

ACTIVITIES PLAN

The following activities would suit Early Learning and lower primary levels, however there's no reason why the whole school couldn't get involved. Have fun!

ACTIVITY 1: Show Your Heart to Protect Kids		
<p>Description:</p> <p>This activity will help engage the children in the concept personal safety.</p> <p>Photocopy and give each child in your class a heart-shape template (resource provided).</p> <p>Have each child write their name and/or draw/paint a self-portrait inside the heart.</p> <p>Cut out the hearts and display in the classroom or around the school so that they can be shared with the wider school community.</p>	<p>Personal safety message /discussion questions:</p> <ul style="list-style-type: none"> Protecting children is everyone's job - we all must look out for each other. How can we help to look after each other? If we see that a friend is sad or needs help, what can we do? Who can we go to for help? 	<p>Resources:</p> <ul style="list-style-type: none"> Heart-shape template (appendix 1) Pencils/crayons/textas/paint for decorating String or ribbon (option to use when displaying hearts)
ACTIVITY 2: My Safety Team		
<p>Description:</p> <p>This activity will help the children identify their support network.</p> <p>Ask the children if they can name an adult who makes them feel safe – someone who they trust to go to if they needed help. You can use the following definition for trust:</p> <p><i>Trust is something we feel when we know somebody will do the right thing to protect us, help us, and listen to us if we feel unsafe or unsure.</i></p> <p>Give each child a copy of the My Safety Team worksheet (resource</p>	<p>Personal safety message /discussion questions:</p> <ul style="list-style-type: none"> Safe adults are people we can trust that we can go to if we need help. What makes you feel safe? Who makes you feel safe? 	<p>Resources:</p> <ul style="list-style-type: none"> My Safety Team worksheet (appendix 2) Coloured pencils/textas

<p>included). Help them to identify five trusted adults in their lives to put on their Safety Team. These trusted adults should be adults from both within and outside their direct family – they could be a teacher, family member, coach, etc. [Be sure to make clear that they cannot include animals (pets) or other children (such as their friends) on their Safety Team.]</p> <p>Encourage the children to take their Safety Team worksheets home and discuss with parents/guardians.</p>		
ACTIVITY 3: Ditto's 3 Rules		
<p>Description:</p> <p>This activity will help children recognise, respond and report if they feel unsafe or unsure about someone or something.</p> <p>Print off and display the Ditto's 3 Rules for Keep Safe Poster, which can be download from the Bravehearts Day website (see resources column for download link). Explain to the children that Ditto helps teach children how to keep safe. He has 3 Rules that can help us do this:</p> <p>RULE 1) We all have the right to feel safe with people.</p> <p><i>Children have the right to feel safe and secure where they live, play, and learn with the people that surround them.</i></p> <p>RULE 2) It's OK to say 'NO' if you feel unsafe or unsure.</p>	<p>Personal safety message /discussion questions:</p> <ul style="list-style-type: none"> • Children have the right to feel safe where they live, learn and play. • Children have the right to speak up and say no if something makes them feel unsafe or unsure. • Children shouldn't be afraid of 'getting into trouble' if they speak about something that has made them feel unsafe or unsure. 	<p>Resources:</p> <ul style="list-style-type: none"> • Ditto's 3 Rules for Keep Safe poster. • Ditto's 3 Rules for Keeping Safe worksheet (appendix 3) • Pencils/crayons/textas/paint for decorating

