

SAFE ENVIRONMENT CHILDREN'S CURRICULUM

Kindergarten

Overview

This lesson helps kindergarten students understand that God created them, loves them, and made their bodies special and holy. Students will learn how to show love and respect through good touches, and why bad touches are never okay. They will practice identifying up to five trusted adults they can go to for help and safety. The lesson also introduces the NO, GO, TELL action plan as a simple way to respond if someone makes them feel unsafe. Through discussion, role-play, activities, and prayer, students are encouraged to respect themselves and others, listen to their feelings, and remember that God always loves them and wants them to be safe.

Objectives

By the end of this lesson, the kindergarten student will be able to:

1. Identify up to five trusted adults they can turn to in times of need.
2. Demonstrate examples of good touches that show respect and love.
3. Recite and practice the NO, GO, TELL action plan for staying safe.

Part One: Jesus Loves Us

God loves us and created us to love Him, ourselves, and others. We know what love feels like because people in our lives show it to us. Parents, grandparents, siblings, teachers, and friends remind us we are loved in many ways—through hugs, smiles, kind words, or by helping us when we need it. They show love always, not just when we are good, because love is about who we are, not just what we do.

God's love is even greater than this. The Bible tells us that God created the world and everything in it—the fish in the sea, the birds in the sky, and the animals on the land. When God made people in His own image, He saw that we were *very good*. That means you are unique, special, and loved more than anything else He created.

Because God made us in His image, He calls us to love in return: to love Him, to love ourselves, and to love others. Remembering this helps us know that we are never alone—God is always watching over us, and His love keeps us safe and strong.

God created us because He loves us, and He made us to love Him, ourselves, and others. Love is one of the greatest gifts God gives. We can see love in our families, our friends, and our teachers. People show love in many ways—through hugs, smiles, high fives, or kind words. We feel love when others care for us, listen to us, and spend time with us.

God's love is even greater than all these things. He loves us no matter what. Because He made us in His image, our bodies are special and holy, created to show love to others. We can even use our bodies to show how we feel without saying a word.

To practice this, we will play a game. You will act out feelings—like happy, sad, angry, scared, or excited—using only your body. The rest of the class will guess which feeling you are showing. This reminds us that our bodies are not just good and holy, but also wonderful gifts God gave us to help share love and communicate with others.

Part Two: Good and Bad Touches

Our bodies are very special because God made them. We can use our bodies to share love and kindness with others through good touches. Good touches help people feel safe, happy, and loved. Examples of good touches are smiles, hugs, high fives, kisses, or helping a friend when they drop something. These touches show respect and care.

But sometimes people use their bodies in ways that hurt others. These are called bad touches, and they are never OK. Bad touches can be things like hitting, kicking, punching, hugging someone too tightly so it hurts, hugging someone when you shouldn't, or someone touching your private parts when they are not supposed to. Bad touches make people feel sad, confused, or uncomfortable, and God never wants us or anyone else to use bad touches.

Let's practice some good touches together! Stand up where you are with enough space to move. If someone shares a good touch, we can all act it out. For example, let's pretend to give a high five in the air. Now let's give ourselves a big hug. Let's pretend we're picking up something a friend dropped to help them. These are all ways to use our bodies for good.

Remember: our bodies are gifts from God, and He wants us to use them to share love and kindness with others.

Part Three: Boundaries with Our Bodies

God made our bodies beautiful and very special. Some parts of our bodies are private. These private parts are the parts covered by a bathing suit. They are extra special and we keep them private. We only uncover them when we are taking a bath, getting dressed, or when Mom, Dad, or a doctor is helping us to stay healthy and clean. It is **never OK** for someone to touch your private parts when they shouldn't.

That is why we have a safety plan called **NO, GO, TELL**.

[Have the children repeat the words "NO, GO, TELL" together.]

Let's learn what each step means:

1. **NO** – Say "NO!" in a big, loud voice, like you would use on the playground. Let's all practice together: "NO!" [Invite the students to stand up, step back, put their hands out in front like "stop," and shout "NO!" loudly.]
2. **GO** – After saying "NO!" and stepping back, the next step is to **GO** away quickly. We run to a safe place where the person cannot hurt us.
3. **TELL** – Then we **TELL** a trusted adult what happened. Trusted adults are people like Mom, Dad, Grandma, Grandpa, teachers, the principal, a coach, priest, police officer, or nurse. God gave us these adults to help us stay safe. If one adult doesn't listen, keep telling until someone does. And remember—bad touches are never your fault, even if someone told you to keep it a secret.

Before we practice, let's remember that saying "NO!" is also a way to respect ourselves and others. Sometimes friends may say "NO!" to us too. For example, they might say "NO!" if they don't want to be tagged in a game, or if they want more space at circle time. We must listen and stop right away. Respecting "NO!" helps everyone feel safe.

Now let's practice with our friend Teddy the Bear. Teddy needs help learning how to use NO, GO, TELL:

- **Scenario #1:** Teddy's friend hugs him too tightly and won't let go. What should Teddy do? [Volunteer acts out "NO!," stepping back, running away, and telling a trusted adult like a teacher or parent.]
- **Scenario #2:** Teddy is at the pool and someone tries to pull down his bathing suit. What should Teddy do? [Volunteer acts out NO, GO, TELL. Suggested adults: Mom, Dad, lifeguard.]
- **Scenario #3:** Teddy gets tackled on the playground. What should Teddy do? [Volunteer acts out NO, GO, TELL. Suggested adults: teacher, coach, principal, parent.]

Let's always remember: God loves you, He watches over you, and He wants you to be safe. Anytime you feel unsafe, use **NO, GO, TELL** to get help from a trusted adult.

Closing Prayer

God the Father is our Creator. Everything He made is good. He loves us very much and made us to love Him, ourselves, and others. God wants us to be safe and happy. He gave us parents, teachers, and friends to help protect us at home, at school, and at Church.

Thank you, God, for the gift of my body.

Amen.

NO

GO

TELL

Trusted Adults Pictures

