

Bravehearts Day

BRAVE LESSONS

Two lessons about personal safety to deliver as part of Bravehearts Day 2026.



FOUNDATION

Children aged 5 - 6

NOTE TO EDUCATORS

The following lessons and resources have been extracted from Bravehearts' Ditto's Keep Safe Adventure Program, Foundation Classroom Kit.

Bravehearts Ditto's Keep Safe Adventure Classroom Kit outlines the effective teaching of personal safety and offers modules of learning and accompanying resources.

More information about Bravehearts Ditto's Keep Safe Adventure Program and how to purchase the complete program, including the full Classroom Kit and Ditto Show, please go to bravehearts.org.au or scan the QR code below.



Bravehearts
bravehearts.org.au



**Ditto's Keep Safe
Adventure Program**



Published by Bravehearts Foundation Ltd

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Information + Support Line – Freecall 1800 272 831 (8:30am – 4:30pm, Mon to Fri, AEST)

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Brave Lesson 1: My Safety Team

LEARNING INTENTIONS

Understanding and identifying a Safety Team is crucial for personal safety. When children know who they can turn to for help, it enhances their ability to stay safe and seek support when needed. This lesson focuses on recognising and connecting with trusted adults who form a child's safety network.

Children will learn about the importance of having a Safety Team, which consists of trusted adults who can offer support and help when needed. By identifying these individuals and understanding the rules of safety, children will be better equipped to protect themselves and seek assistance in challenging situations.

LEARNING OUTCOMES

- **Identify trusted adults:** Children will be able to name and describe adults in their lives who they trust and can turn to for help.
- **Understand the role of a Safety Team:** Children will learn the concept of a Safety Team and why it's important to have trusted adults both inside and outside of their family.
- **Recognise safety rules:** Children will understand the key rules for keeping safe and how these rules apply to their Safety Team.
- **Build confidence in seeking help:** Children will gain confidence in reaching out to trusted adults and understand that they should keep seeking help until they find someone who listens and helps.

WHAT IS A SAFETY TEAM?

A Safety Team is a group of adults that you can go to if you ever feel unsafe or unsure. These are adults that you can trust. They will believe you, listen to you and want to help keep you safe.

These should be adults both inside and outside of your family that you can go to if you ever feel unsafe or unsure.

Children are encouraged to think of five trusted adults, however it is ok if they have less.

BEFORE THE LESSON

To set the context for the lesson, discuss the following guided questions:

- *Who are some of the adults in your life that you feel safe with?*
- *Who do you go to for help if you need it?*
- *How do you decide who you can trust?*

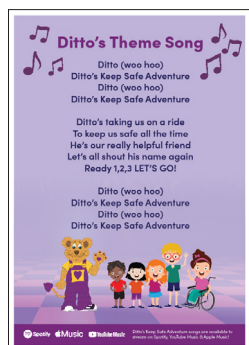


This lesson uses the song 'Ditto's Theme Song', which is one of a series of songs from **Ditto's Keep Safe Adventure Program**. This, and all Ditto's Keep Safe Adventure songs are available to stream on Spotify, Apple Music, and YouTube Music.

On the following pages, you'll find the below resources to print and use in your classroom to support this lesson.



POSTER: Ditto's Three Rules for Keeping Safe



POSTER: Ditto's Theme Song Lyrics



ACTIVITY EXAMPLE: Watson's Safety Team



ACTIVITY SHEET: My Safety Team

Brave Lesson 1: My Safety Team

WALT: We are learning to keep safe!

WILF: What I'm looking for is a list of trusted adults who can be part of your Safety Team.

TIB: This is because we are learning that everyone has the right to feel safe.



LESSON STRUCTURE

RESOURCES

5
MINS

INTRODUCTION

- Refer to **Ditto's 3 Rules for Keeping Safe** poster and discuss how these rules will guide the lesson.
- Introduce the lesson that will be focussed on identifying a Safety Team.
- Explain the importance of having trusted adults to help keep us safe.
- Explain that a trusted adult is someone who believes you, someone who will listen to you and someone who wants to help you.



15
MINS

ENGAGE

- Engage children with the game musical chairs to illustrate the concept of rules and their impact.
- Arrange chairs in a circle and play **Ditto's Theme Song** while children walk around the chairs.
- When the music stops, the child without a chair is out. Remove one chair and continue until one child remains.
- Discuss how rule changes affect the game. Ask questions like:
 - How did changing the rules affect the game?*
 - Did different rules make the game easier or harder?*
 - How did it feel to have different rules?*
- Highlight that rules help us understand how to stay safe and what to do in different situations.



