

LESSON PLAN LEVEL: Primary Grades (1 - 4)
for
Diocesan Children & Youth Personal Safety Program

“Keeping Myself Safe”

Prayer

Angel of God, my guardian dear, to whom God’s love commits me here. Every this day be at my side, to light and guard, to rule, and guide. Amen.

Catechism of the Catholic Church (#336): From its beginning until death, human life is surrounded by their watchful care and intercession. (Cf. *Mt* 18:10; *Lk* 16:22; *Ps* 34:7; 91:10-13; *Job* 33:23-24; *Zech* 1:12; *Tob* 12:12). “Beside each believer stands an angel as protector and shepherd leading him to life.” (St. Basil, *Adv. Eunomium* III, 1: PG 29, 656B). Already here on earth the Christian life shares by faith in the blessed company of angels and men united in God.

Objectives

- Student will know rules for keeping people safe.
- Students will have a clearer idea of good touch – bad touch.
- Student will understand that God loves and respects them, and that they in turn should love and respect themselves and others.

God is our Creator and he made everything good. He made us in His image and likeness. As a child of God, we should love and respect all people as well as ourselves. One way of showing respect is keeping our bodies safe. God loves us very much and wants us to be safe at all times. We feel safe when we know we are not in danger and we are not afraid. Some touches like hitting, shoving, grabbing and pushing are not good touches.

It is important to know the rules that are listed below to keep us from harm and danger:

- When someone hugs or pats you and you know it is not good touch, tell that person, a child or adult, to STOP. It is O.K. to tell a big person “No” when you feel scared.
- Always tell someone, like your mommy, daddy, teacher, or grandparents right away when you feel scared and unsafe.

Activities

- Discuss - What safety rules do you know that keep you safe? Looking both ways when crossing the street, wear a seat belt, do not play with matches, wear a helmet when riding a bicycle, etc.
- What people give you good touches that make you feel safe and warm? Parent’s hug, a

friends' "high -5", shaking hands when meeting someone for the first time, snuggling up with grandmom when reading a book.

– Draw a "smiley face" if you feel safe and a "frown face" if you feel sad and scared. Teacher reads:

- Mommy hugs you for cleaning up your room.
- Your friend gets angry at you and pushes you and you fall down.
- You are watching TV and your sister's friend sits real close to you and you do not like it.
- Your friend gives you a "high-5" for scoring a basket in gym class.
- Your teacher gives you a pat on your back for spelling a word correctly.

Conclusion

God loves you very much and wants you to feel safe and happy. He gave us our parents, teachers, and friends to help us be safe and secure when we are at home, school, playground, and church. Remember to follow the rules if you feel sad, scared, or unsafe. God is our Father and Creator and He made everything good. God gave us our Guardian Angel to love and protect us and keep us from harm.

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