

○ MUSIC city COUNSELOR

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○

www.musiccitycounselor.com

ASCA Mindsets & Behaviors:

Behaviors:

Self-Management Skills:

- B-SMS 2: Demonstrate self-discipline and self-control.
- B-SMS 9: Demonstrate personal safety skills.

Social Skills:

- B-SS 2: Create positive and supportive relationships with other students.
- B-SS 9: Demonstrate social maturity and behaviors appropriate to the situation and environment.

General Lesson Directions:

This lesson will take approximately 45 minutes to teach.

RECOMMENDED SEQUENCE:

1. Review the PowerPoint or Google Slides™ story "Harvey Learns to Have a Safe Body"
2. Play the safe body vs. unsafe body sorting game
 - You choose which version you prefer:
 - Digital for Google Slides™ on a smart board or device (link included in a PDF in the zip folder) OR
 - Printable bag sorting game (materials included here)
3. A closing activity of your choice (mini coloring book, worksheet, or coloring pages)

The PowerPoint and Google Slides™ presentations teach about personal space and how to have a safe body. They tell the story of Harvey who had a hard time keeping his hands and feet to himself, but learned a valuable lesson that made him a better friend and student!

After the presentation/story, you can choose either the digital or the printable option for the **safe vs. unsafe body sorting game** (whichever is your preference!) Directions for how to play the digital game are included in the PDF file with the digital link, and directions for how to assemble and play the printable game are included on the next page.

Several options for closing activities are included (mini coloring book, coloring pages, worksheets). You choose the activity that works best for the needs and abilities of your students, and the amount of time that you have. For the mini coloring book, I recommend printing it double-sided and using a paper cutter to cut each page in half. Each student receives a half-page coloring book (to save trees). Please staple it at the top!

Questions, suggestions, or comments? Please contact me any time at laura@musiccitycounselor.com. I am here to help!

Printable Bag Sorting Game Directions: TO PREPARE FOR THE ACTIVITY...

Please print the safe body and unsafe body posters, scenario cards, and bag decorations. Please note that both full color and black/white versions are included. Please grab two paper lunch sacks or small gift bags.

TO MAKE THE BAGS:

Please cut out and glue the safe/unsafe body characters and labels to the tops of the bags (so that the characters are hanging off the tops).

Please see the sample below.



HOW TO PLAY:

This activity can be used with individuals, small groups, and whole groups. First, please review the safe body and unsafe body posters with students. Then, please place the Safe Body bag and the Unsafe Body bag on a table at the front of the classroom. Students can take turns choosing a scenario card and, depending on their reading and comfort level, either read it aloud to the class or ask the teacher/counselor to read it aloud. Then, the student places the card in either the Safe Body bag or the Unsafe Body bag – whichever type of choice/behavior they think the scenario card is describing. 36 scenario cards are included so each student can have multiple turns. Please be sure to discuss each scenario with students (they are all important and relevant!) Students can complete any of the closing worksheets/coloring pages/mini coloring book after the activity.

POSTERS

MY HANDS & FEET are for...



Loving



Helping



Sharing



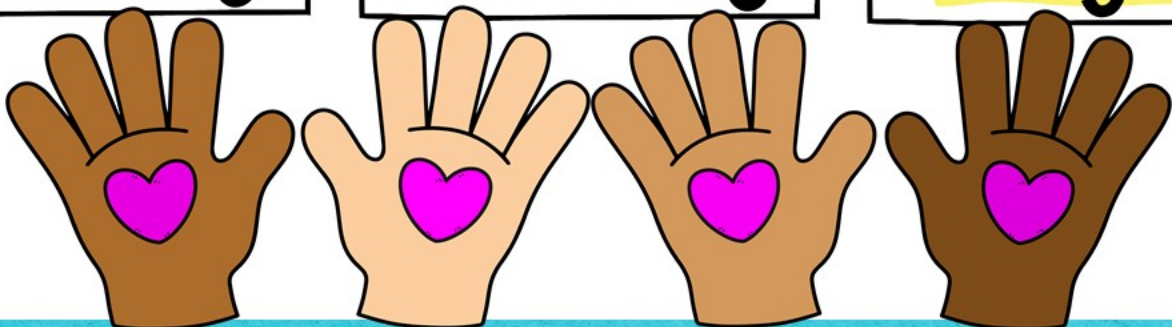
Greeting



Learning



Playing



MY HANDS & FEET are NOT for...



Hitting



Pushing



Kicking



Throwing



Hurting



Taking



MY HANDS & FEET are for...



Loving



Helping



Sharing



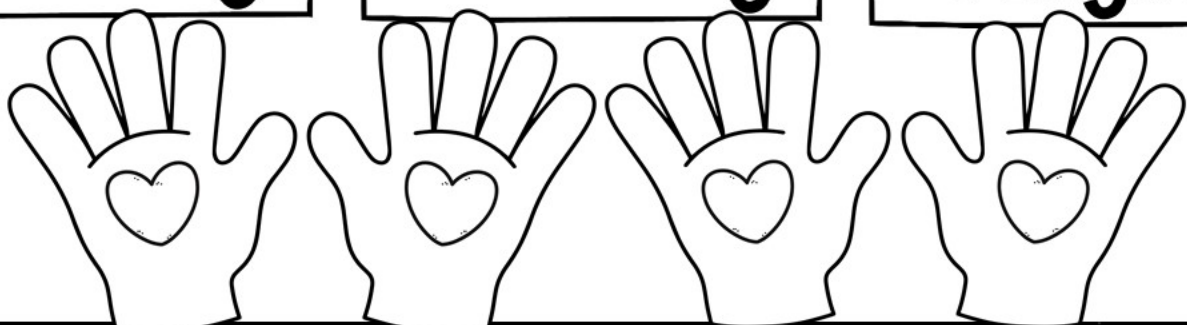
Greeting



Learning



Playing



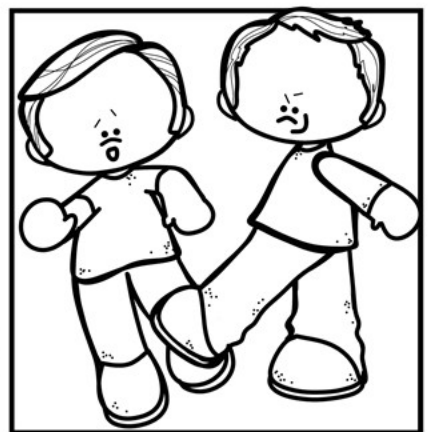
MY HANDS & FEET are NOT for...



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BAG SORTING GAME MATERIALS

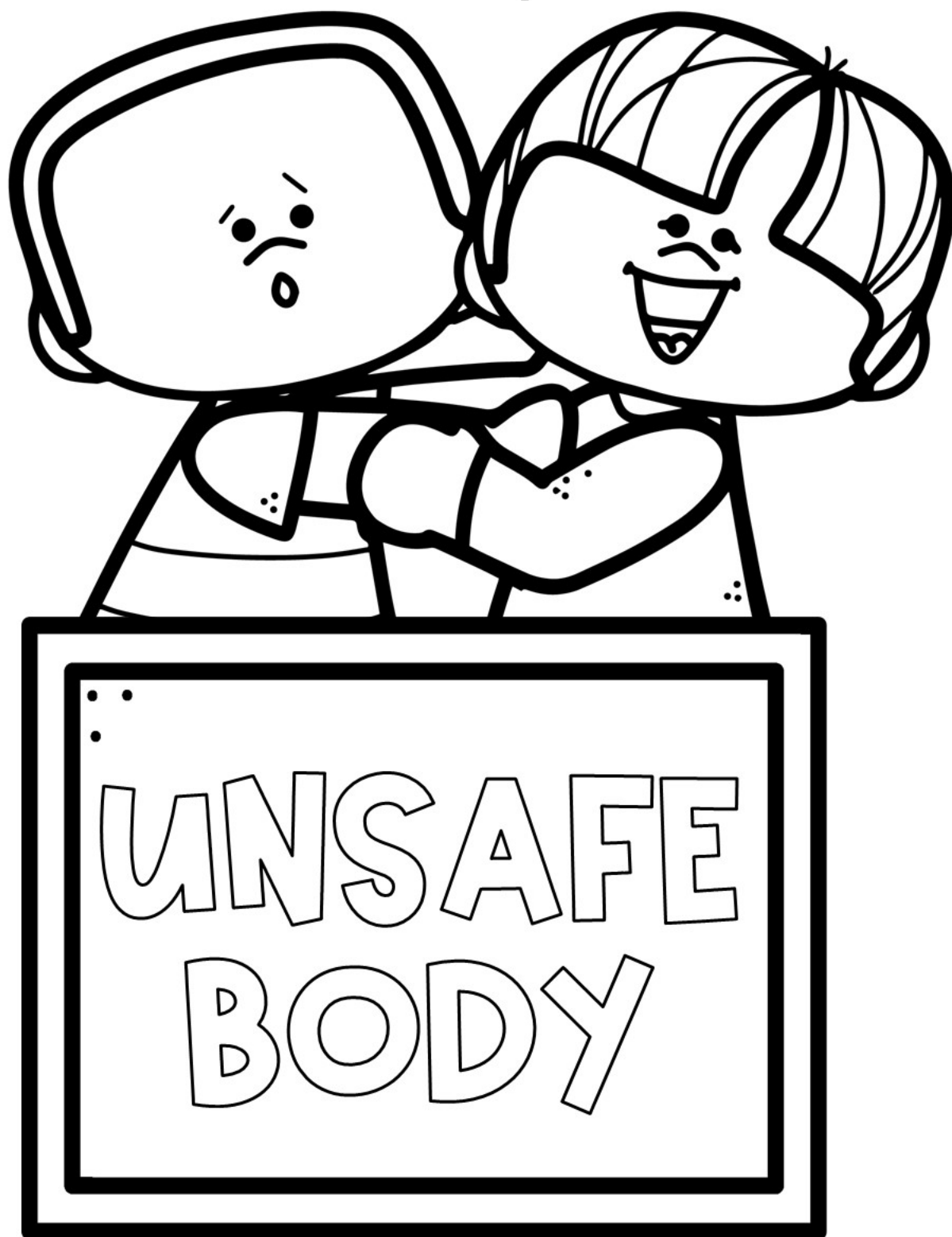
Please cut out and glue this character/label to the top of a brown paper lunch sack as shown in the sample.