10
MINS

EXPLORE

- Explore the concept of a Safety Team using **Ditto's 3 Rules for Keeping Safe**:
 - We all have the right to feel safe with people.*
 - It's ok to say no if you feel unsafe or unsure.*
 - Nothing is so yucky that you can't tell someone about it.*
- Use **Watson's Safety Team** as an example to explain what a Safety Team is and how it includes trusted adults from inside and outside the family.
- Have children list trusted adults who they can turn to if they need help. Write these names on a Safety Team hand and display it in the classroom.



10
MINS

EVALUATE

- Provide children with a copy of the **My Safety Team** hand.
- Evaluate their understanding by asking them to list up to 5 adults who they consider part of their Safety Team.
- Remind them of the criteria for trusted adults: they should believe you, listen to you, and want to help.
- Assist with spelling or scribing as needed.



NOTE: To ensure the list of trusted adults remains current and relevant **My Safety Team** should be reviewed several times a year. Emphasise the importance of continuing to seek help if they do not feel heard or supported.

Ditto's 3 Rules for Keeping Safe

1



We all have the right to **feel safe** with people.

2



It's ok to **say NO** if you feel unsafe or unsure.

3



Nothing is so yucky that you can't **tell someone** about it.

Remember, if you feel unsafe or unsure go and tell an adult on your Safety Team.



Ditto's Theme Song

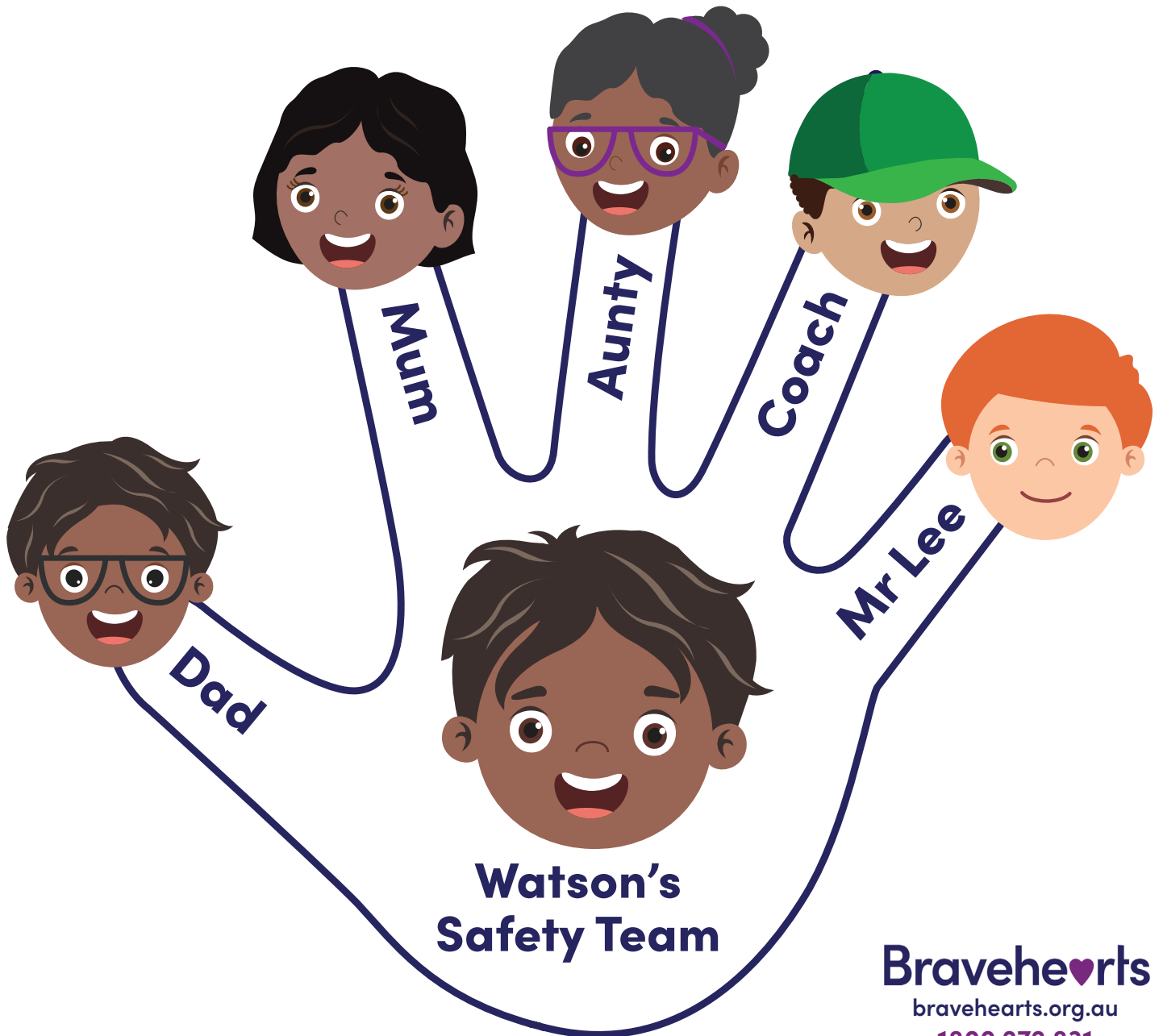
Ditto (woo hoo)
Ditto's Keep Safe Adventure
Ditto (woo hoo)
Ditto's Keep Safe Adventure

