

LEARNING OBJECTIVES

The purpose of this lesson is to help children understand the “why” behind rules, what to do in emergencies, and how to help everyone stay safe.



LESSON CONTENT

It is important that we stay safe physically and psychologically. Physical safety keeps us away from dangerous situations.

Psychological safety means that we feel safe to speak and be ourselves around others. We can help others feel safe at home and at school.

STRATEGIES

- Follow the rules.
- Be aware of others' feelings.
- Say no to uncomfortable things.

CONVERSATION STARTERS

- Where do you feel safest?
- How can your actions help other people feel safe? Unsafe?
- Who is a trusted adult that will listen to you, no matter what?
- What can you do to help during an emergency.

EXTENDING THE LEARNING

- As a family, create an emergency plan. Discuss what you should do during natural disasters or other situations. Designate a meet-up location that you can use in case your house is compromised.
- Read books at the library about natural disasters or other emergency situations.
- Talk about neighborhood safety and how to handle dangerous situations while playing outside.