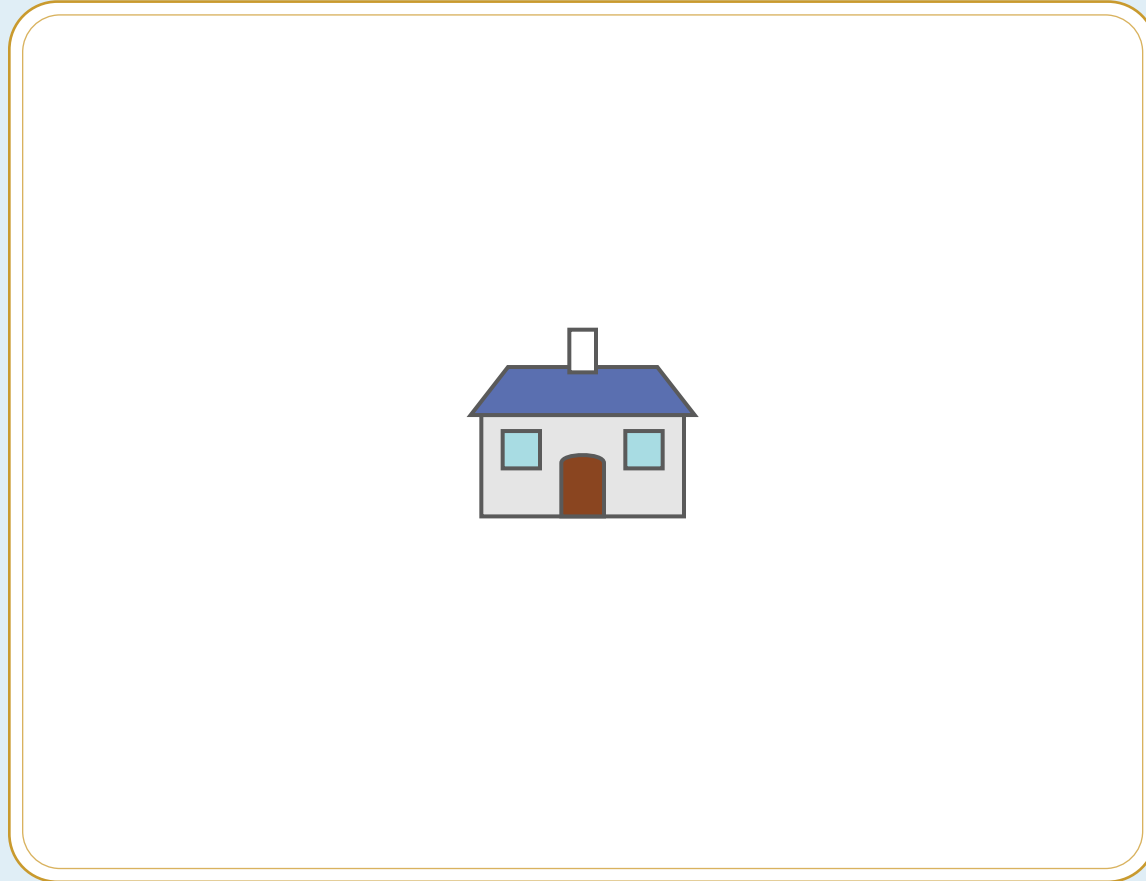
Have you been to a home?

Tell me about it!

*Find a home this week — even just walk past it!*

# School

*Urdu: School*



Where I learn with friends.

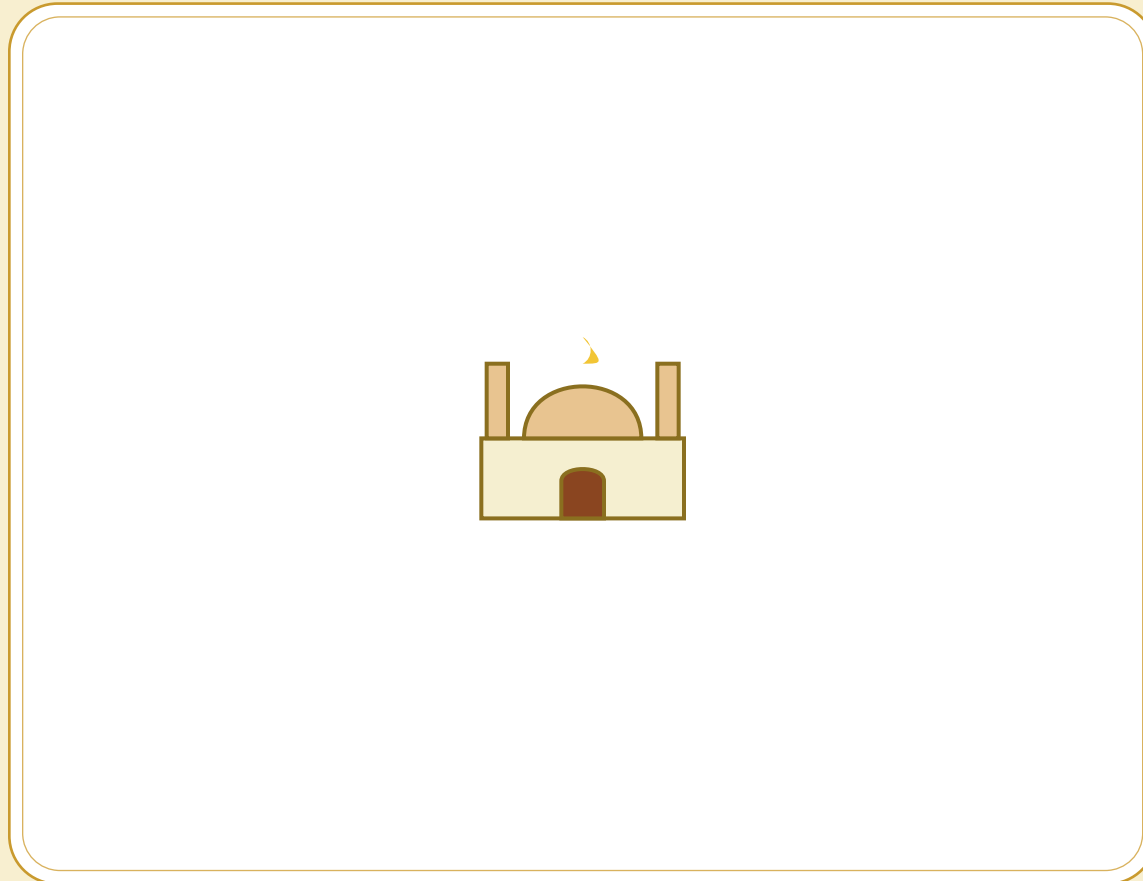
Have you been to a school?

Tell me about it!

*Find a school this week — even just walk past it!*

# Mosque

*Urdu: Masjid*



Where we pray together.

