

LESSON 1

Feeling Safe

Begin by saying

Today we are beginning a lesson that will help you to learn how to stay safe. We know that God loves us and wants us to be safe.

In our first lesson we are going to spend some time talking about feelings.

Listen to this story.

Read this story

It was a very special day for Joseph and Sarah. They were twins and it was their birthday. They were both seven 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 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 every one said it was one of the best parties ever.

Review the story

Why was this a special day? *It was a birthday.*

Whose birthday? *Joseph and Sarah*

Where did Mom and Dad take Joseph and Sarah? *McDonalds*

Was the party fun? *Yes*

How do you know? *Everyone laughed. Everyone sang their favorite songs.*

Say

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

On the table we have some pictures of faces showing different feelings. What are some of the feelings you see in these faces?

Put out the Face Cards

Try to have each child identify a feeling. Ask the children how they express their feelings. Remind them that we can talk to people we trust about our feelings.

Say:

People we trust are a special gift from God. God has given us some adults as special helpers with whom we can share our feelings and our secrets. We can trust our special helpers.

God gives us **feelings** too. Feelings are part of what makes us unique and special. (Unique means that there is no one else just like you or just like me in the **whole** world!) Sharing feelings is important because sharing feelings helps us understand our feelings.

I am 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 is happening to you. Different things give us different feelings.

When we are looking forward to something, like Christmas or a special trip, we have happy feelings.

In the Stay Safe Program we will be looking at times when we feel safe and times when we don't feel safe.

Let's talk first about feeling safe.

On the
blackboard

Write the word "SAFE."

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

Ask

Do you think Joseph and Sarah felt safe when they were at their birthday party? *Yes, we usually feel safe when we are with our friends and families.*

Here is a story about James making new friends.

Tell this story

This is a story about a boy called James. It's a story about a time when James felt safe. James was seven years old. He had to go to a new school in the city because his Dad had changed jobs.

James felt sad leaving his old friends at the old school. But the teacher who met him at the new school smiled kindly and showed him to his classroom.

The teacher and the children in his class welcomed him. At break time Amy, the girl who sat beside him, gave him some chocolate. At lunch time one of James' new friends, Neil talked to him about playing soccer. James felt safe in his new class with his new friends.

Discussion

Did James like his new class? Why?

Why did James feel safe?

When do you feel safe?

How did you feel on your first day in this school? (*Invite the children to find a face card that matches that feeling.*)

Optional

Share with the children about your first day as a catechist in this religious education program.

Say:

We are all God's children. We are part of God's family and God wants us to help each other and take care of each other and be kind to each other. James' classmates showed that they are kind by making James feel welcome.

On the blackboard

Write "Yes Feelings." Ask the children for examples of times when they felt safe and list them under this heading.

Say:

In the Stay Safe Program safe feelings are called "Yes" feelings. One thing that you will hear many times when we have our Stay Safe Lessons is that "God loves us so much that God wants us to be safe."

Closure

Today we talked about feeling safe. Feeling safe is a “Yes” feeling.

These are the “Yes” Feelings that you told me about (*point to the board*).

Now we will be talking about when we feel unsafe and learn what to do in unsafe situations.

Feeling Unsafe

Ask:

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 if someone were teasing you (calling you names)?

What are your feelings when you are unsafe? Who can pick out a face card that goes with their feeling?

Say:

We all feel frightened from time to time. That is okay. Let’s see what we can do about these scary feelings.

God gives us these feelings and God gives us people we can trust who love us and want to keep us safe.

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. It is good to tell an adult you can trust about a “No” feeling.

Discussion

One example of a “No” feeling is getting lost in a store.

Has that ever happened to you?

How did you feel?

What can you do when you are lost?

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Ask:

Why do we have rules? *Rules keep us safe.*

We have the laws that God gave us, like the Ten Commandments and Jesus' Commandments of love. These are rule, aren't they? They are rules that God wants us to follow. We have other rules, too. We have safety rules that keep us safe.