Please cut out and glue this character/label to the top of a brown paper lunch sack as shown in the sample.



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Please cut out and glue this character/label to the top of a brown paper lunch sack as shown in the sample.



SCENARIO CARDS



Kyle gave
Henry a
friendly
hug.



Angie hit
Kenny
when he
wouldn't
let her
go first.

Harry crawled under
the table during art
class.



Tia and Josh kept their
feet to themselves on
the carpet.



These friends kept their
hands to themselves.



Sawyer and Kemarion
shared the book.



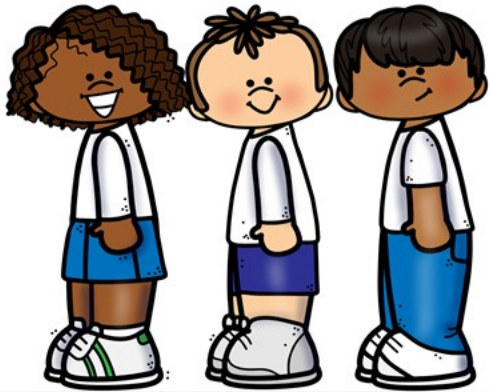
Mario patted Ricki on the back to cheer him up.



Kia helped her neighbor carry the groceries.



Tamara, Finn, and Joe kept their hands to their sides in line.



Allison kept throwing food at lunch.



Terrill and Scott took turns on the computer.



Corey kept trying to take Sally's lunch.



Everett helped Liam
with his book report.



Kassie ran
around the
classroom
during
circle time.



Alicia sat
quietly at
her seat
reading her
book.



Luke, Phil, and George
put their arms around
each other.



Malachi kicked
the trash can
when he was
angry.



Miles helped his nana
cross the street.





August kept
his hands
and feet to
himself in the
computer
lab.



Tito walked
quietly in the
hallway with
his hands by
his sides.



Levi
pushed
Garrett
because
he was
walking
too slowly.



Angela purposely
stepped on Maria's
foot.



Kayla and Hailey high
fived each other.



Jesse played
too rough at
recess.



Steph and Sally kept their hands to themselves on the bus.

Kara scribbled on Sara's art project.



Harry threw a fit when he didn't get his way.



Cassidy threw a block across the room when her tower fell down.



Zaynab took care of Julia when she fell.



Gary kicked his brother when he broke his tablet.



Elliott threw trash on
the school bus.



Three friends cheered
for each other at the
soccer game.



Donna and Carla held
hands at recess.



Leah
pinched
Laura in
music class.



Harriet and Taylor
shook hands at
morning meeting.



Everyone sat criss-
cross apple sauce on
the carpet.





**Kyle gave
Henry a
friendly
hug.**



**Angie hit
Kenny
when he
wouldn't
let her
go first.**

**Harry crawled under
the table during art
class.**



**Tia and Josh kept their
feet to themselves on
the carpet.**



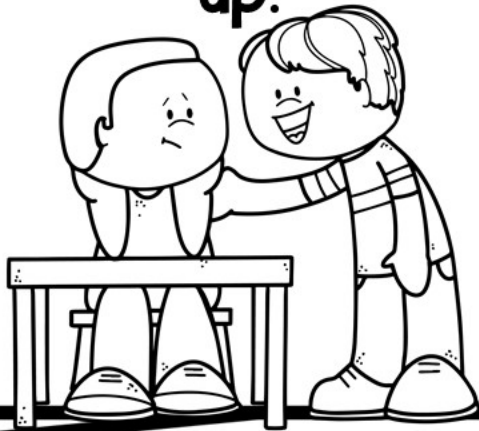
**These friends kept their
hands to themselves.**



**Sawyer and Kemarion
shared the book.**



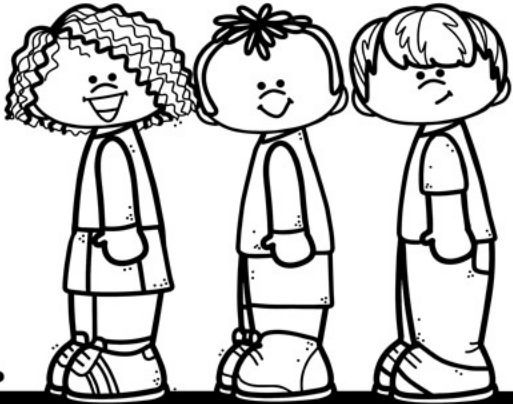
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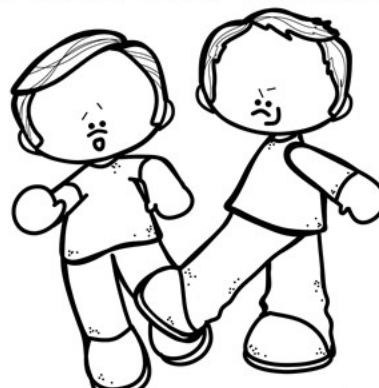
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**Elliott threw trash on
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**Three friends cheered
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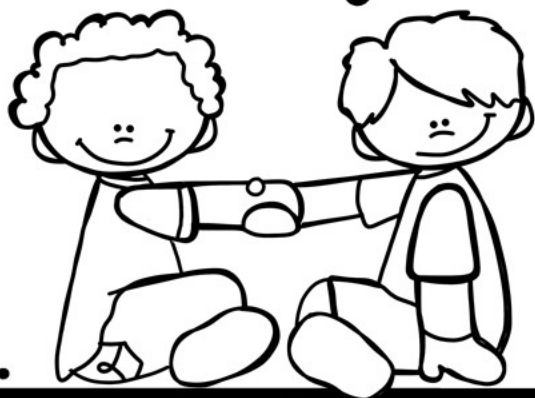
**Donna and Carla held
hands at recess.**



**Leah
pinched
Laura in
music class.**



**Joey and Sky shook
hands at morning
meeting.**



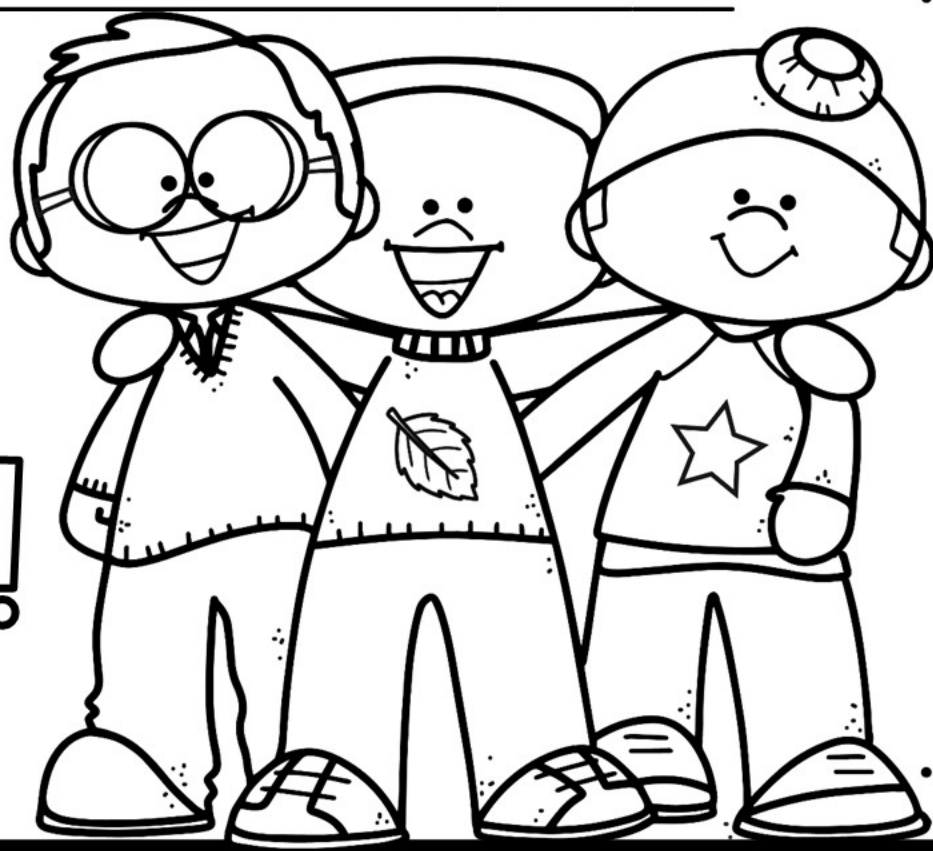
**Everyone sat criss-
cross apple sauce on
the carpet.**