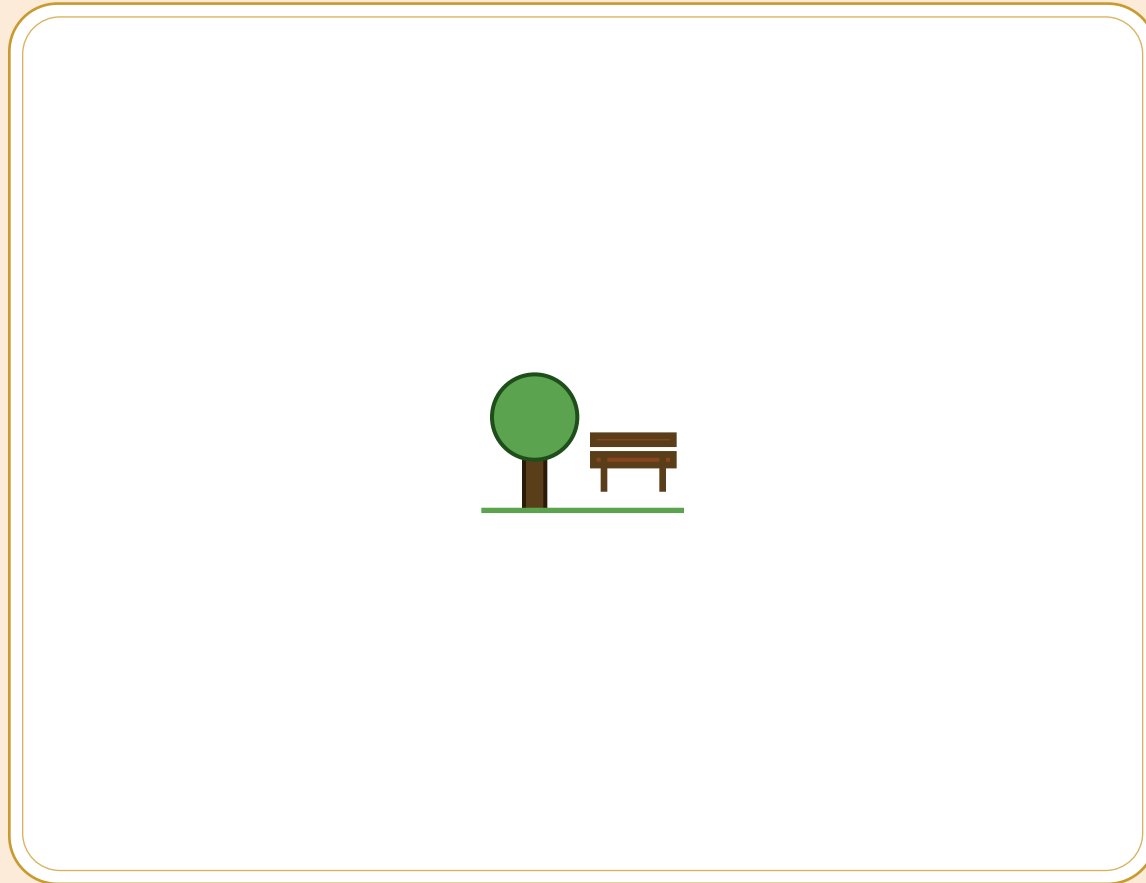
Have you been to a mosque?

Tell me about it!

*Find a mosque this week — even just walk past it!*

# Park

Urdu: *Bagh*



Where I run and breathe fresh air.

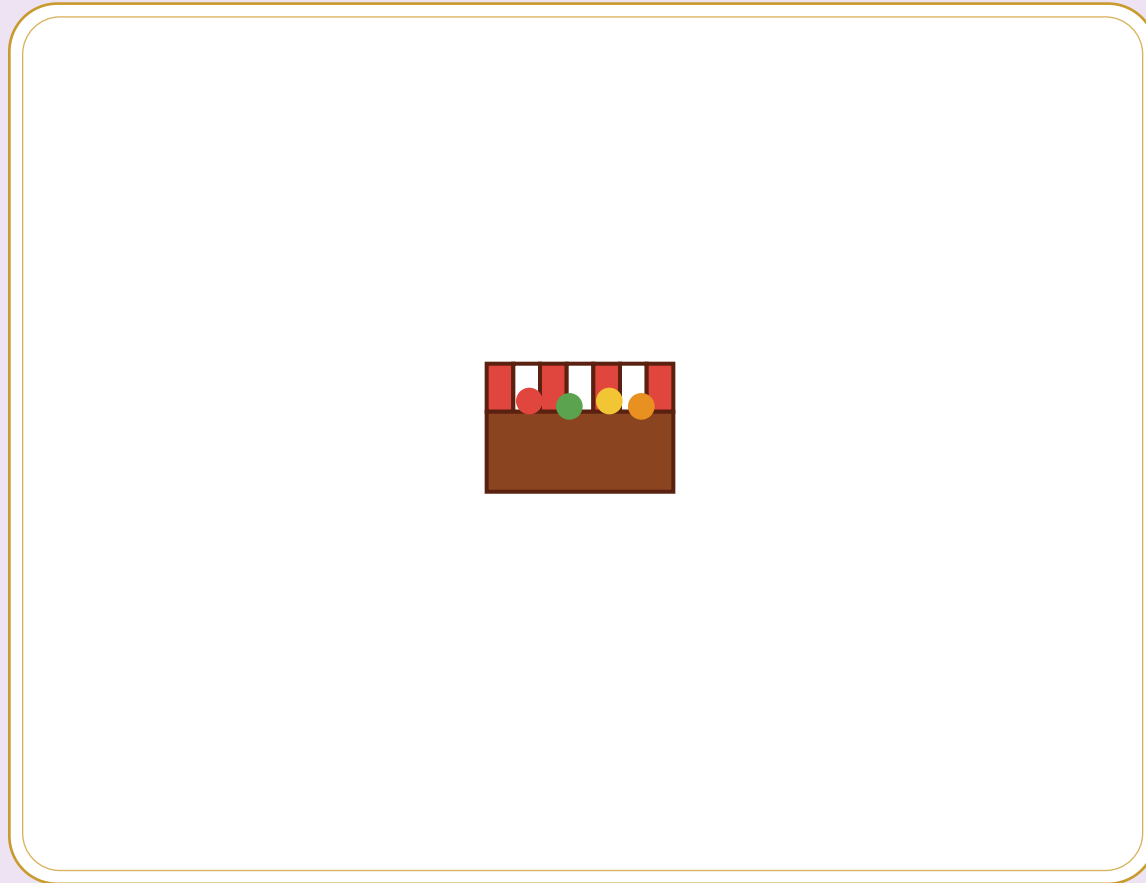
Have you been to a park?

Tell me about it!

*Find a park this week — even just walk past it!*

# Market

*Urdu: Bazaar*



Where we buy fruits and vegetables.