Ditto's taking us on a ride
To keep us safe all the time
He's our really helpful friend
Let's all shout his name again
Ready 1,2,3 LET'S GO!

Ditto (woo hoo)
Ditto's Keep Safe Adventure
Ditto (woo hoo)
Ditto's Keep Safe Adventure



Watson's Safety Team



Bravehearts

bravehearts.org.au

1800 272 831

Kids Helpline

1800 551 800

EMERGENCY

Police

000

My Safety Team

If you ever feel unsafe or unsure, tell someone you can trust, like an adult on your Safety Team.



Bravehearts

bravehearts.org.au

1800 272 831

Kids Helpline

1800 551 800

EMERGENCY

Police

000



List up to 5 safe adults on the Safety Team hand above.

A Safety Team is a group of adults that you can go to if you ever feel unsafe or unsure. These are adults that you can trust. They will believe you, listen to you and want to help you keep safe. These should be adults both inside and outside of your family that you can go to if you ever feel unsafe or unsure.

Brave Lesson 2: Feelings

LEARNING INTENTIONS

Understanding feelings is essential for children to develop emotional intelligence and awareness of their personal safety. Recognising and naming feelings helps children identify when they are safe and when they might feel unsafe. This understanding empowers children to express their emotions and seek help from trusted adults when necessary.

This lesson introduces children to the concept of emotions, focusing on identifying both safe and unsafe feelings. By building this emotional awareness, children are better equipped to understand their own needs and communicate them effectively, which is crucial for their personal safety.

LEARNING OUTCOMES

- **Recognise and name emotions:** Children will be able to identify and articulate different feelings, both safe and unsafe.
- **Understand safe vs. unsafe feelings:** Children will learn to distinguish between feelings that indicate safety and those that could indicate danger or discomfort.
- **Develop emotional awareness:** Children will enhance their emotional awareness by recognising their feelings and understanding how these emotions help them navigate their environment.
- **Strengthen personal safety:** By understanding their emotions, children will be able to better gauge when they feel unsafe and seek help accordingly.
- **Improve social skills:** Children will practise expressing their emotions, which supports emotional regulation and communication with peers and trusted adults.

BEFORE THE LESSON

Display and review Ditto's Three Rules for Keeping Safe, using the poster provided in the previous lesson.

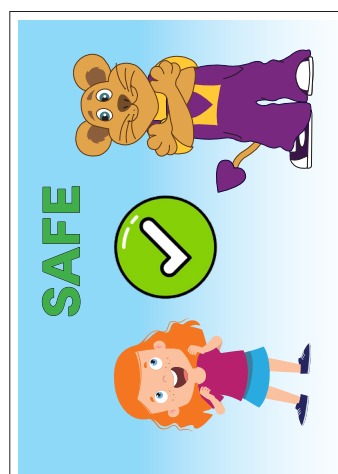
This lesson uses the song 'Safe and Unsafe Feelings', which is one of a series of songs from Ditto's Keep Safe Adventure Program. This, and all Ditto's Keep Safe Adventure songs are available to stream on Spotify, Apple Music, and YouTube Music.



On the following pages, you'll find the below resources to print and use in your classroom to support this lesson.



POSTER: Safe and Unsafe Feelings Lyrics



ACTIVITY: Safe Feelings



ACTIVITY: Unsafe Feelings



ACTIVITY: Feelings Snap

Brave Lesson 2: Feelings

WALT: We are learning to recognise feelings.

WILF: What I'm looking for is the ability to identify and name feelings.

TIB: This is because feelings can help us know if we are safe or unsafe.



