

Kindergarten and First Grade

*Time: One 40-minute session or
Two 20-minute sessions*

MATERIALS NEEDED:

- Script
- Opening and Closing Script for All Parish Grade Levels
- Fidget Spinner (if choosing to use “The Trinity Models Relationship” Option)
- Items for activities:
 - Index cards or popsicle sticks with feelings written on them (one per card/stick):
 - happy
 - sad
 - mad
 - scared
 - surprised
 - **Safe People Worksheet**

GOALS:

Children will be able to:

- Understand that there is a relationship between their Catholic faith and their personal health and well-being (designated by the † in the left column)
- Learn that God gave them their feelings and about different types of feelings
- Learn the difference between public/private places
- Learn that we all have four private places
- Differentiate between good, bad, and secret touches
- Learn the difference between secrets and surprises
- Identify what to do if in a dangerous situation
- Identify the three safety rules: Say No, Get Away, Tell Someone
- Learn characteristics of a safe person
- Identify safe people inside and outside of the home

Diocese of Wilmington/PCAD (K/1)
 Keeping Our Promises Curriculum 2019
Kindergarten and First Grade Script

<i>Objectives</i>	<i>Notes</i>	<i>Script</i>
<p>Learn about different types of feelings</p>	<p style="text-align: center;">+</p>	<p>Hi! I am glad you are here with us today because we are going to talk about some very important things.</p> <p>Now, before I go any further, if at any time I say something that is confusing to you, please raise your hand so that I can explain it again so you understand it better.</p> <p>I have a question. Who here is fantastic and special? If you are fantastic and special, let me see you wave your hands. Everyone here is fantastic and special because that is how God made us! And there are lots of ways that you may know that.</p> <p>For example, people may tell you. They may say things like, “I love you”... “I like you” ... “I’m glad you are here.” They may show you by giving you hugs or listening to your stories. Or you may just know that you are fantastic and special because you do wonderful, exciting things like, jump high, and share with friends. You may even tell God when you pray, "Thank you, God, for making me fantastic and special!"</p> <p>One of the things that God gave us that makes us fantastic and special are our feelings. Who can name a feeling for me? <i>[Ask for three or four feelings; ensuring to include happy, sad, mad, surprised, and scared.]</i> Can you tell me about a time when you felt this way? <i>[Ask for one example for each feeling.]</i></p> <p>We have lots of feelings, don’t we? We have happy, sad, mad, surprised, and scared feelings. All of these feelings are okay and all of these feelings are important. It’s okay and important for you to have these feelings, show these feelings, and share these feelings with other people.</p>
	<p>Optional Activities</p>	<p><i>Sing You’re Happy and You Know It</i></p> <p>These feelings are so important that we have a song about them. I would like you to help me sing this song. You probably will recognize this song and I may sing it a little differently but I would still like you to help. <i>[Sing, “If You’re Happy and You Know It”.]</i></p> <p><i>If you’re happy and you know it clap your hands. (2x’s) If you’re happy and you know it and you really want to show it, if you’re happy and you know it clap your hands.</i></p>

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Objectives	Notes	Script
	<p style="text-align: center;">Requires Prep Work</p>	<p><i>If you're sad and you know it say "boo-hoo." (2x's) If you're sad you know it and you really want to show it, if you're sad and you know it say "boo-hoo."</i></p> <p><i>If you're mad and you know it say "Grrrr!" (2x's) If you're mad and you know it and you really want to show it, if you're mad and you know it say "Grrrr!"</i></p> <p><i>If you're scared and you know it say "Ahhhh!" (2x's) If you're scared and you know it and you really want to show it, if you're scared and you know it say "Ahhhh!"</i></p> <p><i>Option: Sing "If You're Happy and You Know It" one more time.</i></p> <p>Feelings Charade <i>Use pre-prepared index cards or popsicle sticks (see Materials Needed List above). Ask for a volunteer to pick one and act out the feeling on the card/popsicle stick. Ask other children to guess the feeling. The child who guesses correctly gets to choose the next one.</i></p>
		<p>It is very important for you to talk to safe adults about your feelings. When you are feeling sad, mad, or scared it is important to share those feelings with a safe adult so that they can help you.</p> <p>If someone kicks you, it would be important for you to tell a safe adult so that adult can help you. Your safe adult may even tell the person who kicked you that we do not treat our friends this way.</p> <p>As a matter of fact, you should share all of your feelings with a safe adult - the happy, sad, mad, and scared feelings. The more you share your feelings, the more safe adults can help you.</p>
	<p style="text-align: center;">Activity †</p>	<p>Another thing that makes us special is our body. Our bodies are a gift from whom? God! Who brought their body today? Let's play a quick game!</p> <p><i>[Play Simon Says to help identify public body parts. Simon says touch your hair, eyes, ears...name a couple of other body parts.]</i></p>
<p>Learn the difference between public and private places</p>		<p>There are lots of places and parts of your body - so many that I can't even name them all - but, right now, we are going to talk about some places on our bodies that are very special.</p> <p>We all have two types of places on our bodies: public places and private places.</p>