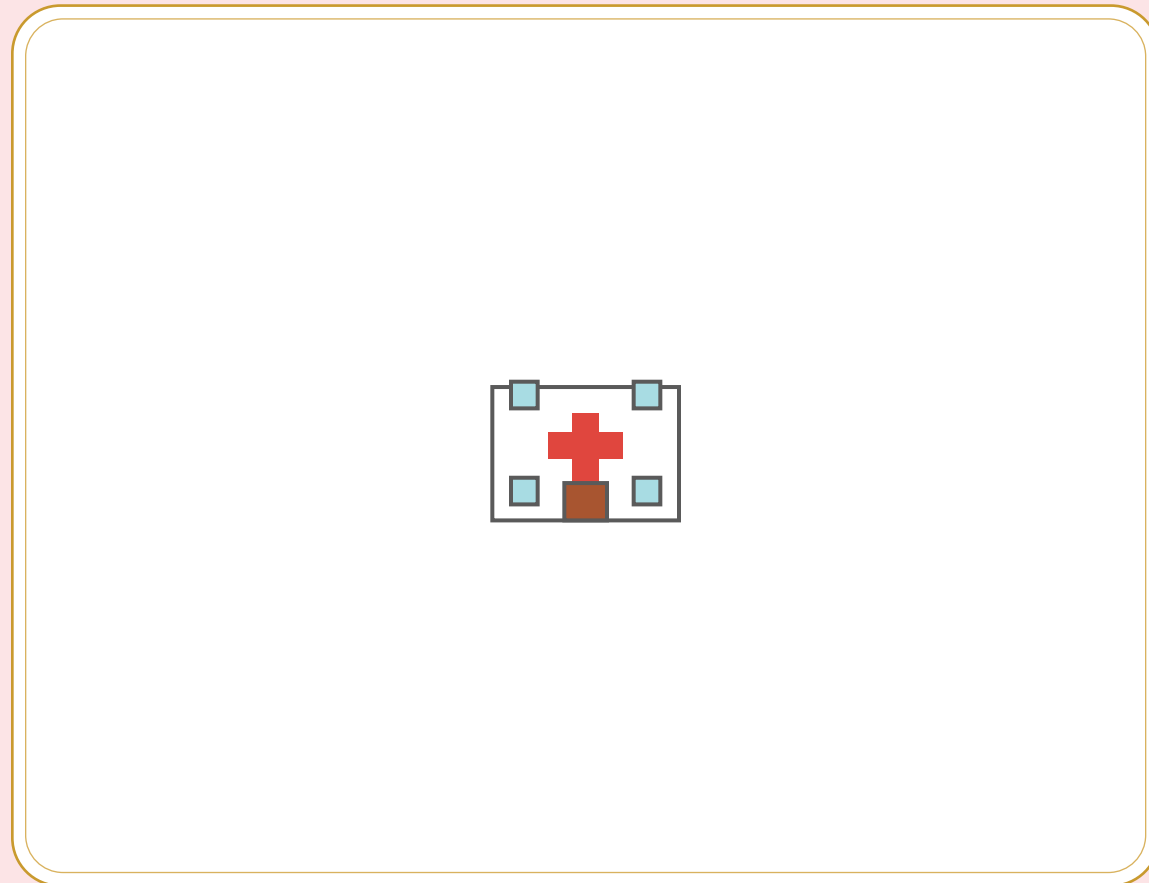
Have you been to a market?

Tell me about it!

*Find a market this week — even just walk past it!*

# Hospital

Urdu: *Aspataal*



Where doctors help us feel better.

Have you been to a hospital?

Tell me about it!

*Find a hospital this week — even just walk past it!*

# Library

Urdu: Kutub-khana



Where books wait for me.

Have you been to a library?

Tell me about it!