MINI COLORING BOOK

Name: _____

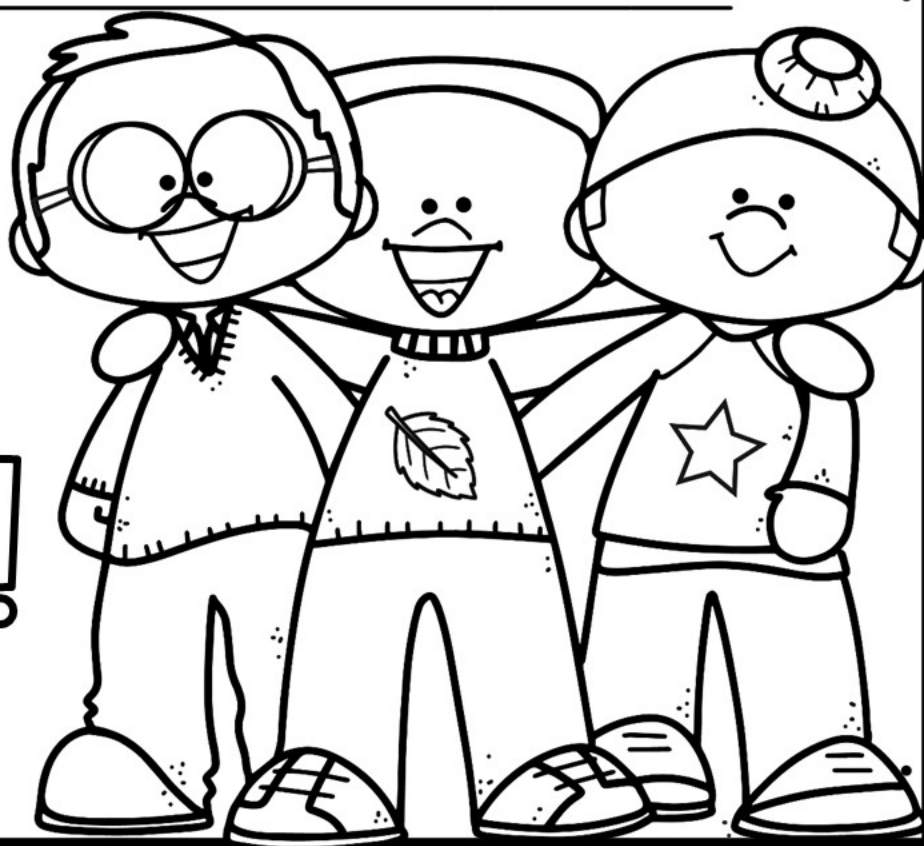
I have a
**SAFE
BODY!**



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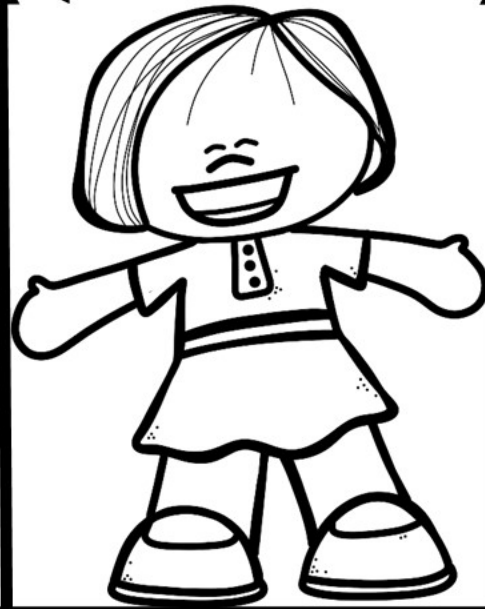
Name: _____

I have a
**SAFE
BODY!**



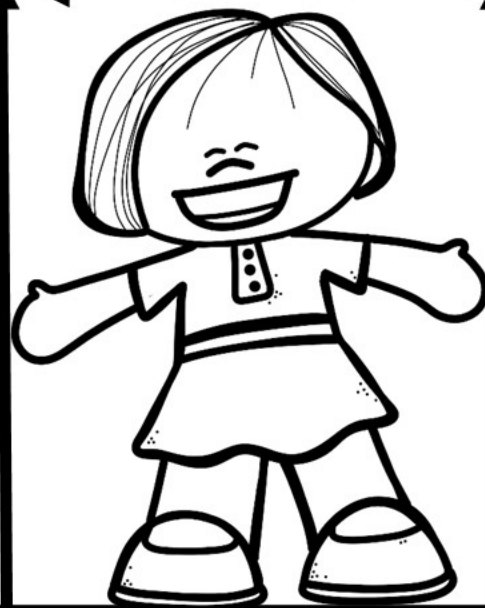
© Music City Counselor

I can respect others'
PERSONAL SPACE!



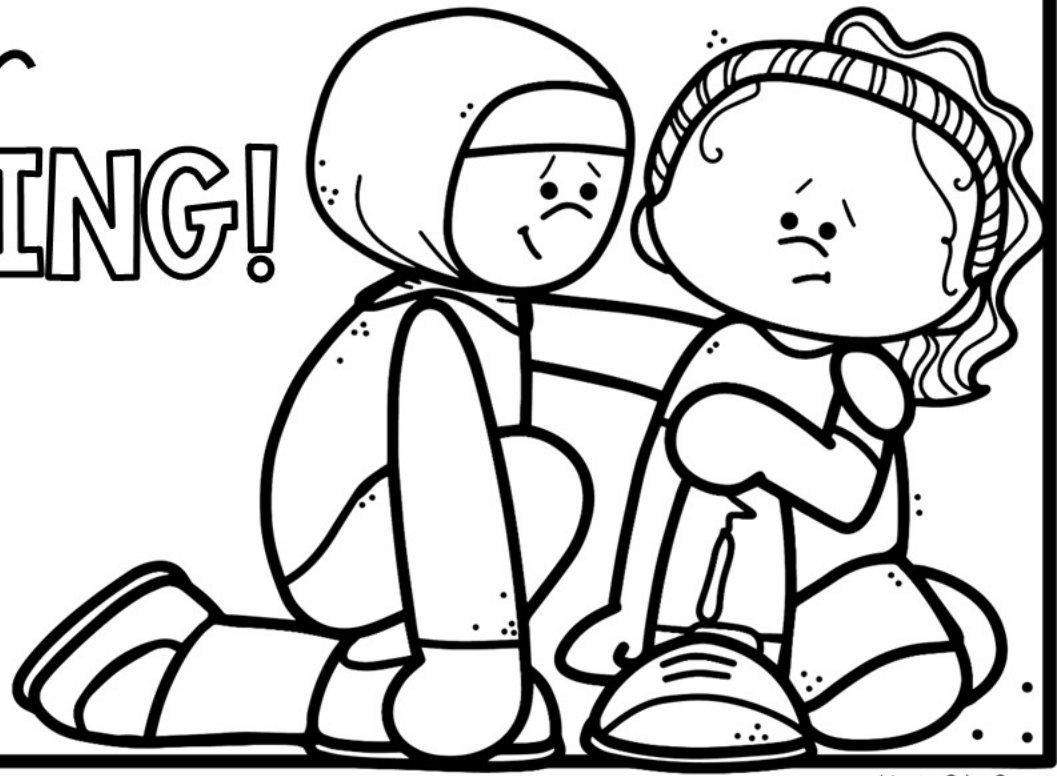
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I can respect others'
PERSONAL SPACE!



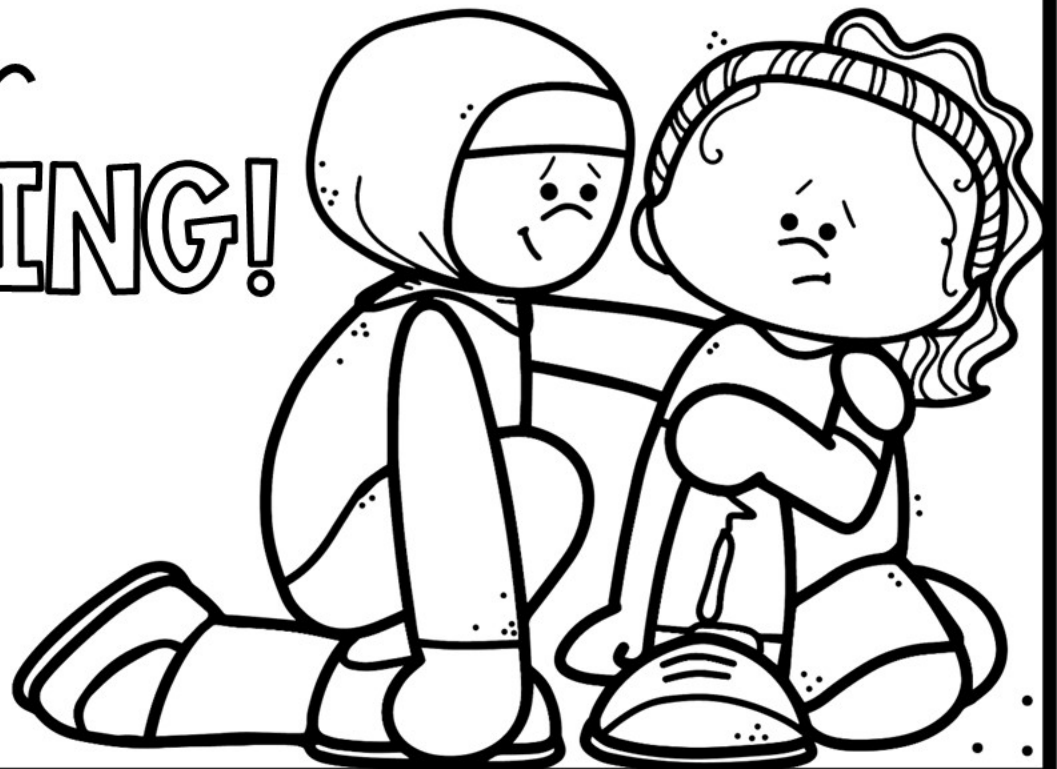
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Safe hands are
for
HELPING!