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		<p>Public places are places that people may touch without asking, and that can be okay. Someone may pat you on the back, give you a high-five, or hold your hand.</p> <p>Now, let's say that I am walking to the park with my friend and my friend wants to hold my hand, but I don't feel like holding hands right now. Would it be okay for me to tell my friend that I do not want to hold hands right now? Yes, of course! We all get to decide when we give and receive touches like holding hands or giving hugs or kisses.</p>
<p>Learn that we all have four private places</p>		<p>We also have special places on our bodies called private places. Private places are places on our bodies that people need to have a good reason to touch. Everyone has four private places on their bodies.</p> <p>Whether you are a boy, girl, adult, or child you have four private places.</p> <p>The first is your mouth; the second is your chest. The third and fourth are covered by your underwear.</p>
		<p>Our private places on our bodies are so special we keep them covered and have two very important rules for them.</p> <ol style="list-style-type: none"> 1. No one should touch your private places. 2. You should not touch anyone else's private places. <p>There are two reasons that it may be okay for someone to touch or look at your private places, only two.</p> <p>One reason is to keep you clean.</p> <p>Like when you were a baby, and someone changed your diaper, that person did that to keep you clean.</p> <p>Babies also need someone to wash them, so their bodies are clean. Then, as you started growing up, your grown-up helped you in the bathroom or helped you take a bath/shower. That grown-up helped you learn how to clean your body. Now you may not need that much help because you know how to wash your body.</p> <p>Someone may need to check to make sure you didn't miss a spot, or all the shampoo is out of your hair and that is okay. That person is checking to make sure your body is getting clean the way it needs to get clean until you are old enough to do it by yourself.</p>

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		<p>The second reason it may be okay for someone to touch or look at your private places is to keep you healthy.</p> <p>If you have a rash on your bottom, someone might need to look at the rash and put medicine on your bottom. When you go to the doctor or hospital, someone may have to touch or look at your private places to keep you healthy. That person needs to make sure you are healthy, make sure you will stay healthy, and make sure you are growing the way you should.</p>
		<p>Even if someone says they are doing something to keep you clean or healthy, if you do not like that touch or do not want that touch, it is okay for you to say no and tell a safe grown-up. It is your body and you decide which touches are okay and which touches are not okay. Let's talk some more about touches.</p>
<p>Differentiate between good, bad, and secret touches</p>		<p>There are good touches.</p> <p>Good touches are touches that make us happy. These are touches that we do not mind giving to people or people giving to us. These are ways that God has given us to show our love for others!</p> <p>Can you name a touch you like to give or get? <i>[Get three examples. Examples could include hugs, kisses, high fives, pat on the back, tickles or holding hands.]</i></p>
<p>Differentiate between good, bad, and secret touches</p>		<p>There are also bad touches.</p> <p>Bad touches are touches that may hurt us. They are any touches that we do not want to give to someone or we do not want someone giving to us.</p> <p>Can you name a touch you do not like to get and should not give? <i>[Get three examples. Examples could include hitting, kicking, biting, punching, or touching your private places.</i></p> <p><i>If a child says touching your private places, say: "That is definitely a touch we don't want to give and might not like to get. We have another special name for that kind of touch, and we will talk about that in one minute."]</i></p>
		<p>You can decide which touch is a good touch and which is a bad touch for you. You can even change your mind about a touch.</p>