*Find a library this week — even just walk past it!*

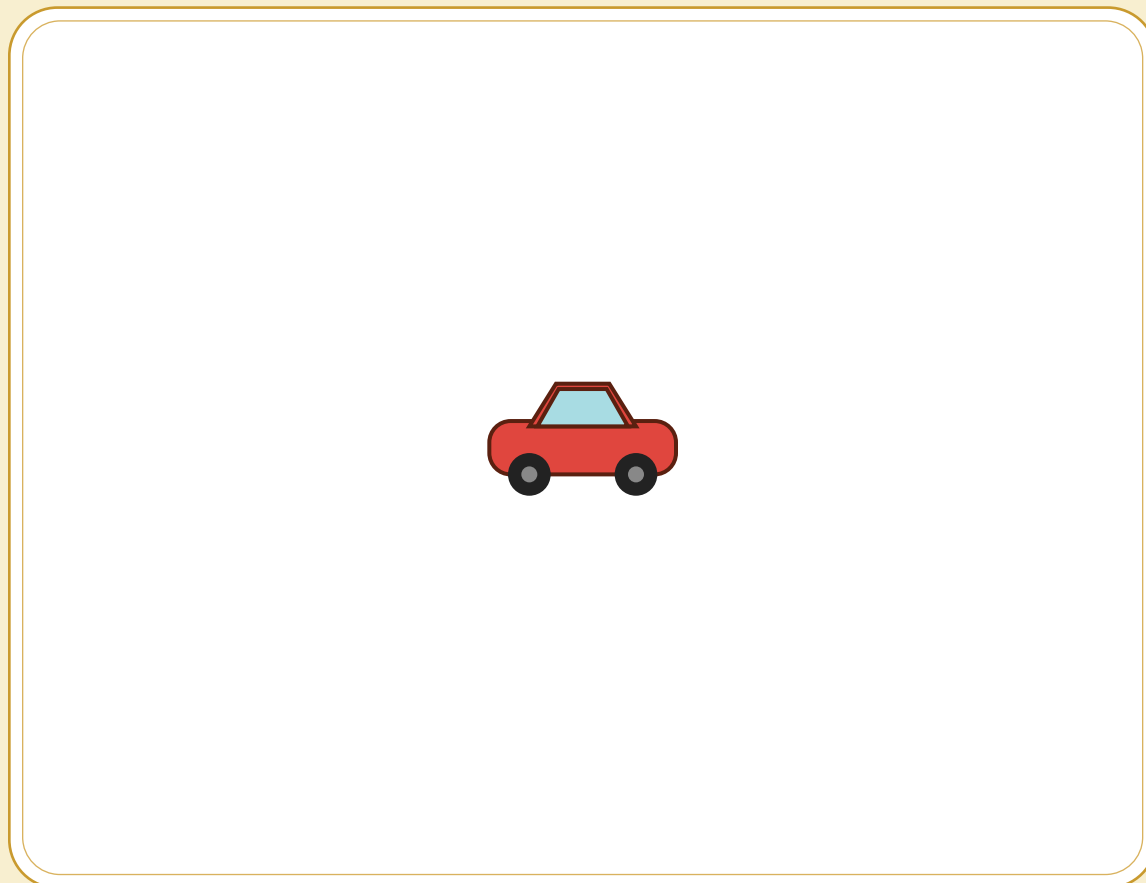
# Eight Vehicles That Take Us

*On the road, on rails, in the air, on the water.*



# Car

Urdu: Gaadi



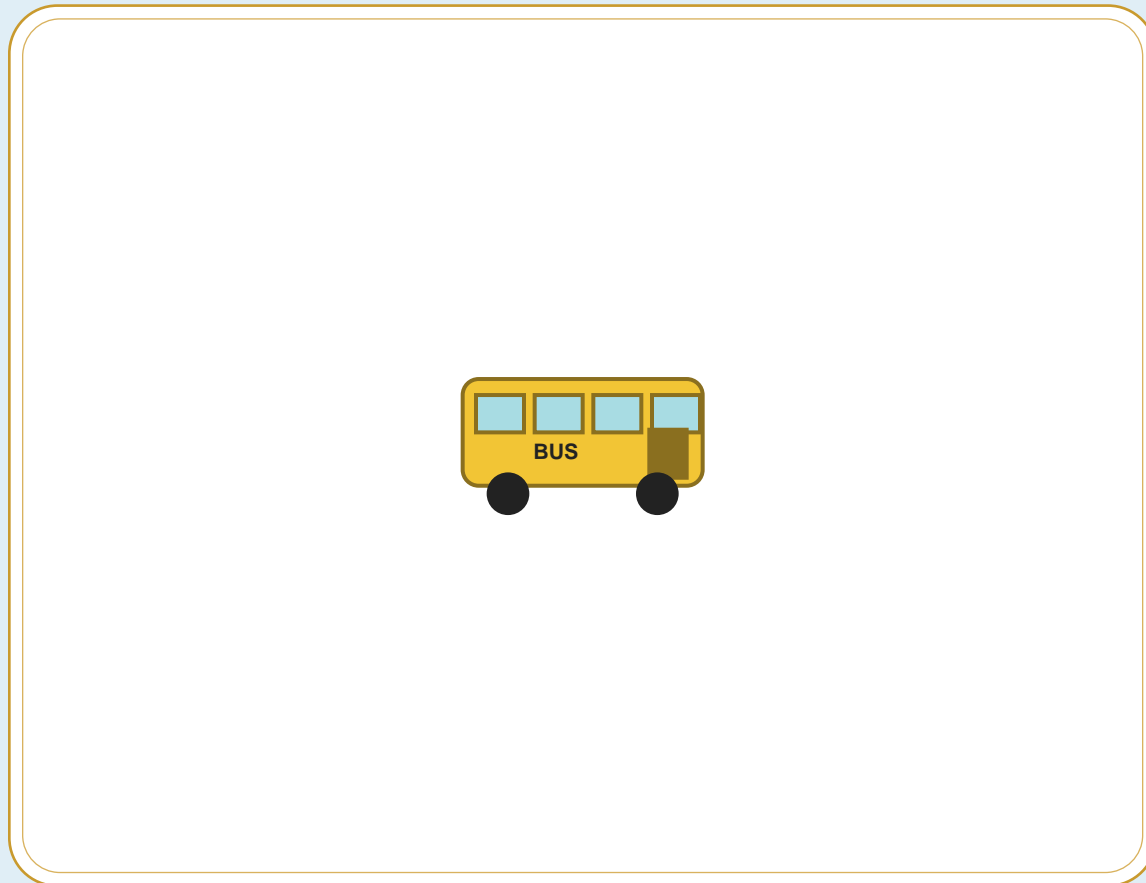
Sound: Vroom vroom!

Make the sound together —  
louder! softer!

*Make the sound: 'Vroom vroom!' — louder! softer!*

# Bus

Urdu: Bus



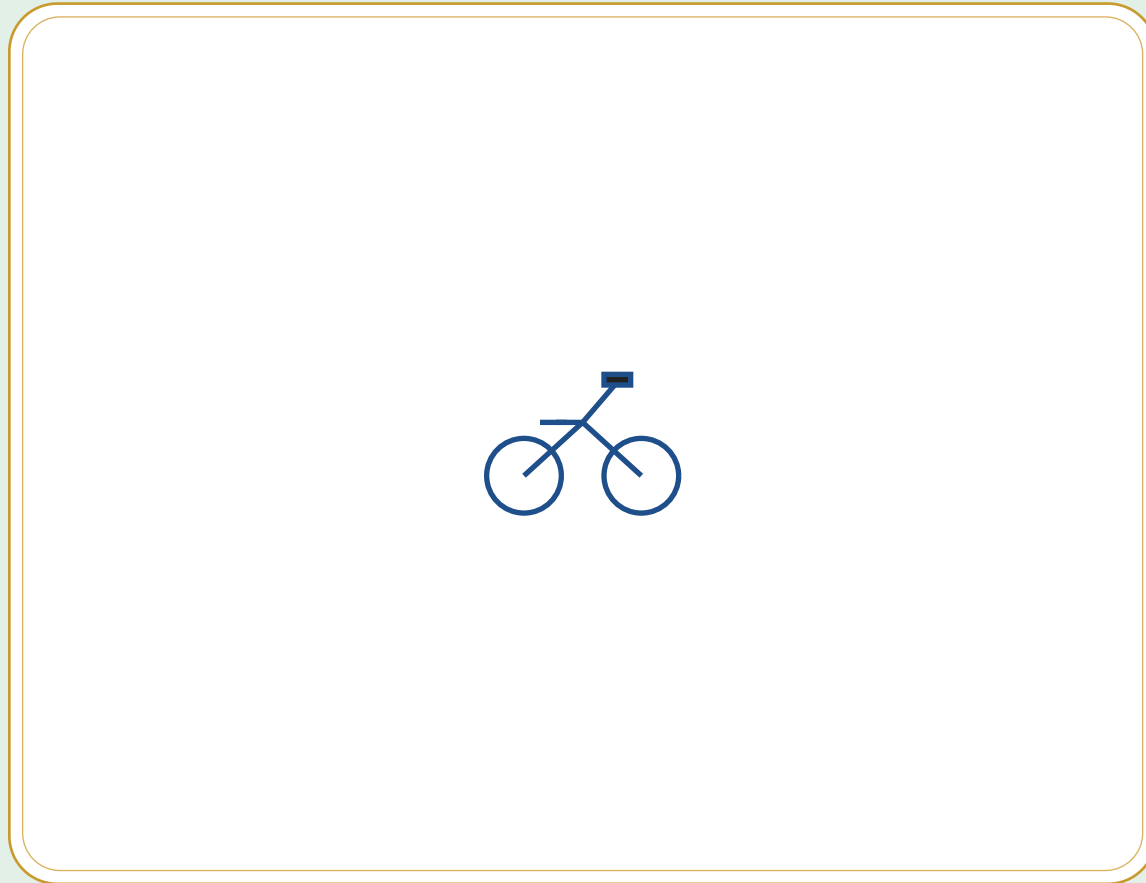
Sound: Honk honk!

Make the sound together —  
louder! softer!

