

Lesson Plans for Parish School of Religion (CCD) Ages 3-4-5

The following Safe Environment lesson plans have been approved for use in the Diocese of Covington and have been developed for preschool children ages 3, 4, and 5.

Each lesson is to be taught to each age level every year.

In both lessons children are taught to tell a trusted adult anytime they feel like something is not right.

Special thanks to those who worked on these lessons:

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LESSON ONE: PERSONAL SAFETY

Children are to learn to trust their “uh-oh” feeling and are encouraged to classify situations as “No,” “Tell,” and “Safe.”

LESSON TWO: APPROPRIATE BOUNDARIES

By teaching children the “Swimsuit Rule” and explaining socially acceptable behavior, this lesson will help children to identify unacceptable touching.

Remember that a notice must be sent home to the parents PRIOR to the lesson occurring. Please make sure to send any “opt out” forms to the Office of Catechesis and Formation. A letter also goes home to the parents AFTER the lesson is complete.

Preschool Ages 3,4,5
 Diocese of Covington Safe Environment Curriculum
 LESSON ONE

TOPIC: Personal Safety

Approximate Time: 15 – 20 minutes

<p>Learning Outcomes</p> <ul style="list-style-type: none"> • Distinguish feeling safe and unsafe • Identify safe and unsafe situations • Explain that we are all part of God’s family and we all have a right to stay safe

<p>Teaching/Learning Strategies</p> <ul style="list-style-type: none"> • Role play using specific situations posed in open ended statements both positive and negative <ul style="list-style-type: none"> -One of your classmates is unhappy on the playground.... -You see matches(or a needle) on the ground... -A stranger stops a car right next to you... -A group of classmates won’t let you play... • Recognize the feeling that says something is not quite right. This is what we call the “uh-oh” feeling.

Values & Attitudes	Resources & Materials	Assessment
<ul style="list-style-type: none"> • Trusting one’s own feelings • Value family and friends 	<p>Safety Signs:</p> <ul style="list-style-type: none"> • Red-No • Yellow-Tell • Green-Safe Situation • Book: “Designed by God So I Must Be Special” by Character Builders for kids • “I Am Special” song by Dr. Thomas Moore (YouTube) 	<ul style="list-style-type: none"> • Using safety signs, the children will be able to recognize safe and unsafe situations by revisiting the role play scenarios.

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RESOURCES & MATERIALS FOR LESSON ONE

1. Read the book “Designed By God, So I Must Be Special” by Todd Parr
Available at a) Amazon.com, Barnes and Noble for \$10; b) copies are available from the Office of Catechesis and Formation.
It is suggested that you read only the first four lines on each page
2. Song: “I Am Special” (I Am Special Just Because I’m Me) by Dr. Thomas Moore.
Available at a) www.youtube.com b) to sample other songs by Dr. Thomas Moore, go to www.drthomasmoore.com.
3. Safety Signs: Prepare signs for each student cutting a 4 inch circle each of red, yellow and green construction paper. Write NO on the red, TELL on the yellow, and SAFE on the green. Attach each circle to a popsicle stick so the student can hold each sign. Once made, you can keep these for future use.
4. Role Play: You will need matches or a lighter and the red/yellow/green signs.
First, act out the scene in the unsafe way so that the children can experience the “uh-oh” feeling. Then re-enact the scene in the safe way to learn the SAFE, positive response to the situation. Gather the children in a circle. Ask for volunteers to act out each situation.
 - a) Role Play One: choose 3 children
One child is off by him/herself while the other two are together observing the single child. One of your classmates is unhappy on the playground. What can the two of you say or do?
-NO (Red) Call the child a crybaby. Ask the single child, How does it feel when someone teases you? Ask the children to hold up the sign they think it is (RED)
-SAFE (Green) Instruct the two to ask the child to play with them. OR Ask the child if he/she needs help; go with the child to seek help. Ask the children to hold up the sign they think it is (Green) for safe or (Yellow) for tell.
 - b) Role Play Two: choose 1 child
You see matches/lighter/needle on the ground. What can you do?
-NO (Red) The child picks them up and plays with them.
-TELL (Yellow) The child tells an adult and stays away from items.
 - c) Role Play Three: choose 1 child and 1 adult
A stranger (adult volunteer) in a car stops right next to you. What can you say or do?
-NO (Red) The child talks to the stranger and gets within arm’s length. (Remind the children that a strange adult asking a child for help is a warning sign. Adults should ask adults for help.)
-SAFE (Green) the child runs in the opposite direction that the car is traveling.
-TELL (Yellow) The child finds a trusted adult to tell what happened.
 - d) Role Play Four: choose 4 children
Three classmates won’t let the fourth child play with them.

-NO(Red) The three tell the single child that he/she cannot join their club. Catechist: Ask the single child how he/she feels when not invited to join the classmates.

-SAFE (Green) Instruct the single child to speak up for him/herself. Have the child say, "Can I play?" "I can kick the ball really good." Or "I'm great at pretending." Or "That is not nice. That is not following school rules."

-TELL (Yellow) If the situation is not resolved, find an adult to ask for help.

5. Uh-oh feeling: Discuss the feeling when you know something isn't quite right. It is the feeling inside you that says, "Uh-Oh". Always pay attention to your "uh-oh" feeling. ALWAYS tell someone about your "uh-oh" feeling. You are having it for a reason.
6. Ask each child, "Whom can you tell about your "uh-oh" feeling? (parents, grandparents, aunt, teacher...) A RED FLAG is if a child cannot say whom they can tell.
7. Remind the children that they are very special. God made them out of love and that love never ends. They are very special to God and to all those who love them. End with the Song "I Am Special Because I Am Me."