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		<p>How many of you like to be tickled? Yes, tickling can be lots of fun, but have you ever been tickled too much? I have been tickled so much that I couldn't breathe. When that happens, that touch becomes bad because it doesn't feel good anymore.</p> <p>Is it ok to tell the person to stop? Yes!!</p>
<p>Differentiate between good, bad, and secret touches</p>		<p>The next type of touch we are going to talk about is called a secret touch.</p> <p>A secret touch is when someone gives you a touch and tells you to keep it a secret.</p> <p><i>[Note: If someone mentioned touching a private place earlier say: "Remember when we said touching a private place was a bad touch and I said we have another name for it? This is it!"]</i></p> <p>A secret touch could be if someone touches your private places or wants you to touch their private places and does not want you to tell anyone.</p> <p>A secret touch could also be if someone hit you so hard you had a bruise on your body, and that person said, "You better not tell!"</p>
<p>Learn the difference between secrets and surprises</p>		<p>We just talked about secret touches. Now I want to talk about secrets. What is a secret?</p> <p>Right, something you should not tell.</p> <p>Is there a difference between a secret and a surprise? Yes!</p> <p>Surprises are things that you keep to yourself for a short time and make you feel happy or excited.</p> <p>What are some examples of surprises? <i>[Get two or three examples and reiterate that these examples are kept for a short time and make people happy when they find them out.]</i></p>
	<p>†</p>	<p>Secrets are often about things that make people feel sad, hurt, or uncomfortable, and they are asked to be kept forever. This is an important reason God gave us feelings! We know when things are not right because we can feel it in our head or our stomach. When someone is hurting you or someone else and asks or tells you to keep it a secret, you must tell a grown-up. You are created by God with that feeling as an alarm to tell you that you need to do something.</p>

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	Activity	<p>We are going to play another game. Did everyone bring their thumbs today? Can I see them? Great! Can someone give me a thumbs up? Awesome! How about a thumbs down? Great!</p> <p>I am going to give you an example and you are going to put your thumb up if it is okay. If it is not okay you put your thumb down <i>[Demonstrate to ensure children know what to do.]</i></p> <p>Now this is a quiet game which means we are only using our thumbs to give the answers – no talking! Are you ready?</p>
		<p>1. Susie, who is five years old, goes to the doctor for her check-up. Her mom is with her in the room and the doctor needs to touch her private places to make sure she is healthy. Is this an okay touch? Thumbs up if this is an okay touch and thumbs down if it is not an okay touch.</p> <p>Right! Thumbs up because the doctor is making sure she is healthy, and her grown-up is there with her.</p> <p>2. Peter went to John’s house to play. John’s older cousin began tickling the boys. While he was tickling Peter, he touched one of his private places.</p> <p>Thumbs up if that is an okay touch and thumbs down if it is not an okay touch.</p> <p>Right! Thumbs Down! It is not okay for anyone to touch your private places. It would be important for Peter to tell a safe adult about what happened.</p> <p>3. Henry was playing outside and slid down the stairs. He has a big scrape down his back and bottom. Henry’s dad looks at his back and bottom, cleans up his scrapes, and covers some of them with a Band-Aid.</p> <p>Is this an okay touch? Thumbs up if this a good touch and thumbs down if this is a bad touch.</p> <p>Right! Thumbs up because Henry’s dad is helping Henry take care of an injury. Henry is hurt and needs help cleaning up his cuts, so they do not become infected.</p>

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		<p>4. Sarah is in Kindergarten and is in the bathroom at school. A fourth grader is in the bathroom too and pushes Sarah when she tries to wash her hands.</p> <p>Thumbs up if this a good touch and thumbs down if this is a bad touch.</p> <p>Right! Thumbs down! This is not okay. It is not okay for the fourth grader to push or hurt Sarah in any way.</p>
	†	<p>How do you think Sarah felt when she was pushed? <i>[Answers can include sad, scared, and mad. Validate each appropriate response.]</i></p> <p>How do you think Peter felt when his private parts were touched? <i>[Answers can include sad, scared, and mad. Validate each appropriate response.]</i></p> <p>Listening to your feelings is important. Who gave us our feelings? God! Being scared is your body's way of keeping you safe. When you are scared, what can you do? Find your safe grown-up for help.</p>
<p>Identify the three safety rules: Say No, Get Away, Tell Someone.</p>		<p>What should Sarah and Peter do when they were asked to do something that made them feel scared or sad? <u>They need to use three very important safety rules.</u></p> <p>The safety rules are:</p> <ul style="list-style-type: none"> ● Say No ● Get Away ● Tell Someone <p>Telling a safe grown-up is the most important rule.</p> <p>It is important to tell a grown-up so he or she can help you and keep you safe.</p>
		<p>Peter used these safety rules when he felt unsafe at his neighbor's house, but he could also use them anytime he feels <i>[use words the kids generated from before i.e. scared, confused, sad]</i>.</p> <p>Peter decided that this was not a game that he wanted to play.</p>