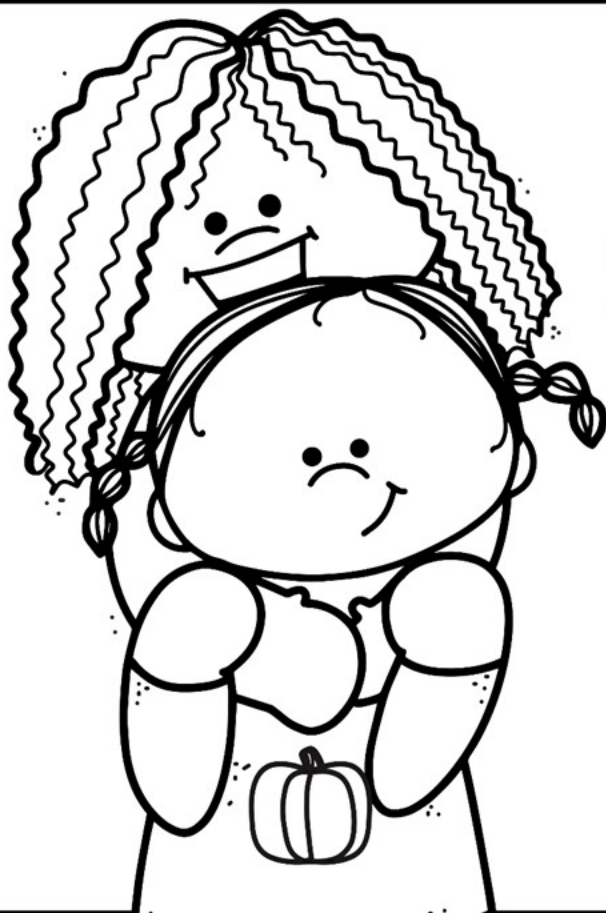


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Safe hands are
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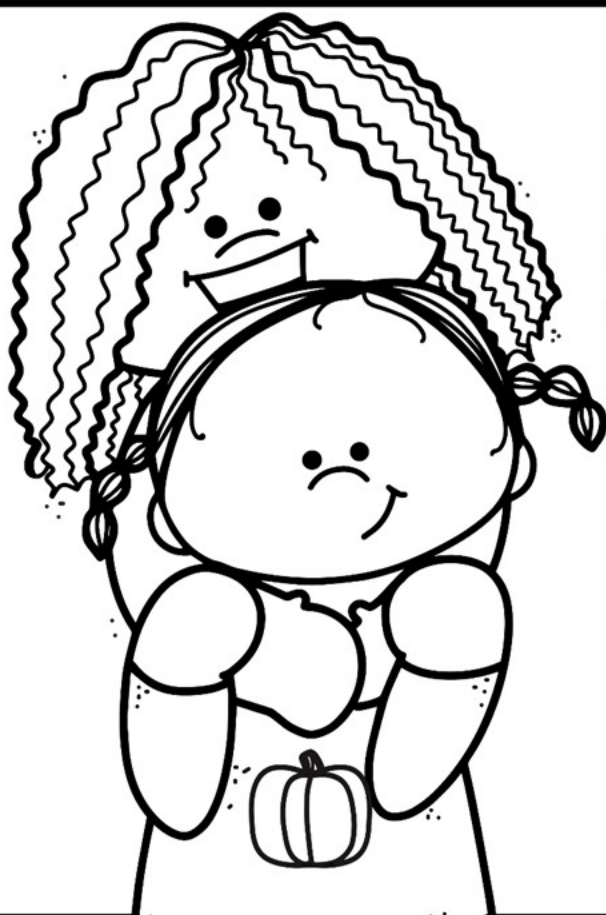


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Safe hands
are for
LOVING!

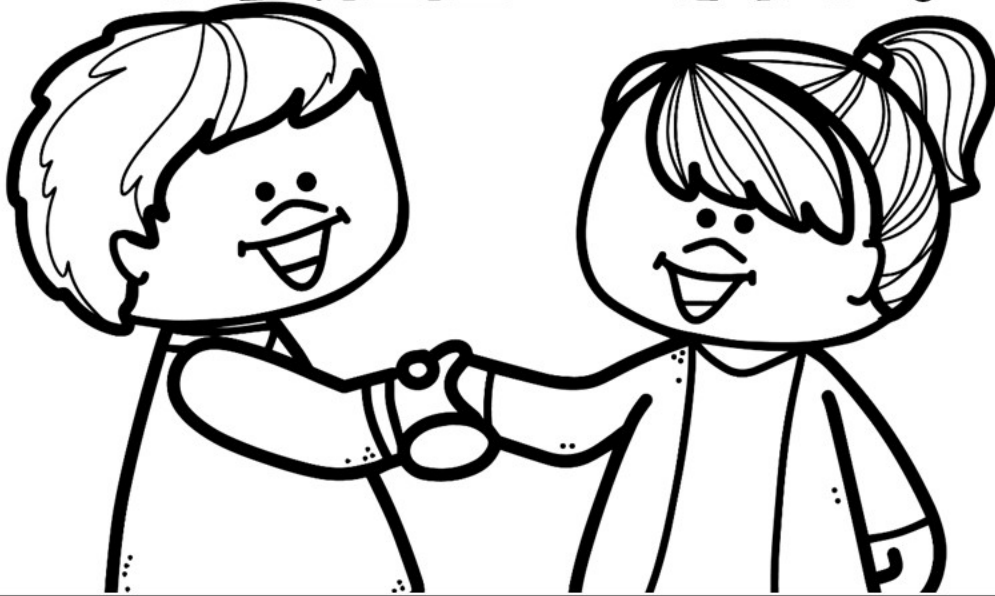
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Safe hands
are for
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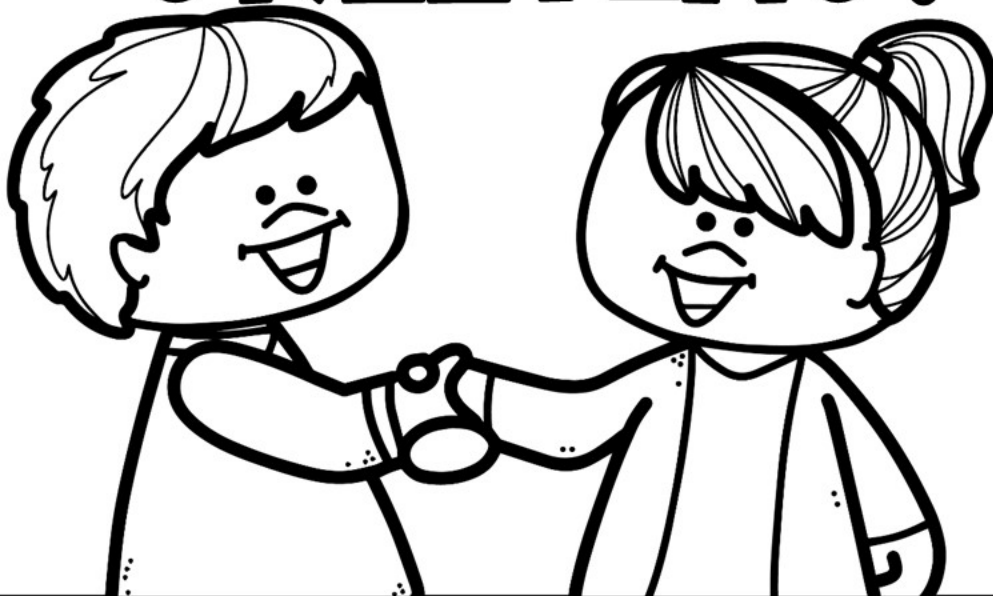
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Safe hands are for
GREETING!

