

2010-11 Safe Environment PreK-K Lesson Plan

1. Settle in a circle on the floor

2. Safety Signs

Goal: To start talking about being safe

Go through the stack of common safety signs; ask what they mean.

After you have gone through the stack, ask:

Why do we have signs? *They tell us what to do*

What does it mean to be safe? *When I am not scared, when I am not being hurt*

Why do we want to be safe? *It feels good, we are happy, we are not scared*

Who wants us to be safe? *Parents, family, God, teachers*

3. Red & Green Game

Goal: To identify safe/unsafe situations and tell what makes a situation safe

Make green/red green/red signs on popsicle sticks



Red sign print:

Green sign print:

The children use the signs to tell you whether a situation is safe (green) or unsafe (red)

Talk about some of the situations Ask: What makes this unsafe?

Situations:

Running down the hallway *red*

Chasing a ball down the street *red*

Helping a friend carry books up the stairs *green*

Letting parents know when you are going out of the yard *green*

Staying close to adults at the mall *green*

Looking both ways when crossing the street *green*

Avoiding a hot stove *green*

Running with scissors *red*

Getting into a car with a stranger *red*

Playing with matches *red*

Blowing on hot food before you eat it *green*

Taking candy from strangers *red*

Jumping off the slide *red*

Walking carefully around a slippery pool *green*

Shaking hands with a friend *green*

Hugging a classmate *green*

Hitting a boy at school *red*

Biting your little brother or sister *red*

4. Girl/Boy coloring sheets

Goal: To help explain what is private on our bodies and should only be touched by parents or doctors



My bathing suit covers the private parts of my body.



My bathing suit covers the private parts of my body.

Invite children to color the page that matches their gender.

As the children color, introduce the idea that bathing suits cover the private parts of our bodies and may not be touched by others (with the exception of hygiene and medical procedures). Touches that help keep us clean and healthy are safe touches and are not secret touches. Tell the children that should anyone touch their private body parts and tell them to keep it a secret or tell them not to tell anyone, these are unsafe touches and secrets. Unsafe touches and secrets are always to be reported to adults that will help children.

5. Hand out “keeping safe” worksheet for children to do at home with parents.

Goal: To enable conversation at home with parents and to list those who the children trust.

Sample Keeping Safe Worksheet follows

6. At 12:50, we will all return to the Parish Center to have our closing prayer service.

Keeping Safe - Work Sheet

I am God's child!

I must receive and give respect in the ways I talk
and act in the ways others treat me.

I learn the difference between true friendship and false friendship.

My body is private and must be respected.

I learn the difference between safe touch and unsafe touch.

Secrets are not good. Secrets can separate us
from others and can harm us.

People make good choices and bad choices
and I learn how to tell the difference.

When someone does something wrong,
I must tell someone I trust.

**My parents and I name three people I can go to for help
besides my parents:**

**“See what love the Father has given us,
that we should be called children of God.”**