*Make the sound: 'Honk honk!' — louder! softer!*

# Bike

Urdu: Cycle



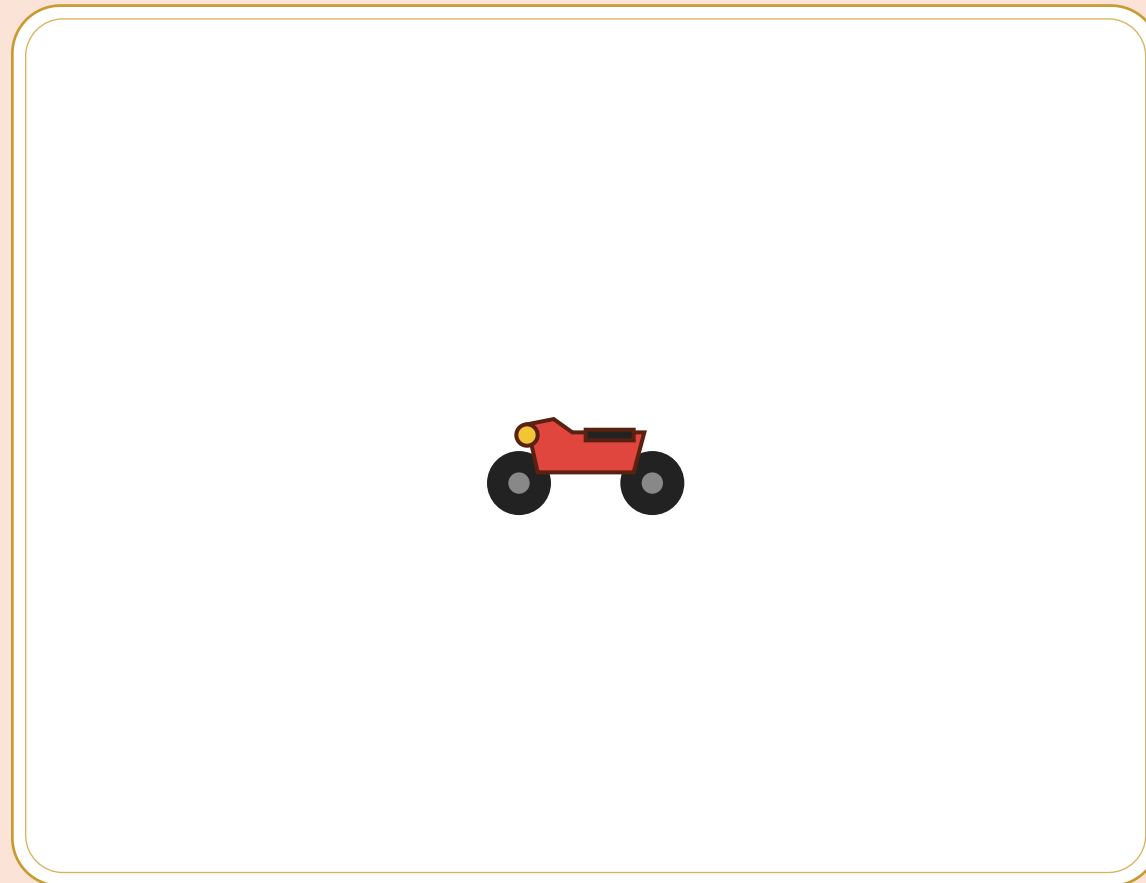
Sound: Pedal, pedal!

Make the sound together —  
louder! softer!

*Make the sound: 'Pedal, pedal!' — louder! softer!*

# Motorbike

*Urdu: Motorcycle*



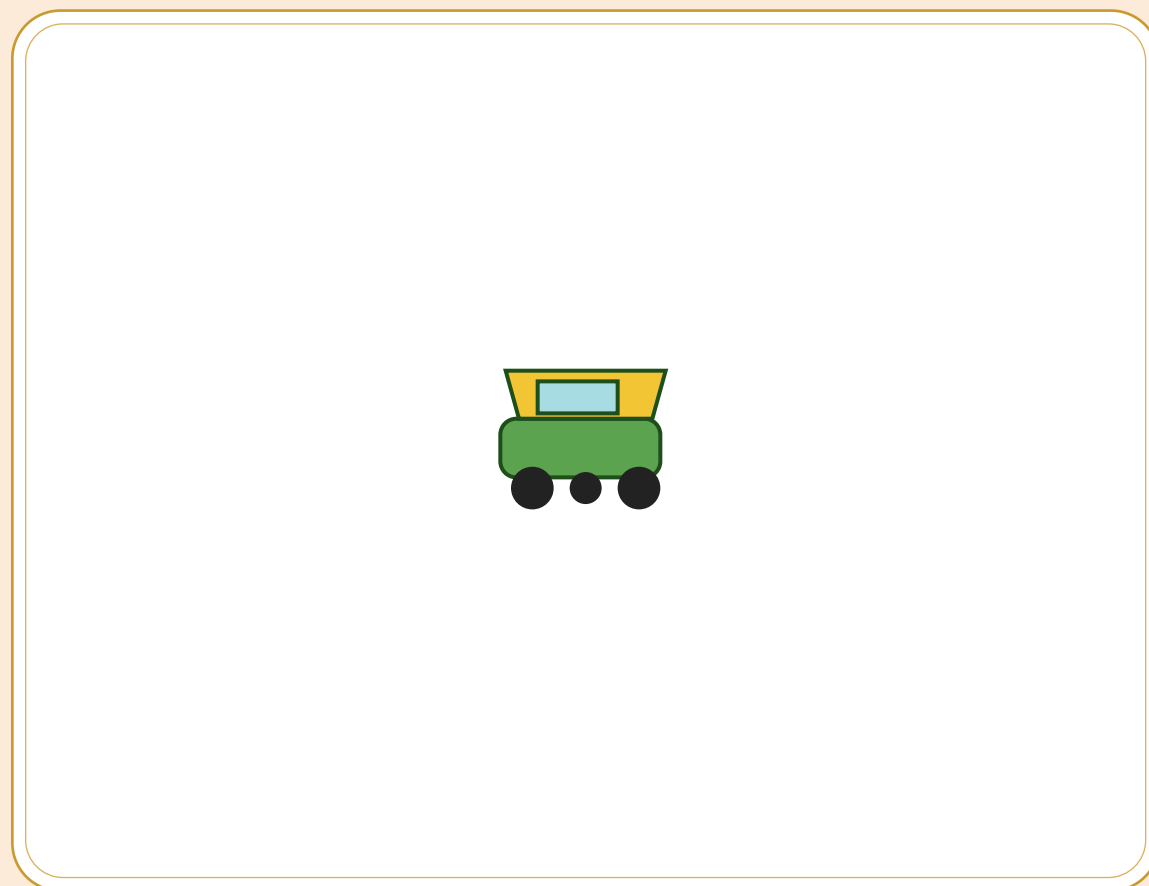
Sound: Vroom!

Make the sound together —  
louder! softer!

*Make the sound: 'Vroom!' — louder! softer!*

# Rickshaw

*Urdu: Rickshaw*



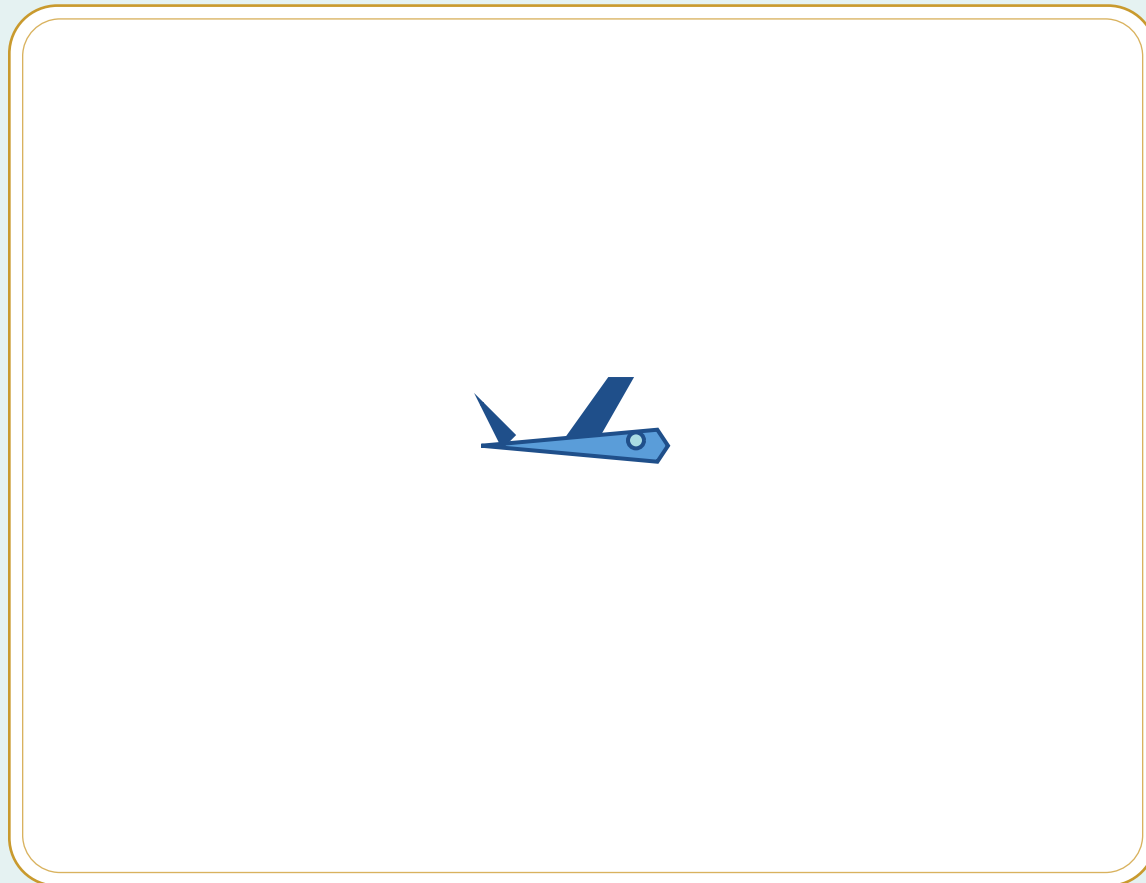
Sound: Putt-putt-putt!

