



SENSE OF SAFETY & Beyond! Lesson Plan

Topic to teach: Keep Your Hands to Yourself:
grades: K-2

Length of lesson: 30 min

Goal: Understand right and wrong ways to use your hands.

Objectives:

- Learn the right ways to use your hands
- Respect others enough to use your hands correctly
- Learn to tell a trusted result if someone uses their hands in an incorrect way.

Vocabulary:

Discuss these terms prior to the lesson:

Disrespectful
Trusted adult

Hit
Push

Materials:

1. "I Can" statement printed and cut out
2. Sense of Safety & Beyond! Activity book - Pages 14 and 15
3. Crayons and pencils
4. (Optional) Projection of lesson

"I Can" statement:

Display and read the "I Can" statements before and after lesson delivery.

I can keep my hands to myself!

Attention Grabber

Tell the students to listen very carefully to the story about Rocket. You will be asking what SENSES he used in the story.

Rocket was helping his mom babysit his little three year old cousin, Rose. She was so cute and fun, but had a LOT of energy! When it was time to eat, Rocket's mom started making snacks. Rose tugged and tugged and tugged on Rocket's moms pants and she was having a hard time making the snacks! Rocket showed Rose that hands are nicer when they help make food instead of tug! Rose had fun helping to make the snacks. Later, when it was time to go upstairs to play, Rose pushed on Rocket's back to make him go faster which was making him feel off balance. Rocket showed Rose that it was better to help each other up the stairs by holding hands. By the end of the night, Rose knew how to use her hands to be helpful thanks to Rocket's help!

Ask the students to put their thumbs up if Rocket used the sense to help think of good things to do with hands thumbs down if he didn't use the sense.

Did Rocket use smell? (Thumbs down) Did Rocket use hearing? (Thumbs down)

Did Rocket use touch? (Thumbs up) Did Rocket use sight? (Thumbs up)

Did Rocket use taste? (Thumbs down) Did Rocket use his 6th sense? (Thumbs up)



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Lesson: Activity Book, Pages 14-15

Lesson

Our hands are really pretty special....everyone raise their 2 hands and wiggle those fingers. Our hands help pet our dogs, use our computers, and help us eat our food. There are many good things our hands do for us every day. Other good things that you use your hands for are giving hugs to your family, throwing a ball, playing catch, or helping to feed your baby brother. There are also many things we should never do with our hands.

Has anyone ever been pushed while in line, or even hit by another person on the playground? We all know this is very wrong. We should never use our hands to push, poke, or hit anyone. If someone does this to you, you should tell your teacher, parent, or trusted adult.

Pushing and disrespectful touching behavior is always wrong. It is never the right thing to do. Let's all raise your hand and agree to keep your hands to yourself! Now, let's clap our hands when I say clap, to show that we all agree! Now Clap.

On page 14 in your activity book, put an "X" on pictures that show using your hands doing the wrong thing.

Page 15 shows all good things that you do with your hands. Read these words with the class. Then, find the matching words in the puzzle and color them the same color. Use a different color for each word that matches to create a bright picture mosaic.

Extended Thinking

1. What are some good things you might do with your hands? (eat, hug your friends, play ball)
2. What are some bad things you should never do with your hands? (push, poke, or hit another person)
3. Why shouldn't you push or hit another person? Disrespect. It's always wrong. Breaks rules.
4. If you or someone you know gets hit or pushed, what should you do? (tell your teacher, parent or trusted adult) (don't hit back)

Standards

3.2.1 Identify trusted adults and professionals who can help promote health.

CCSS.ELA-LITERACY.L.K.5.C Identify real-life connections between words and their use (e.g., note places at school that are colorful).

CCSS.ELA-LITERACY.L.1.5.C Identify real-life connections between words and their use (e.g., note places at home that are cozy).

CCSS.ELA-LITERACY.L.2.5.A Identify real-life connections between words and their use (e.g., describe foods that are spicy or juicy).



I can keep my
hands to myself!

VOCABULARY

Disrespectful

Trusted Adult

Hit

Push

Congratulations!

For Completing the lesson

Keep Your Hands to Yourself

You're a Rocket Rules
Safety Super Star!

Instructor signature _____

Signature Rocket  _____ Date _____