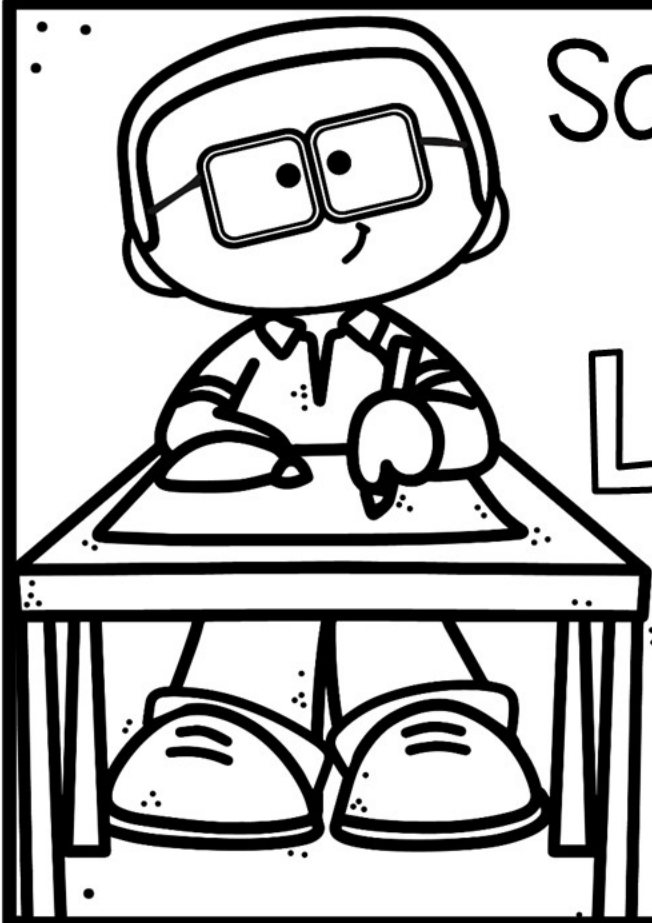


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Safe hands are for
GREETING!

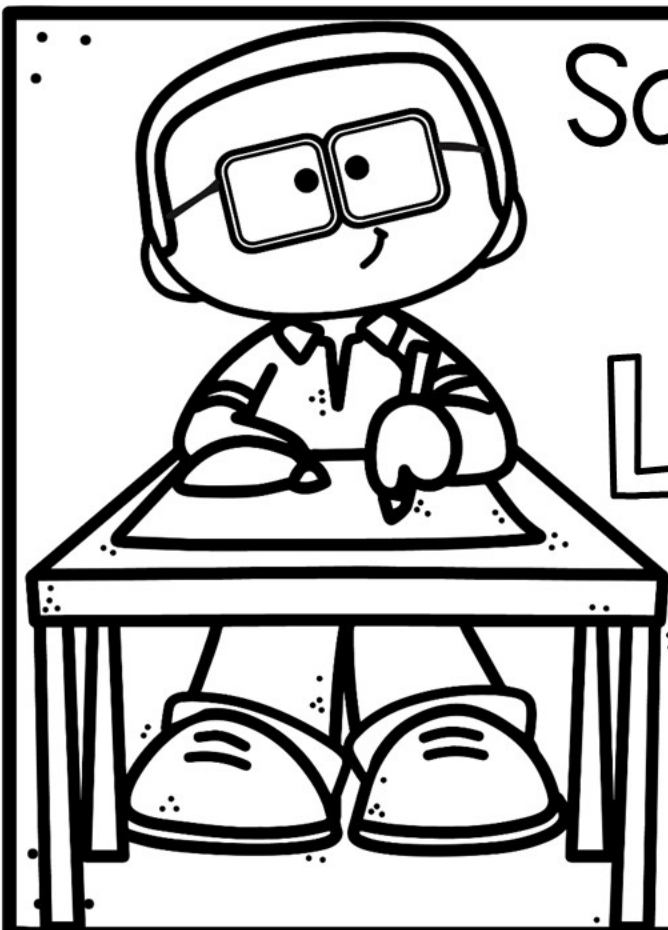


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Safe hands are
for
LEARNING!

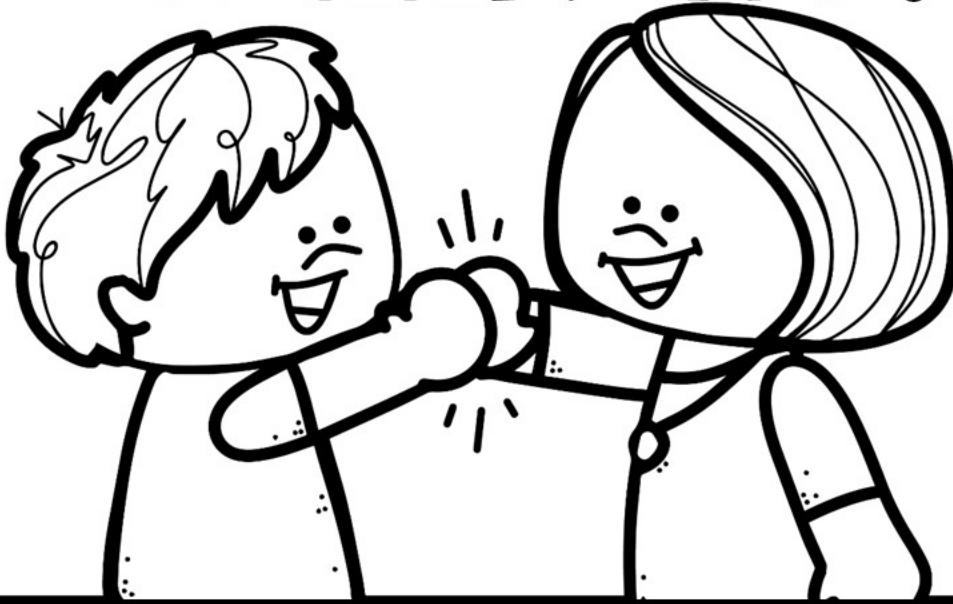
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Safe hands are
for
LEARNING!

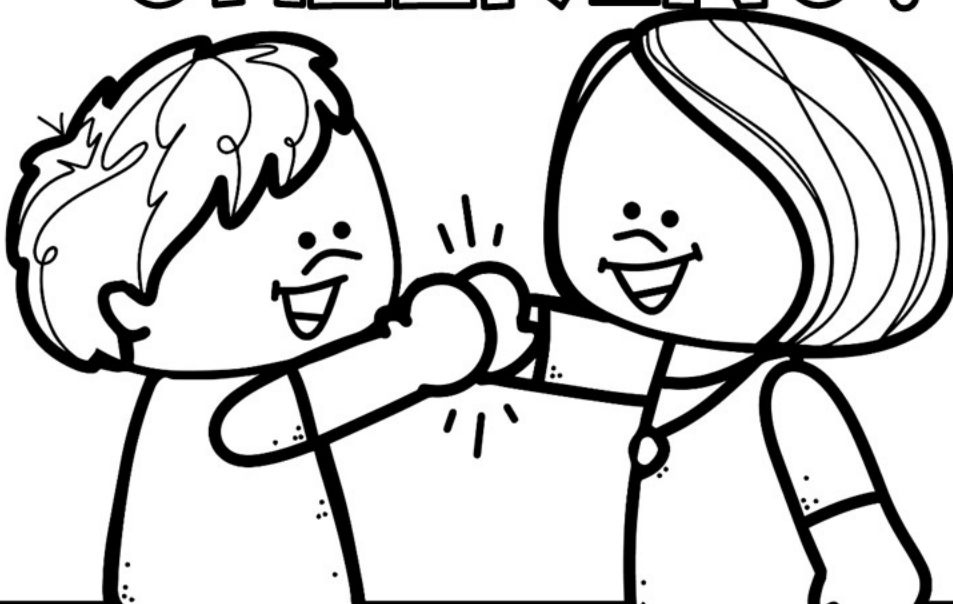
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Safe hands are for
CHEERING!



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Safe hands are for
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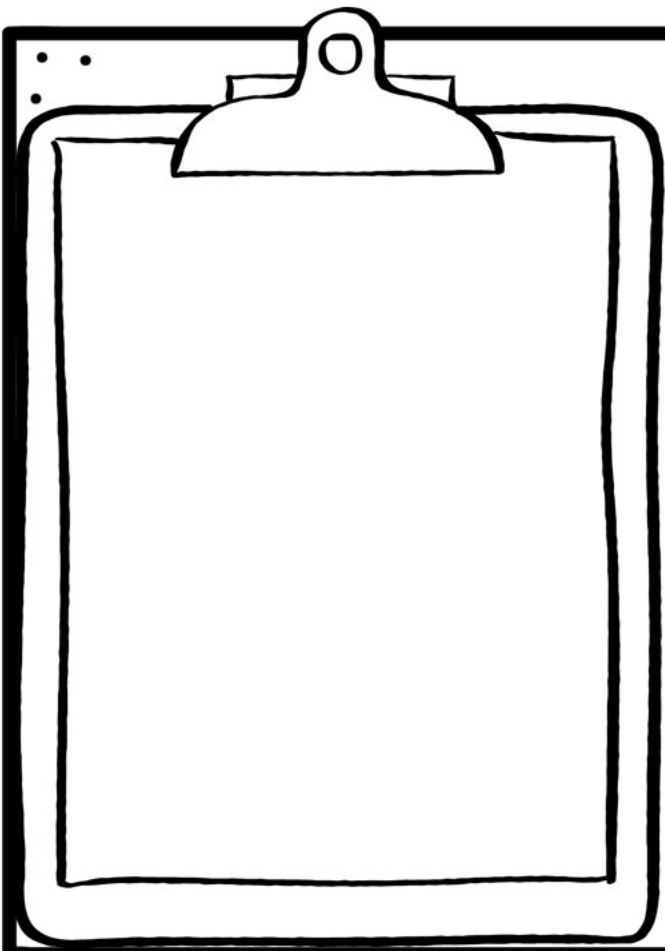
Safe hands
are for
PLAYING!