Make the sound together —  
louder! softer!

*Make the sound: 'Putt-putt-putt!' — louder! softer!*

# Plane

Urdu: *Hawai-jahaaz*



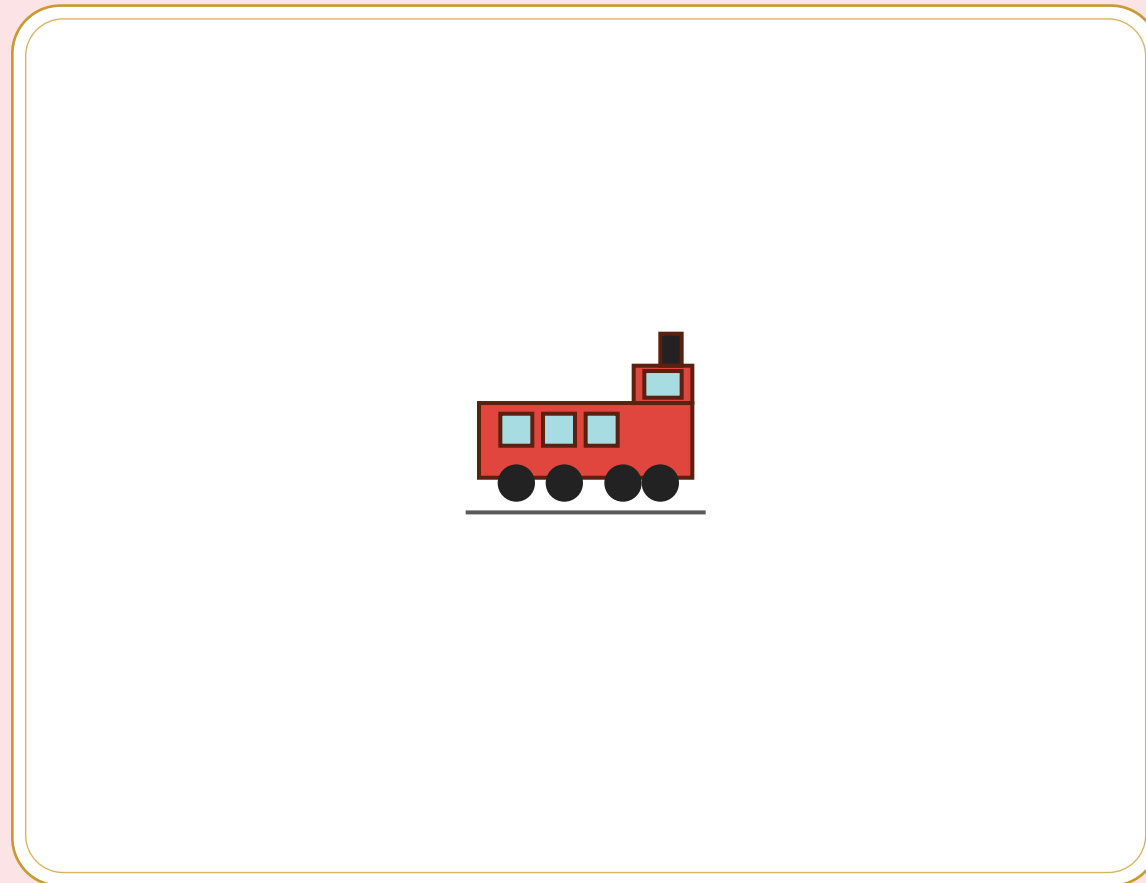
Sound: Whoosh!

Make the sound together —  
louder! softer!

*Make the sound: 'Whoosh!' — louder! softer!*

# Train

Urdu: Rail-gaadi



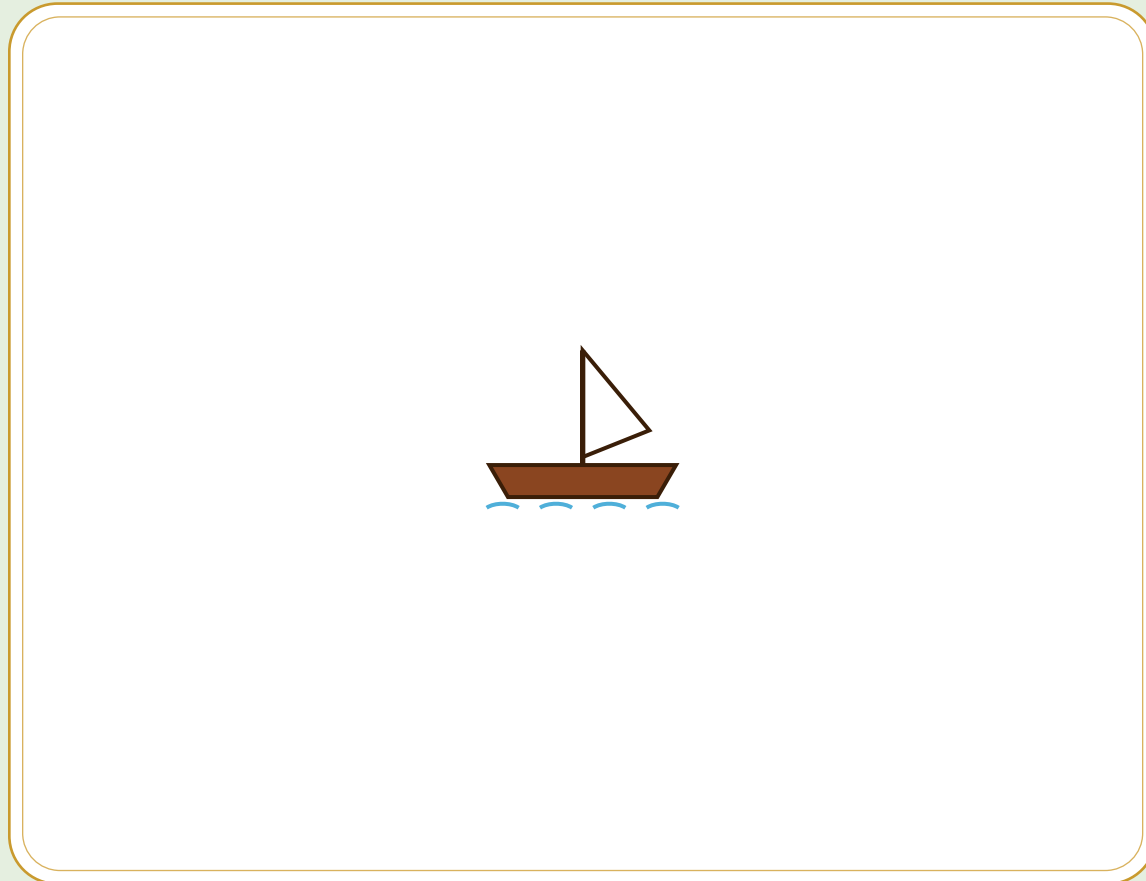
Sound: Choo-choo!