LESSON STRUCTURE

RESOURCES

5
MINS

INTRODUCTION

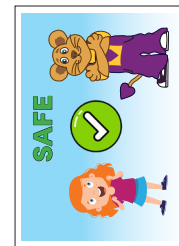
- To set the context for this lesson, ask the following questions to prompt discussion:
 - What is a feeling?
 - How are you feeling today?
 - Can you name some feelings you have had recently?
 - What feelings make you feel safe?
 - What feelings make you feel unsafe?
- Introduce the topic of feelings by playing the **Safe and Unsafe Feelings** song.
- Use the **Safe and Unsafe Feelings song lyrics** to help the children sing along.



15
MINS

ENGAGE

- Introduce the concept of safe and unsafe feelings.
- Display the **Safe Feelings poster** and ask the children to show each other a "safe" feeling (e.g., happy, excited, calm).
- Display the **Unsafe Feelings poster** and ask the children to show each other an "unsafe" feeling (e.g., scared, worried, confused).
- Discuss how our feelings can give us clues about when we are safe or unsafe.



10
MINS

EXPLORE

- Allow the children to explore their feelings further by playing **Feelings Snap**.
- Demonstrate how to play the game: deal out the cards evenly and take turns placing a card face-up in the centre. If the card matches the previous card, the first child to say "Snap!" wins the pile.
- Encourage the children to say the feeling written on each card as they play.
- Use this activity to reinforce the concept of identifying and naming feelings.



10
MINS

EVALUATE

- Evaluate children's understanding by having them use the **Feelings Snap cards** to identify different emotions.
- In small groups, the children can work together to name each feeling on the cards as they play Snap or Memory.



Safe and Unsafe Feelings

Hey Ditto (Yeah Ditto)
How are you feeling?
(Safe and unsafe feelings)
Everybody (Everybody)
How are you feeling?

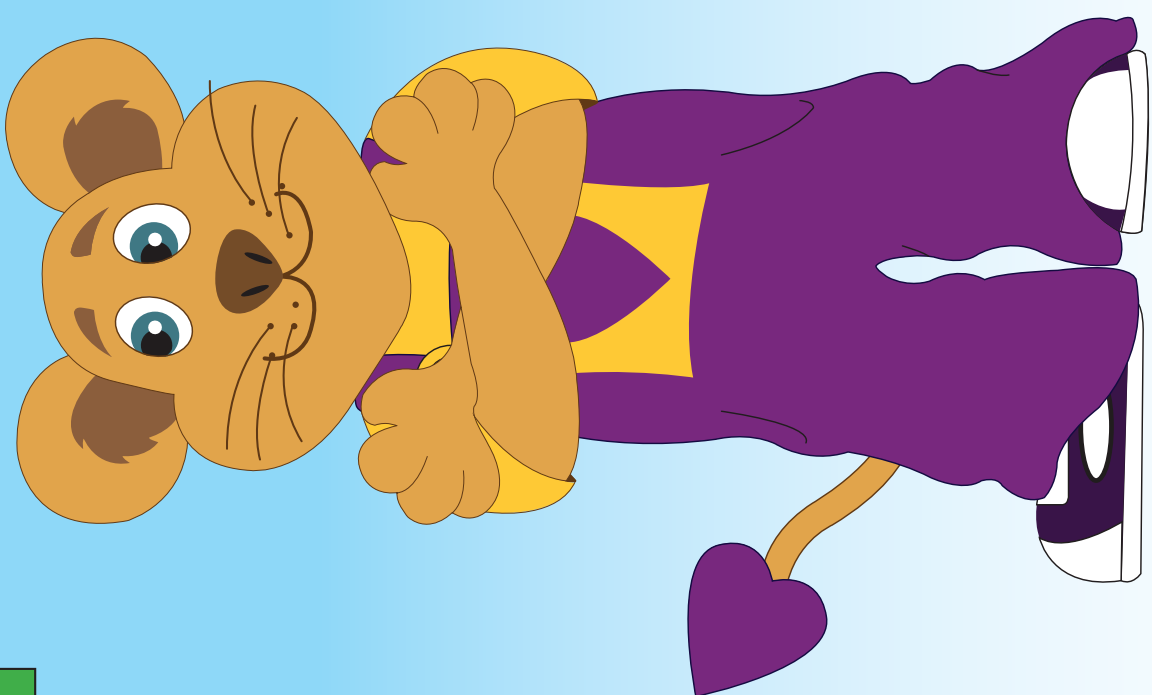
When Ditto's happy he likes to dance dance dance
And shake his purple pants pants pants
He's feeling good and his hands are clapping
When Ditto is safe he is oh so happy

When Ditto's sad, he might cry cry cry
Feeling unsafe does not feel nice
If you don't feel safe it's important that you
Go and tell someone on your Safety Team (woo)