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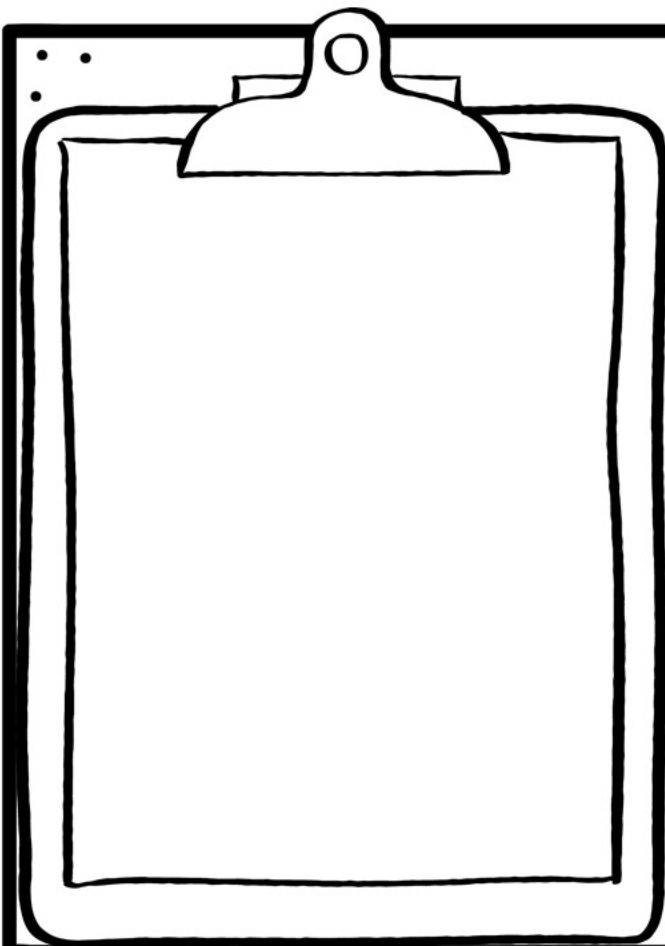


Safe hands
are for
PLAYING!

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I have a
SAFE BODY
when I...

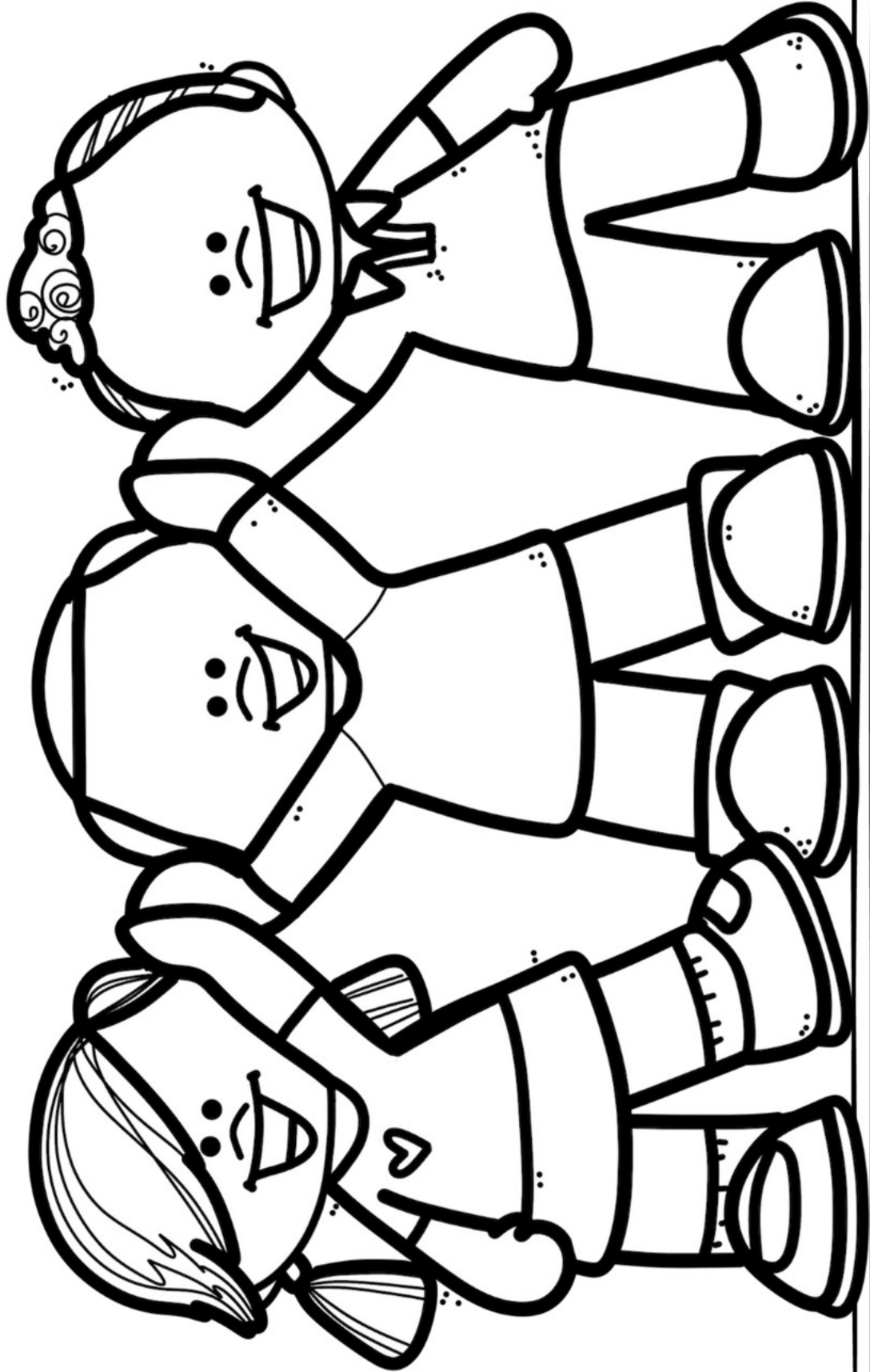


I have a
SAFE BODY
when I...

COLORING PAGES

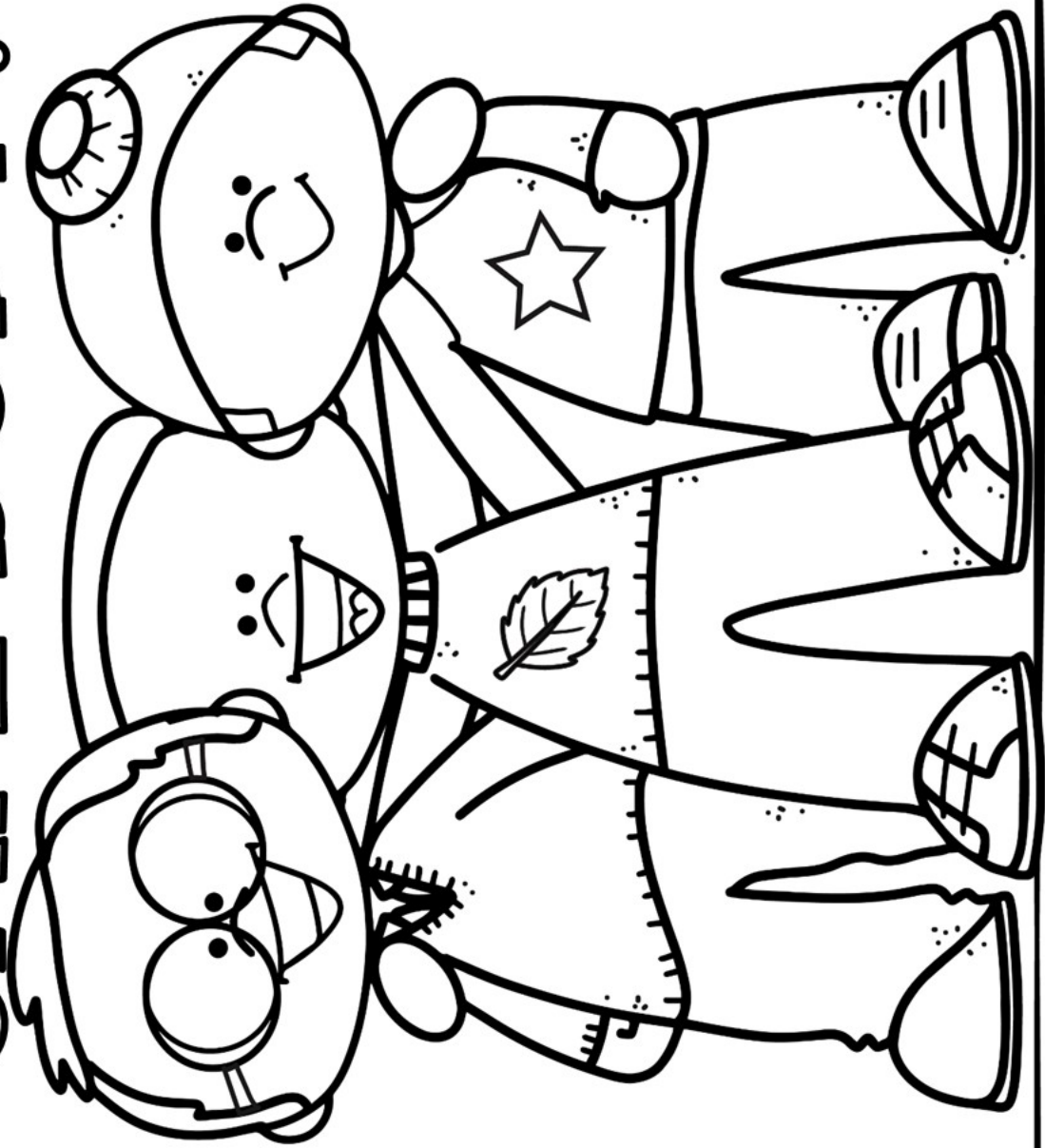
Name: _____

I can have a
SAFE BODY!