Make the sound together —  
louder! softer!

*Make the sound: 'Choo-choo!' — louder! softer!*

# Boat

Urdu: *Kashti*



Sound: Splash splash!

Make the sound together —  
louder! softer!

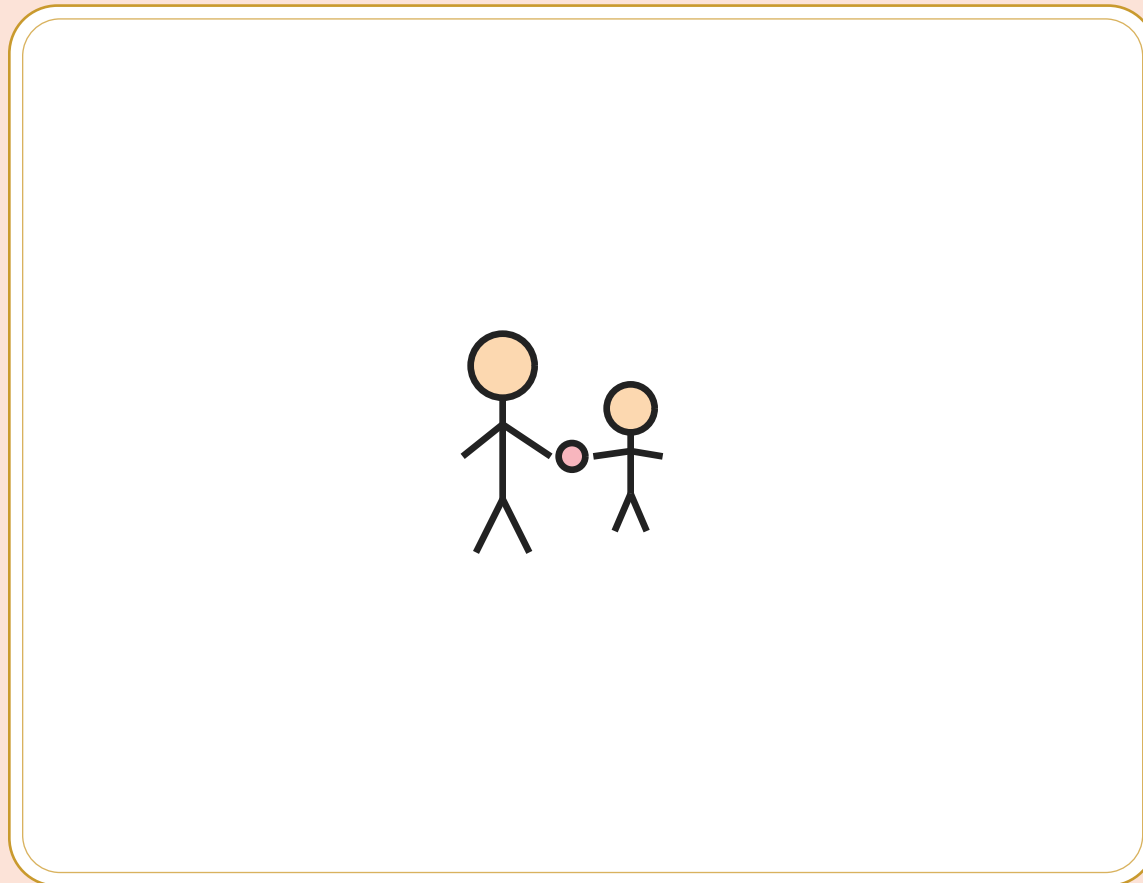
*Make the sound: 'Splash splash!' — louder! softer!*

# Road Safety Rules

*Safe children come back home for hugs.*



# Hold a grown-up's hand.



Anytime we are out —  
gate, footpath, parking —  
hands stay together.

*Hands stay together. Always.*

# STOP. LOOK. LISTEN.

## STOP



Halt at the edge.  
Both feet still.

## LOOK



Look LEFT.  
Look RIGHT.  
Look LEFT again.

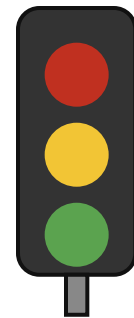
## LISTEN



Quiet ears.  
Hear the engine?  
Hear a horn?

*Practice this every time you cross — even at home doorways.*

# The Traffic Light



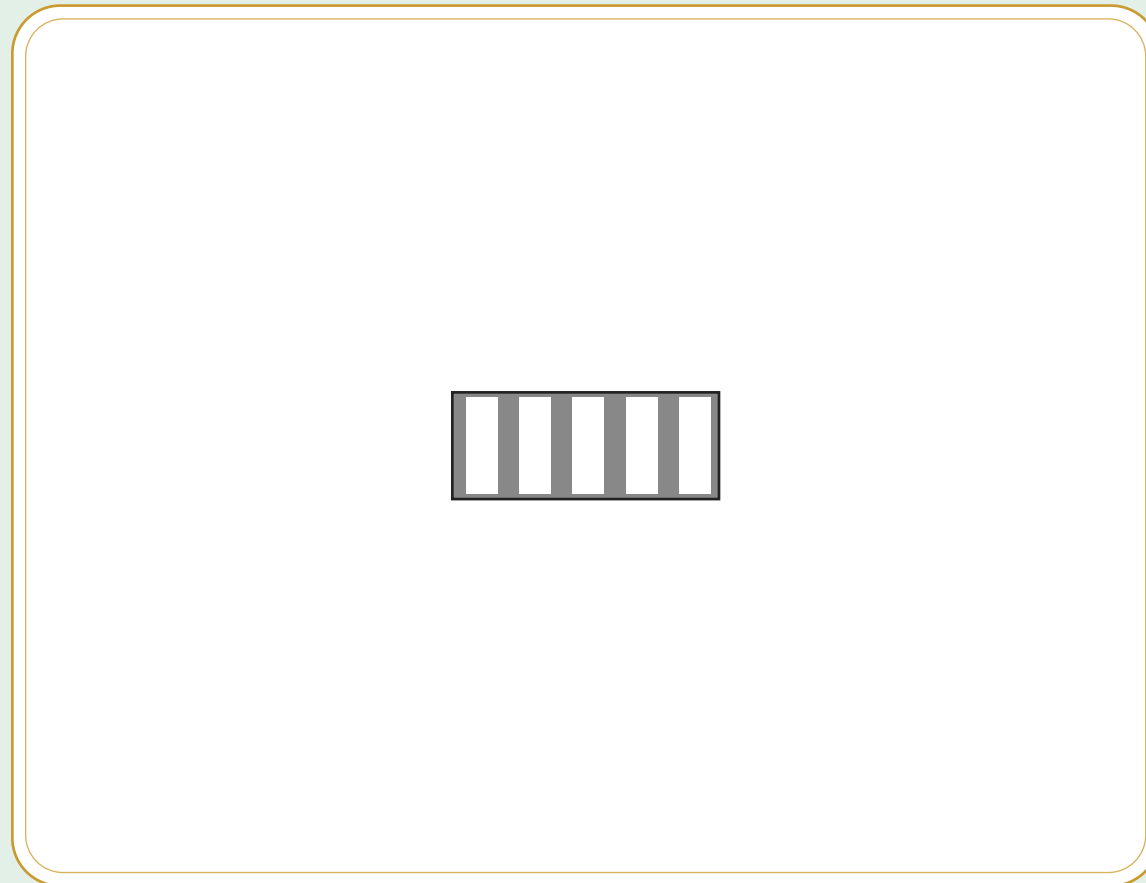
RED — STOP. Do not cross.