We know that God wants us to be safe. When we follow safety rules we know we are doing what God want us to do.

Discussion

Who can give me an example of some safety rules? *Crossing the street, bike helmets, etc.*

Say:

Here are some rules about getting lost in the store. You may already know some of these rules from your home.

(Put up the Rules Poster).

So if we follow the rules, we can feel safe and get rid of the "No" feeling. Let's Practice:

Role Play

Invite each child to role play being lost in a store, with you playing the role of the adult (store employee). Test the children's grasp of the rules by suggesting that they leave the store with you. If mistakes are made, give the child the chance to do it again effectively. Reinforce and praise all correct responses.

More Safety Rules

Most of you would never be left alone in a house, but this is what you should remember in an emergency [*Show the Poster*]:

Note:

It is important that children learn how to answer the telephone and how to make a telephone call.

Touches

Say

Now we are going to talk a little bit about touches—touches we like and touches we don't like. And we will talk about what to do about touches we don't like.

Touch is one of our five senses. Our five senses are a gift from God. Our senses help us take care of ourselves and help us to know and take care of God's world.

Who can name the other four senses? *[You can give them hints by pointing to your eyes, nose, ears and mouth.]*

To show we like someone we sometime hug or shake hands. We know that Jesus loved children and we've seen pictures in our book and other places of Jesus with little children around him. He even scolded his disciples when they tried to keep children away from him. And when Jesus prayed with children, he would sometimes touch them. We know that this kind of touch is a good and safe touch.

Ask the children to name some touches that they like. Write their responses on the board. Then ask for touches that they don't like [like hitting, pushing, etc.] and make a second column of those touches.

Say

Do you think you can say “No” to someone who touches you in a way you don’t like?

Yes, you can! Your body belongs to you. Our bodies are special and holy because God is present in us. We should cherish and care for our bodies as our “thank you” to God.

What if a friend of your Mom always pinches your cheeks when she comes over and you don’t like it. What could you do? [*You could say “Please don’t do that.”*]

Would that be rude? [*No, not if you say it in a polite way. That friend of your Mom may not know that you don’t like your cheeks pinched.*]

Role-Play

Invite the children to practice refusing a touch they don’t like by saying “No” firmly and moving away. Examples could include someone who wants to put them on their lap, tickles, or wants to hold hands when they don’t want to. Have them practice with another adult because it is more difficult to say “No” to an adult.

Say

So now we know we can say “No” politely to a touch we don’t like. What can we do about a touch that makes us feel unsafe? Some unsafe touches might include being pinched, kicked or hit by another person. Can you think of any other unsafe touches?

What could you do if you were being pinched, kicked or hit by another student?

Here are the Stay Safe rules you should follow [*Show the Poster*]:

How many of you think you might get into trouble say “No” to an adult?

What if an adult is making you feel unsafe? What could you do?

There are times when it is right to say “No” to an adult. You can say “No” so something that is dangerous, wrong or uncomfortable. That is saying “No” to keep safe.

That is different than saying “No” to going to bed, doing your homework or helping with chores.

Have the children name some situations where it is all right to say “No” to an adult. You can make the more fun by including a few funny examples, such as the babysitter who suggests drawing pictures on the wall, or someone who suggests playing football barefoot in the snow.

Say

If you are too scared to say “No,” what could you do then? Remember the rules. Yes, you can tell someone, Never keep anything that gives you a “No” feeling a secret. If you feel unsafe, ask for help.

Closure

Always remember that God wants us to be safe because God loves us. Following the Stay Safe Rules will help keep you safe.

Next week you will learn more about unsafe touches and learn never to keep secrets about touching.

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HOMEWORK

- Homework Sheet B-1 – “I feel safe when”
- Homework Sheet B-2 – “I don’t feel safe when”
- Homework Sheet B-3 – “Yes” Feelings
- Discuss with an adult times when you feel safe and unsafe.
- Role-play safety with an adult in getting lost or being home alone.
- Role-play saying “No” politely but firmly to an adult about touches that give us a “No” feeling.