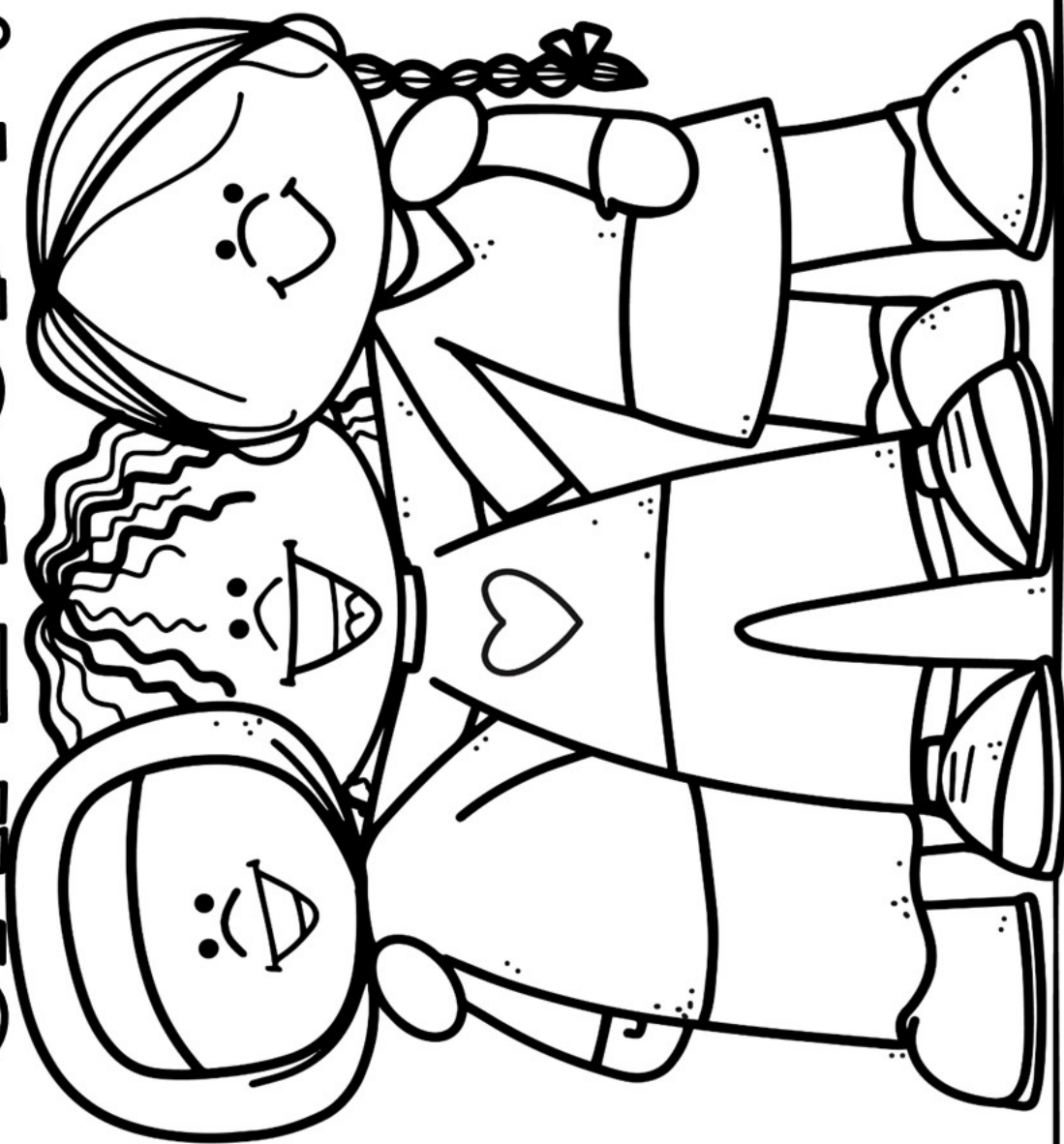
Name: _____

I can have a
SAFE BODY!



Name: _____

I can have a
SAFE BODY!



WORKSHEETS

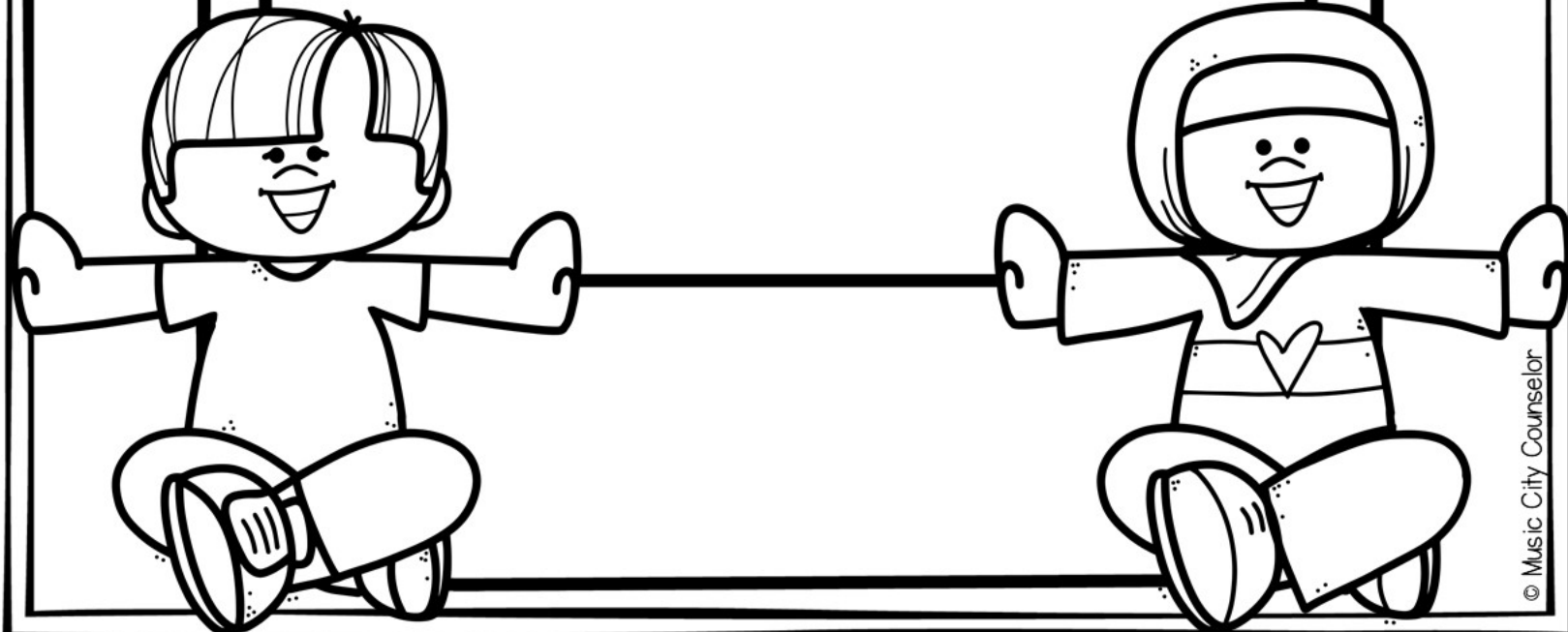
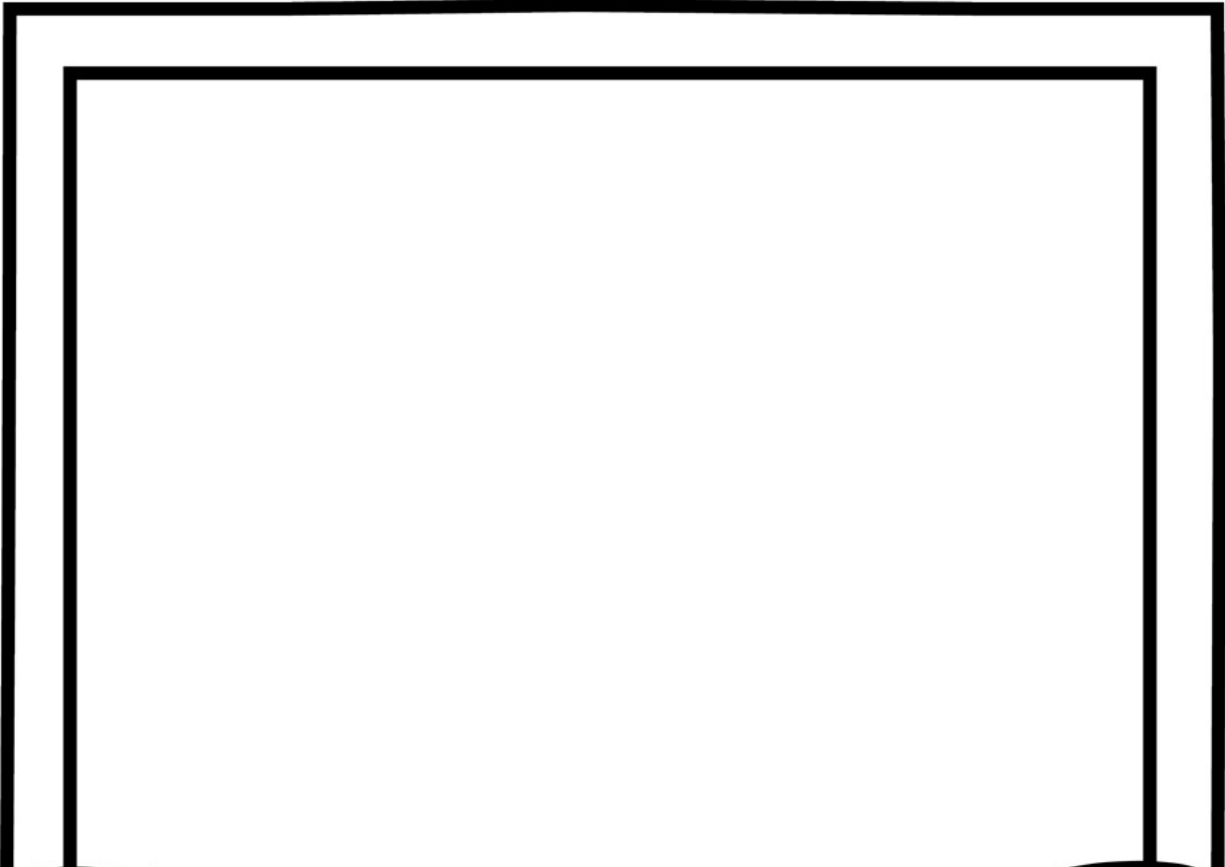
Name: _____