YELLOW — Slow. Get ready.

GREEN — GO. Cross safely.

*Red, yellow, green — say it like a song.*

# Cross at the Zebra Crossing

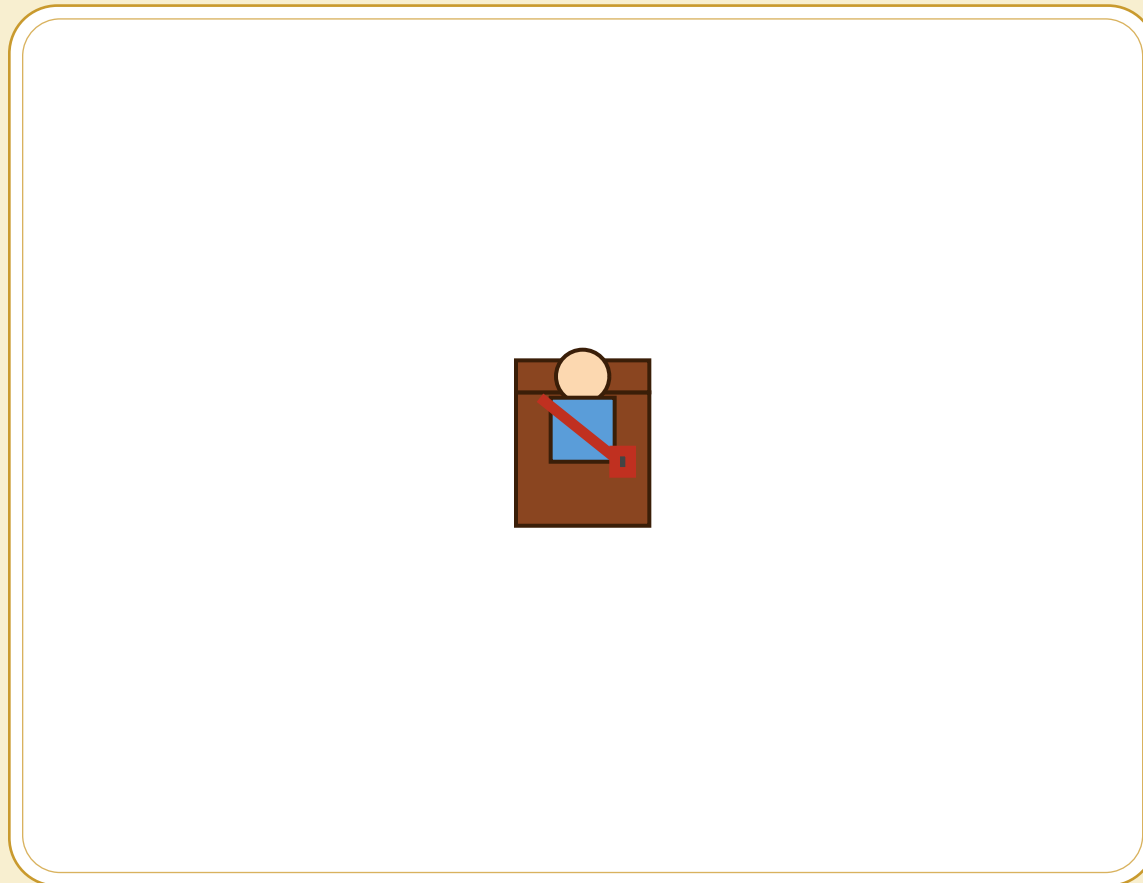


Walk on the white stripes only.

Do NOT run.

*Step on white. Walk, don't run.*

# In the car, click the seat belt.



Click! Always before the car moves.

Never tug it off  
until 'park'.

*Click first. Then we move.*

# Stay close to your trusted adult.



*Rule 6 of 6 — Stranger safety, rehearsed calmly, not fearfully.*

- Do not walk away with a stranger — even one who is friendly.
- If you get lost, stand still and call: 'Mama!'
- Tell a uniformed shop-keeper or guard if you can't see family.
- Know your full name and parent's phone number.
- Never accept candy or a ride from someone you don't know.

# The Out-and-About Song

*The car goes vroom, vroom, vroom!*

*The bus goes honk, honk, honk!*

*The train goes choo, choo, choo!*

*The plane goes whoosh, whoosh, whoosh!*

*And we hold a hand, a hand, a hand,*


*and we stop and look and listen —*

*every time we cross the road,*

*we come back home for kissin'!*

# Where do we go for...?

*Read each line. Point to the right place below.*

- 
- To learn a new word → **School**
  - To buy onions and bread → **Market**
  - To pray together → **Mosque**
  - To play on the swings → **Park**
  - If we are not feeling well → **Hospital**
  - To borrow a story-book → **Library**
  - To sleep, eat, and feel safe → **Home**

# Certificate of Achievement

*I know my places, my vehicles, and my road-safety rules!*

This certificate is proudly presented to:

*(write the child's name here)*

**Modern Day Syllabus • Foundations Series**

# A short note for parents and teachers

## What this book builds:

- awareness of 7 community places — orienting the child to their world
- recognition of 8 vehicles and their sounds (early phonological play)
- six road-safety rules a 3-year-old can actually follow
- early stranger-safety basics — rehearse calmly, not fearfully

## How to make this book powerful:

- practice 'Stop. Look. Listen.' at every doorway and every road, every day
- point out vehicles on the way to school: 'Look, a yellow rickshaw!'
- visit one new place from this book this week — even just walking past
- teach your child to say their full name and one parent's mobile number

## PLAYGROUP COMPLETE — coming next, NURSERY:

- My First Phonics — the 26 letter sounds, blending starts here
- My Pencil Friends — pencil grip, lines, curves, first writing
- Story Time — short illustrated stories with comprehension questions
- My First Maths — counting to 20, more/less, simple add/subtract