

Preschool Ages 3-4-5

Lesson Two

Diocese of Covington Safe Environment Curriculum

Topic: Appropriate Boundaries

Time: 15-20 minutes

Learning Outcomes
<ul style="list-style-type: none"> • Explain that we are all special in God’s eyes and therefore we should all respect each other at all times. • Explain that some behavior is socially acceptable(OK), and some behavior is disrespectful (Not OK) and may be unwanted by others. • Our bodies are created by God and are a gift to each of us. • The parts of our body that are covered by a bathing suit are our private parts. • We are in charge of our own bodies, and no one should ask to see or touch our private parts unless it is for health or safety reasons. • The student will identify trusted adults in their life. • Students will learn the difference between a surprise and a secret.

Teaching/Learning Strategies
<ul style="list-style-type: none"> • The student will be able to say that their private parts are the parts that are covered by their bathing suit. They will complete a color, cut and paste activity to reinforce that private parts are covered by a swimsuit. • Have each child brainstorm three trusted adults in their life. • Sing the song “Jesus Loves Me” to help reinforce that God made us all special and that God loves us. • Role play using specific situations posed in open-ended statements. Examples can be found on the lesson plan handout.

Values & Attitudes	Resources & Materials	Assessment
<ul style="list-style-type: none"> • Each child is special and loved by God • Sense of self-worth • Gratitude for God’s gifts • Confidence 	<p>Safety Signs</p> <ul style="list-style-type: none"> • Red – Not trusted adults • Green - Trusted adults (See lesson plan) <p>• Book: “Designed By God So I Must Be Special” by Character Builders for Kids</p> <p>• “I Am Special” CD by Dr. Thomas Moore</p> <p>• “Jesus Loves Me”</p>	<ul style="list-style-type: none"> • Using safety signs, the children will be able to recognize trusted adults vs. non-trusted adults and safe vs. unsafe situations.

LESSON PLAN AGES 3-4-5
LESSON TWO

TOPIC: Appropriate Boundaries

Time: 15-20 minutes

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.

1. Song: "I Am Special Just Because I'm Me" by Dr. Thomas Moore. Available via www.youtube.com. For a sample or Thomas Moore records, www.drthomasoore.com
2. Private Parts: Copies of one child figure and bathing suit cutouts for each child; scissors, crayons, marker, glue.
Explain that we are all special in God's eyes and therefore we should all respect each other at all times.
Our bodies are created by God and are a gift to each of us.
Explain that some behavior is socially acceptable (OK), and some behavior is disrespectful (not OK) and may be unwanted by others.
The parts of our body that are covered by a bathing suit are our private parts.
We are in charge of our own bodies and no one should ask to see or touch our private parts unless it is for health or safety reasons.
Activity: Paste the bathing suit onto the cutout body and color it.
Teacher reads the following situations and students respond with RED – NO, not OK or GREEN – Safe OK
-One student calls another child dumb. RED
-A child drops books and you help pick up the books. GREEN
-A child pushes another child in line. RED
-A child sees another child crying and comforts him/her. GREEN
-A child dares another child to pull down his/her pants. RED
3. Secrets: Secrets are situations that can hurt you or someone else.
Surprises: Surprises make you or someone else feel good, like a surprise birthday party.
Never promise to keep a secret. If you aren't sure, talk it over with a grownup you trust.
4. Read the Book: "Designed By God So I Must Be Special" by Todd Parr, available at Amazon.com, Barnes & Noble for \$10; copies available at the Office of Catechesis & Formation. You can shorten the book by reading the first 4 lines on each page but you may want to read the whole text from the page that begins, "He gave me a body..." until the end.
5. Song: "Jesus Loves Me"
6. Safety Signs: Use signs from Lesson One. Use only Red (NO for not a trusted adult), and Green(SAFE for trusted adult)

7. Teacher reads the following situations and students respond by lifting Red – NO sign for unsafe adult/situation or Green – SAFE adult/situation.
- A stranger stops to talk to you while you are playing at a park. RED
 - Your doctor presses on your belly when you go for a checkup. GREEN
 - A friend wants to play doctor and tells you to take off your clothes. RED
 - Your ball rolls into the street. You run out to get it. RED
 - Your babysitter reads you a story before you fall asleep. GREEN
 - Your babysitter gets in bed with you to help you fall asleep. RED
 - Your friend wants you to play a secret game and asks you to promise not to tell anyone. RED
 - Your dad wrestles with you on the family room floor. GREEN
 - Your neighbor asks if your parents are home and it gives you the uh-oh feeling. RED
 - You are planning a surprise party for your mom. You have to keep it a “secret” surprise. GREEN

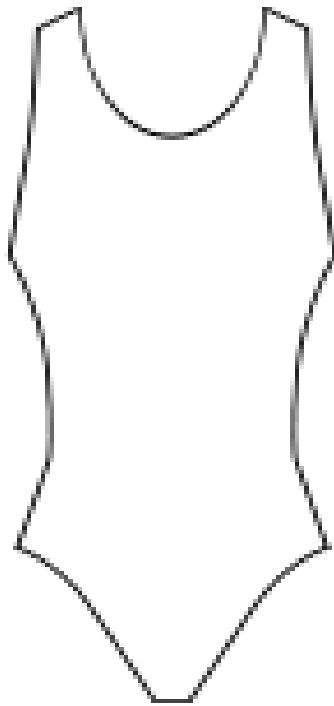


Sources:

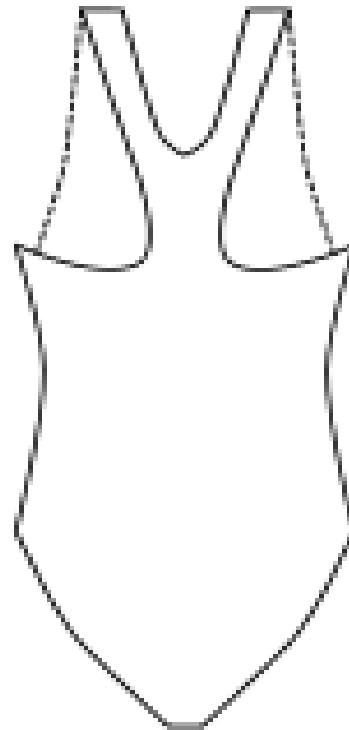
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