I have a **SAFE BODY** when I...



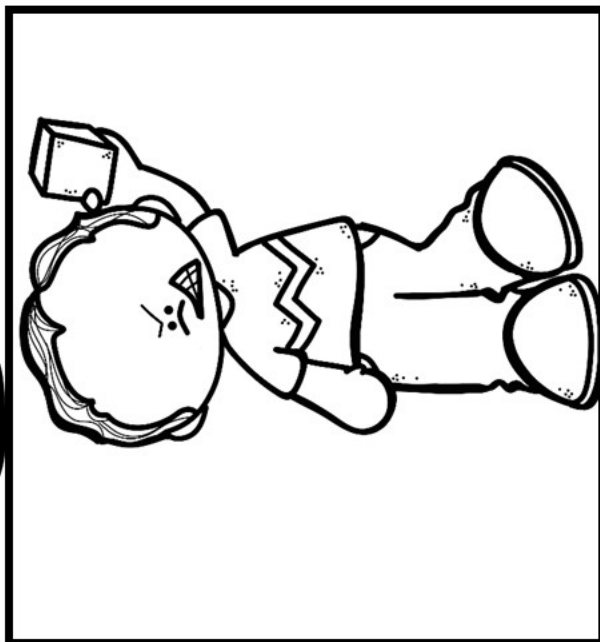
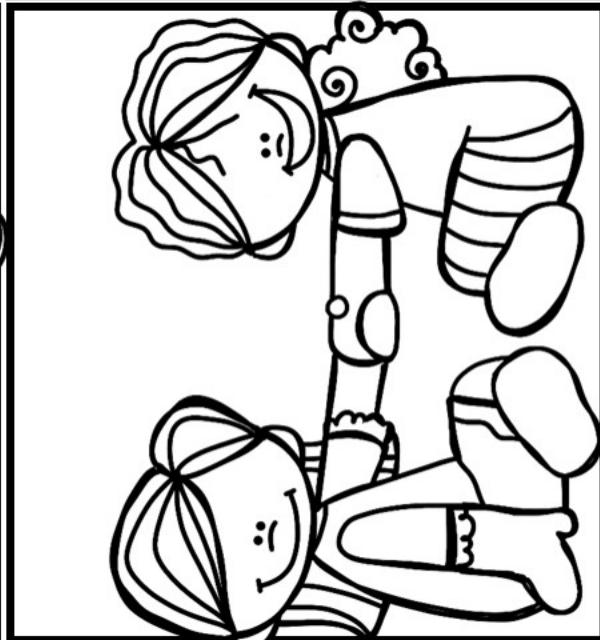
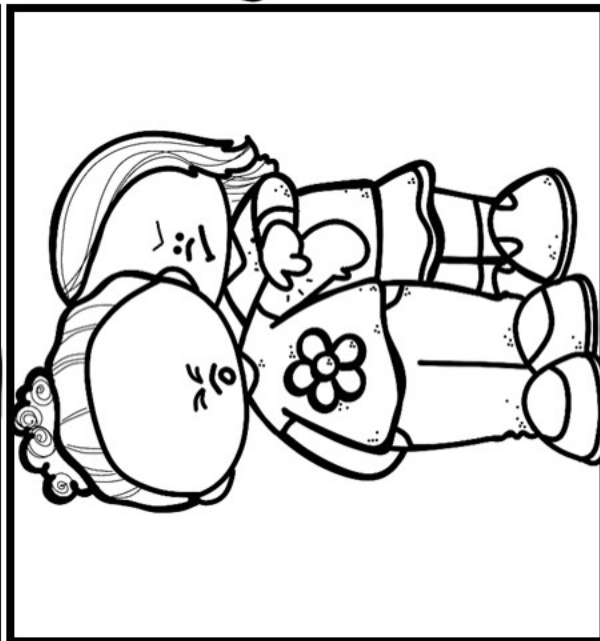
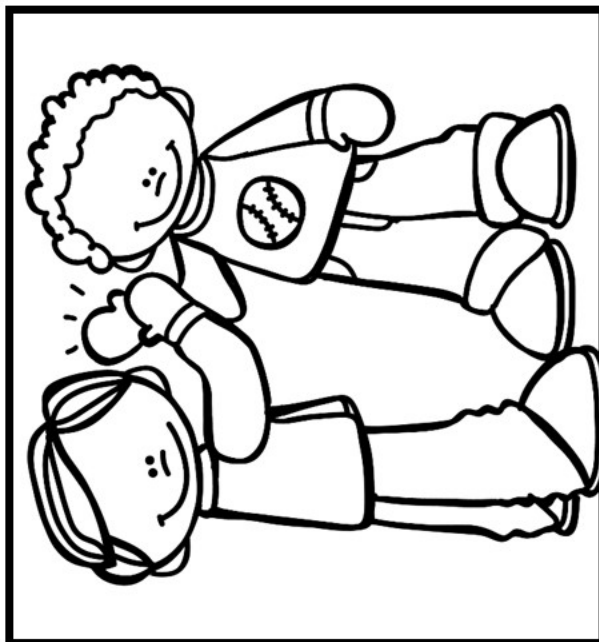
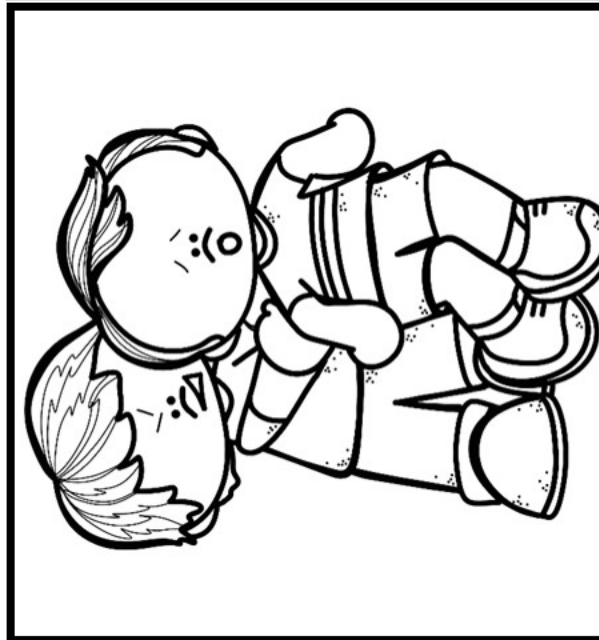
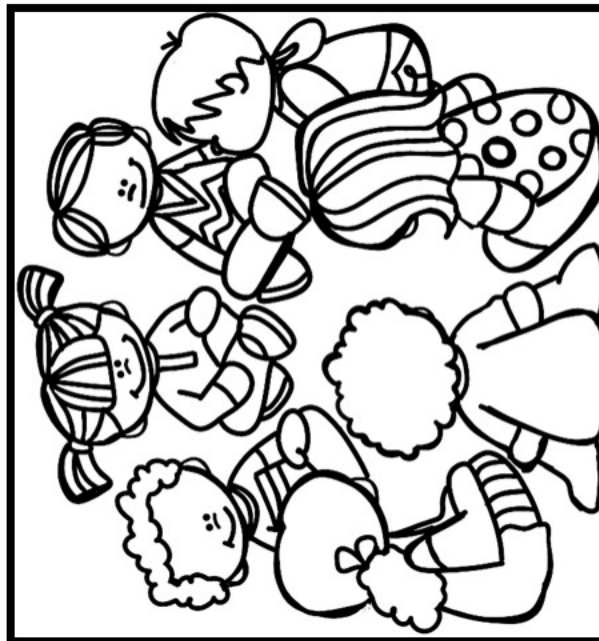
Name: _____

I respect **PERSONAL SPACE** when I...



Name: _____

Color the pictures that show a **SAFE BODY**.



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