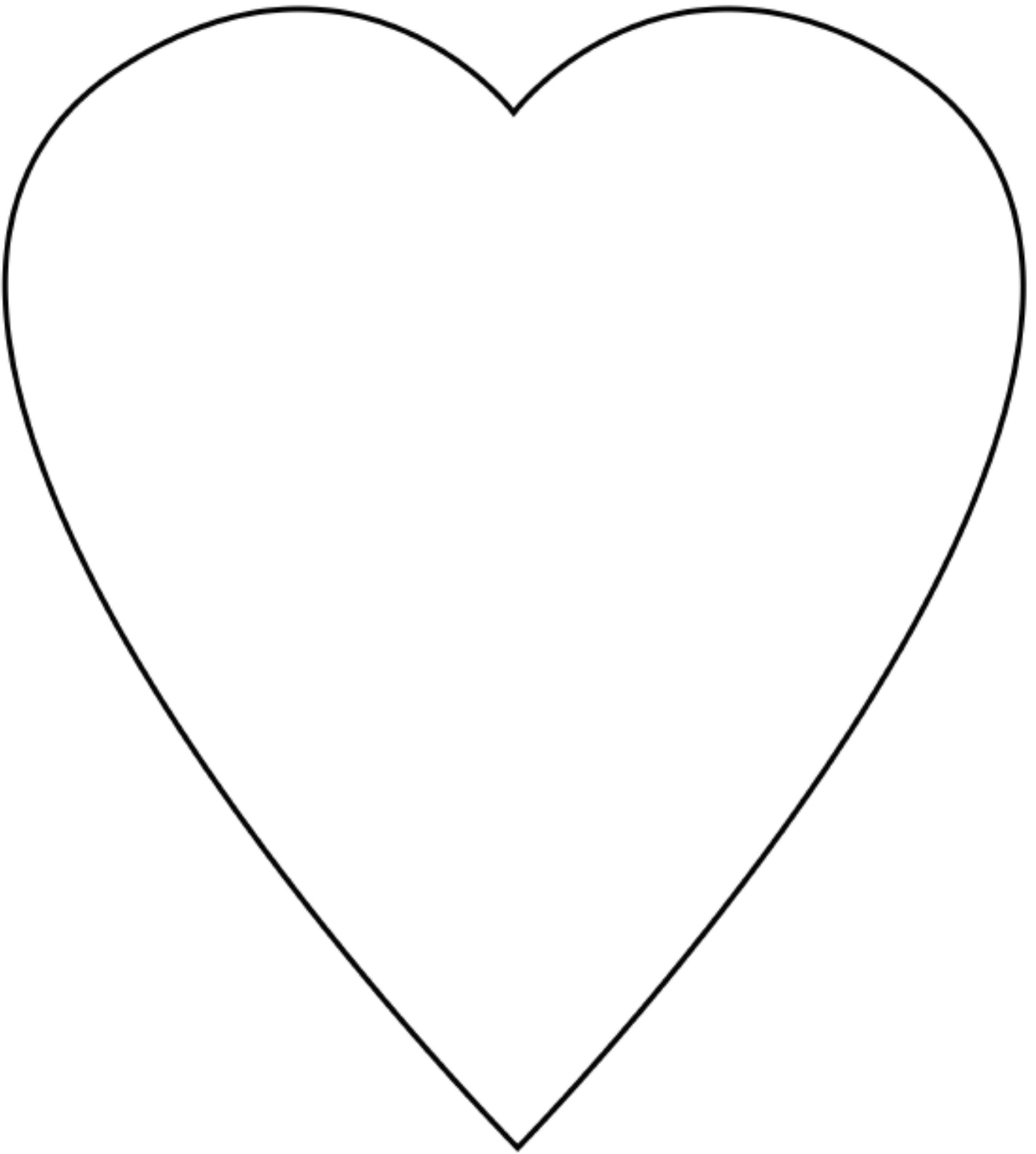
It's OK to stand up for yourself and to say 'no' if something doesn't feel right/unsafe, even if the person you are saying 'no' to is an adult.

RULE 3) Nothing is so yucky that you can't tell someone about it.

Even if something seems scary or terrible, it's important to tell a trusted adult.

Make copies of the Ditto's 3 Rules for Keeping Safe worksheet (resource provided).