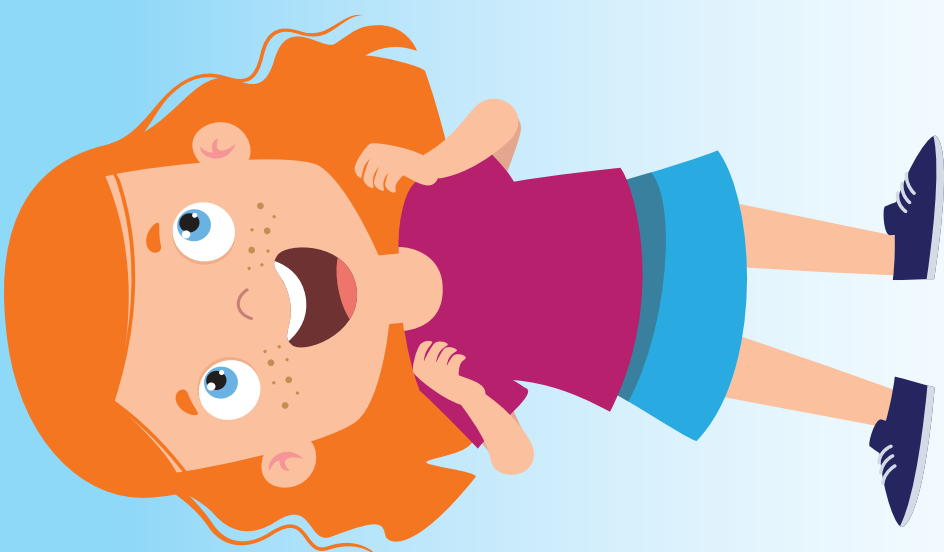


Hey Ditto (Yeah Ditto)
How are you feeling?
(Safe and unsafe feelings)
Everybody (Everybody)
How are you feeling?





SAFE



UNSAFE





SCARED

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 Ditto's Keep Safe
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SAD

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EMBARRASSED

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ANGRY

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HAPPY

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EXCITED

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WORRIED

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CALM

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MORE FROM BRAVEHEARTS' EDUCATION & TRAINING

Ditto's Keep Safe Adventure Show (Live OR Digital)

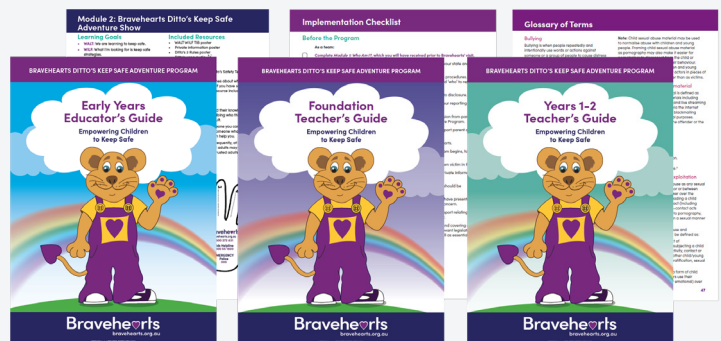
Ditto's Keep Safe Adventure Show teaches young children about personal safety in a fun and interactive way using song and dance. The Show is available as a live incursion for early learning centres and primary schools, featuring a trained education facilitator and Bravehearts mascot, Ditto, or in digital format for centres and schools outside Bravehearts' delivery areas. Available in Early Years (3 to 4); Foundation (5 to 6); and Years 1-2 (7-8).

LEARN MORE: bravehearts.org.au/education



Classroom Kits

Developed to engage, explore, evaluate, and extend learners in personal safety education, each Classroom Kit includes eight learning modules, printable learning materials, and assessment resources. The Kits are included when the Ditto Show (live or digital) is booked.



Child protection training for your centre or school

Bravehearts offers industry-leading online child protection training. The adult training material complements the Personal Safety education the children receive to ensure adults are also educated and aware in order to respond appropriately to safety concerns including legal obligations.

CHILD PROTECTION FOR EARLY YEARS

Introduction and annual refresher courses for early years educators and staff.



★★★★★
"Great refresher course, really clear content and well organised!"
- Early Years Educator - Annual Refresher for Early Years Educators

CHILD PROTECTION FOR SCHOOLS

Introduction and annual refresher courses for teachers and school staff.



★★★★★
"Very clear, easy and precise information to follow!"
- Primary School Teacher - Child Protection for Schools

Visit
braveheartslearning.org.au
or scan below for more information on Bravehearts' courses.

