

Grades 1 and 2

Theme – Keeping Myself Safe

Read this to the children. *Catechism of the Catholic Church* (336):

From its beginning until death, human life is surrounded by their watchful care and intercession. Beside each believer stands an angel as protector and shepherd leading him to life. Already here on earth the Christian life shares by faith in the blessed company of angels and men united in God.

Objectives:

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

Begin by telling the children that, as we have just learned, 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 to keep 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, grandparents, police, firefighters, doctors and nurses right away when you feel scared and unsafe.

Pass out a piece of paper with “Say, No” and “Tell Someone” written at the top as the two rules. Then go over the rules below with the children.

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Always tell someone, like your mommy, daddy, teacher, grandparents, police, firefighter, doctors and nurses 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, wearing a seat belt, not playing with matches, wearing a helmet when riding a bicycle, etc.

What people give you good touches that make you feel safe and warm? A parent's hug, a friend's "high-five," shaking hands when meeting someone for the first time, snuggling up with grandma when reading a book.

Give the children a piece of paper and ask them to draw a "smiley face" if they feel safe and a "frown face" if they feel sad and afraid.

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-five" 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 to keep us from harm.

Activity: Color the picture of the Holy Family at the Nativity in Bethlehem.

Closing Prayer:

Jesus, Mary and Joseph, help me to love you!

Help me to love and obey my parents.

Help me to thank you for all your creation.

Keep me safe and close to you always. Amen.

The Holy Family
Jesus, Mary and Joseph