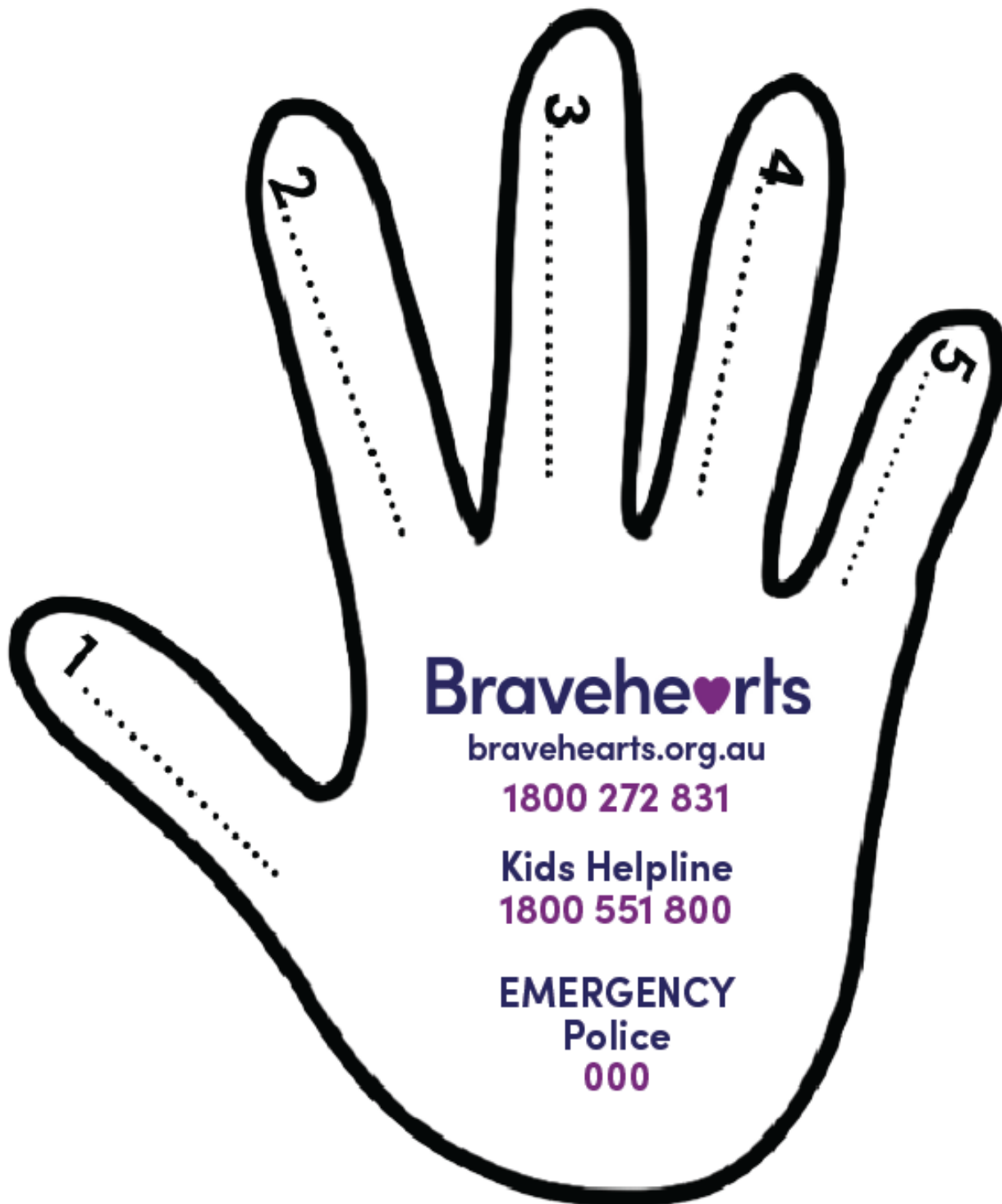
Encourage children to take home their completed worksheets and discuss with parents/guardians.



Bravehearts Day

My Safety Team

Name:



APPENDIX 3) Ditto's 3 Rules for Keeping Safe

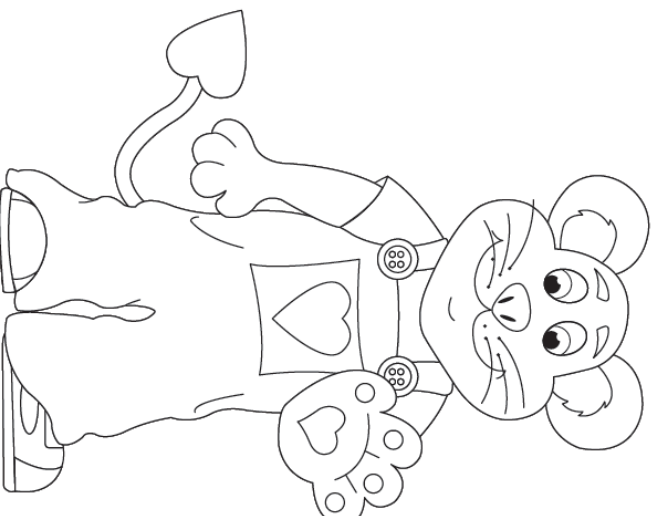
Ditto's Rule 1

We all have the right to feel safe with people.



Ditto's Rule 2

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



Ditto's Rule 3

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

