

## **GRADE 1-2 LESSON PLAN: FEELING SAFE AND UNSAFE**

### **OBJECTIVES:**

- **To give the children the opportunity to relate and discuss positive personal experiences**
- **To enable the children to identify times when they feel safe and unsafe**
- **To teach the children simple safety strategies for dealing with common unsafe situations**

### **INTRODUCTION:**

#### **Say:**

*Today we are beginning some lessons that will help you to learn how to stay safe. We know that God loves us and wants us to be safe. Today we're going to spend some time talking about feelings.*

**Read and Discuss the following story:** (change the names if any in your class has the same name)

It was a very special day for Joseph and Sarah. They were twins and it was their birthday. They were both 7 years old. Mom and Dad had promised to take them to McDonalds for a big birthday party. They had been looking forward to this day for a very long time. Now the big moment had arrived and they were very excited. They were all packed into the car and headed off to McDonalds. When they arrived everyone got a party hat. Then they had burgers and fries and more burgers and fries and, of course, something to drink. Then they had ice cream. Dad got some on his nose and everyone laughed. Joseph's friend David started to sing, and soon they were all singing their favorite songs. At last it was time to go home and everyone said it was one of the best parties ever.

*-Did the children enjoy the party?*

*- What did they like?*

*-How do you know?*

*-How did they feel?*

*-How do you know?*

*The twins felt happy on their birthday. They were very excited and enjoyed themselves a lot. When we are happy, we celebrate with our families and friends.*

#### **Show the faces.**

Ask the children to identify the feelings associated with the expressions. Ask them to list the things that make them feel happy, sad, upset, scared, etc. Encourage the children to think about how they express feelings. Remind them that we can talk to people we trust about our feelings. God gives us feelings.

**Say:**

*I'm going to explain how feelings work. On the outside we have our bodies. Our bodies let us know if it's too cold by making us shiver and they let us know if it's too warm by making us sweaty. On the inside we have feelings, and they let us know things too. Your feelings are inside you and your feelings can tell you things about what's happening to you. Different things give us different feelings.*

**FEELING SAFE:**

*We will be looking at times we feel safe.*

(Encourage the children to talk about times when they feel safe, places where they feel safe and people with whom they feel safe.)

*In our Safety lessons we call feelings that make us feel safe, "Yes feelings."*

**FEELING UNSAFE:**

*But we don't have "yes feelings" all the time. Sometimes we have different feelings, when we have unsafe feelings.*

*Who can give me an example of a time when they felt unsafe?*

*What if you saw shadows in the dark?*

*What if you were awakened by a thunderstorm?*

*What if you were chased by a dog?*

*What is someone teased you or called you names?*

Reassure the children that we can all feel frightened from time to time and that it is OK. Remind the children that God gives us our feelings, and God gives us people we can trust who love us and want to keep us safe.

**Say:**

*Feeling unsafe is a "no feeling". When you have a 'no feeling' you can do something to get rid of it and make yourself safe again. You can tell someone. You should always tell an adult if you have a 'no feeling'*

**Ask:** why we have rules. Explain that rules are there to keep us safe. Discuss situations where rules are used, e.g. crossing the street, riding a bike, etc.

**Say:** *Rules are made to keep all of us safe and healthy. Jesus loves us and wants us to be safe. Each of us is very precious to God.*

## **CONCLUSION:**

**Say:** *We can get rid of the 'no feelings' by knowing what to do. We don't need to feel unsafe or scared. We can help keep ourselves safe by understanding our feelings. Next time we will talk a little more about taking care of ourselves.*

**Distribute** the take-home worksheets. Please note: there is a space for parent/guardian signature, but we are not asking for that; please explain to the children that they do not have to bring these pages back.

## GRADE 1-2 LESSON PLAN – STAY SAFE, PART 2

### OBJECTIVES

- To encourage children to value and enjoy normal affection
- To introduce to children how to deal with an inappropriate touch
- To introduce the rule, never keep secrets about touching
- To teach children how to tell effectively
- To develop a list of trusted people
- To help children feel less fear and anxiety about strangers

**Review:** Yes feelings and No feelings. Review the Stay Safe Rule: say no, get away and tell an adult.

Today we are going to talk about touches. Some we like and others we don't. We are going to talk about what to do about touches we don't like.

Touch is one of our senses. Our five senses are gifts from God. What are the other senses. To express affection, sometimes we use the sense of touch. Hugs, shake hands, etc. Can you name some other touches that you like? Can you name touches that you don't like? Do you think you can say no to someone who touches you in a way you don't like? Yes, you can.

What if is an adult; can you still say No? Yes. We can be polite about it. You won't get in trouble.

Some parts of your bodies get touched a lot. People may shake your hand, pat you on the head, high five, etc. Other parts of your body are private and don't get touched so much, except if you're sick or at the doctor. The parts of your body covered by your underwear or bathing suit are private and no one has the right to touch you there.

You have the right to feel safe. No one has the right to ask you to keep a touch secret. If they do What is the Stay Safe Rule:

1. Say "No"

2. Get away
3. Tell a trusted adult.

When the doctor examines you, does she ask you to keep it a secret? Of course not!

If anyone ever touches the private parts of your body and asks you to keep it a secret, what can you do?

Always remember our bodies are a gift from God.

Good and Bad secrets

Good secret = a pleasant surprise. Yes feeling. Doesn't stay a secret forever. Give an example of when the children had to keep a good secret.

Some secrets are bad secrets. If someone teases you on your way home from school and tells you to keep it secret, what should you do?

It isn't your secret; it's theirs. Remember you don't have to keep a bad secret. Always tell an adult and keep telling until someone helps you.

Bribes and treats: what would you do if someone asked you to keep a secret and offered you a treat if you stayed quiet. Explain that this is not really a treat; it is a bribe to try to get you to do something you shouldn't do. You should always tell. The only secrets to keep are good secrets.

What would you do if someone asks you to keep a bad secret and warns you that you'll get in trouble if you tell?

Telling

There are lots of reasons why telling someone about a problem can be hard. You might be afraid of being blamed, even though it's never your fault if you get a 'no feeling' or you might be embarrassed. But you should never keep a touch secret. You can always tell an adult you trust and get help. Who can you tell?

Strangers

. True or False

1. It is rude to say 'no' to strangers.
2. Strangers are always men.
3. You have the right to be safe.
4. You know by looking at a stranger whether you can trust them or not.
5. Children don't have to talk to strangers.
6. Strangers are bad people.
7. If a stranger calls you by name it means they know you.
8. Strangers have big ears.

A stranger is anyone you don't know. Most strangers are nice people.

Can you tell by looking at someone if they're a nice person? Of course not. Do you think you should be afraid of strangers? No, strangers are all around us. Most strangers are nice people. But there are rules that can help you to be safe when you're in situations where you have got to take care of yourself.

What if you were playing in front of your house and someone stopped their car and asked you for directions to the local school, would it be all right to tell them?

What if they asked you to go with them to show them the way; would that be OK?

What if someone called you by name and offered you a ride home?

Let's review the rules that you should follow in dealing with strangers.

1. Never go anywhere with a stranger.
2. Never take anything from a stranger.