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		<ul style="list-style-type: none"> ● You can also decide which games you would like to play, and which kinds of touches are okay. ● You can decide if you want to give someone a hug or a kiss or a tickle or a handshake. ● You can use the rules if you feel like any touches are not okay. <p>All the rules are very important but there could be a time when you cannot say “No”, or you are unable to get away. Remember you must tell someone about what happened as soon as you can.</p>
		<p>Can you repeat the rules after me? <i>[Have them repeat then go through individually.]</i></p> <p>Say No. There are lots of ways to say “no”.</p> <p>What are some of the ways you let people know that you do not like what they are doing and you want them to stop?</p> <p>Get Away. Just like there are lots of ways to say no, there are also lots of ways to get away.</p> <p>Walk, run, skip, jog, hop...lots of ways. Just get away from that person as soon as you can.</p> <p>Tell Someone. Tell someone who that person was and what that person did. Tell someone why you had to say no and why you had to get away.</p> <p>Make sure the person that you tell is a safe adult that you know, trust, and feel safe with.</p>
		<p>Okay, can you say the rules with me again?</p> <p>Now I want to practice using that first rule.</p> <p>When I have to count to three I want you to say “no.” You have to say it like you mean it. One, two, three. <i>[Have them do it twice, encourage them to say it louder the second time.]</i></p>

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<p>Identify what to do if in a dangerous situation</p>	+	<p>If someone wants to touch your private places in a way that makes you feel uncomfortable or scared, say “No”, get away, and <i>[have the children yell “Tell Someone!”]</i></p> <p>If anything like this were to happen to you, remember it is not your fault and it is important to talk about it.</p> <p>Remember, God gave us feelings, and some of them help us to know when things are not right. They are our alarms to tell us to do something! So what are we supposed to do? (Tell someone!)</p>
<p>Learn characteristics of a safe person</p> <p>Identify safe persons inside and outside of the home</p>	<p>Activity: Safe People Worksheet</p>	<p>There are lots of safe adults that you all can go to. Safe adults are grown-ups that you feel safe with, know, and trust.</p> <p>Safe adults are people that:</p> <ul style="list-style-type: none"> ● help you ● listen to you ● take care of you <p>You can have safe adults at home and outside of your house like at school, church, or aftercare. Let us think about some of the safe adults you have. Think about someone who is at home and someone who is outside of home.</p> <p><i>Pass out the Safe People Worksheet.</i></p> <p>Now draw a picture of one of your safe grown-ups in the box on this sheet.</p> <p>Ask children to share who their safe grown-up is with the class.</p> <p>If children identify another child, animal or toy, say: Remember our safe person has to be a living person who is a grown-up. The person has to be able to get help for you.</p> <p>Can your dog talk? No! So he or she could not get help for you.</p> <p>Can your stuffed animal talk? No! So it could not get help for you.</p> <p>Telling your friend is okay but we need to tell a grown-up who can help you. Your friend can help you tell that grown-up!</p>
	+	<p>We are finished with today’s lesson. You did a great job! There are 4 things I want to review with you.</p>

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		<ol style="list-style-type: none"> 1. Everyone here is fantastic and special because God made us that way. 2. God gave us our feelings - happy, sad, mad, and scared. All of our feelings are okay and they are important. It is important to have, show, and share your feelings with others. Just remember to be careful not to hurt yourself or anyone else when you are showing how you feel. God wants us to treat others with respect and kindness because our friends are a gift from God, too! 3. The three safety rules: Say No, Get Away, and always, always Tell Someone. Remember to use these rules whenever anyone is doing something to you that you do not like. 4. We all have four private places, and no one should touch or look at your private places unless that person is keeping you clean or healthy. Remember, you should not touch anyone else's private places either.
		<p>You all did such a wonderful job! Thanks for being such good listeners! I want to remind you that most people you meet will want you to grow up to be happy, healthy, and safe.</p> <p>Let's end with a prayer...</p>