



Foundational Lessons

WHAT DOES IT MEAN TO BE SAFE?

Week 5

SEL Competencies: Self-Management (Organizational Skills)
Responsible Decision Making (Analyzing Situations)

Preparations:

- Put letters from Miss Kendra in the mailbox
- Put a play phone in the mailbox
- Copy emergency phone number worksheets to send home as homework

Opening Ritual: *Like you are very hot and like you are shivering.*

Teacher: What time is it?!

Class: It's Miss Kendra Time!

Teacher: What's the first thing that we do?

Class: We remember we are strong! (Hands to heart)

Teacher: Take it to the sky (Raising arms up),
...To the world around you, (Raising arms out)
...And to your heart (Putting hands to heart again),

Teacher: Say it like you are very hot!

Class: We are strong! (like they are very hot)

Teacher: And say it like you are shivering!

Class: We are strong! (like they are shivering)

RING, RING! - Game

Introduction: *"Today we are going to talk about what it means to be safe. What does that mean? Yes, it means having your feelings and body and people you love protected by someone who cares. Can you give me some examples of people who care for you or who keep you safe? Who keeps you safe in an emergency?"*

Pretend to hear sounds coming from the mailbox. *"Hello? Huh, it doesn't sound like anyone is there. Oh wait, it sounds like I can hear myself, and all of you, that's strange. Wait!"* Then look inside the mailbox and pull out the phone. *"Whoa! The mailbox is calling us! That's so strange."*

Instructions

1. Ask for a volunteer to play the game.
 - Have them come to the front of the class and read them a scenario.
 - As if they think they need to call for help

- If Yes, have them say “Ring Ring!” Then, pick up the other side of the “phone” and ask who they need to call for help. Someone they know? 911? Fire? Police? Hospital?
- If no, nobody, then have them leave the front of class and tap a friend to indicate it is their turn next.

2. Repeat until all scenarios are complete, or as long as time permits.



TIP: If you want to, call a time-out on the game and have students agree or disagree to hear multiple perspectives. Do not get too bogged down by this because you want it to move quickly, like a relay.

Discussion Questions:

- Has anyone here ever been in an emergency?
- Have you ever had to call for help? Who did you call?
- Does anyone want to share what that was like?



Return Letters for the First Time:

Shake the mailbox and say, “Let’s do a drum roll!” Pull letters out one at a time, like this: “I have a letter for…” and have the class say “NAME!” when you turn the letter around and show them the name on the front. Start by pulling out one with a red bead (one that has a significant story) and pause. Ask the student if they’d like to share it with the class, and if so, have them join you at the front as you read it to them. Ask class members to ask a question about the letter after, keeping it to two or three questions at most. Do this for three or four kids. At the end, give out the rest of the letters to students to take to their personal mailbox, desk, or backpacks.



TIP: Awww!

For students who did not get their letters this week, at the end you can have them make a sound on the count of three to represent how that makes them feel. This will help to hold and acknowledge the disappointment, while reminding them that Miss Kendra received their letter and will be responding as soon as she can!

Closing - Practicing Calling Someone

“Does everyone here have the phone number of someone important in their life memorized? Take a second to remember it. If you don’t know one, you can use 911 for now. Put your finger on your nose if you know one.”

“Okay, when I say go, I want you to imagine you have a phone in your hand, and practice dialing your number. Ready, set, go!”

Now you know what you can do in an emergency. I am going to put an emergency phone number worksheet in your folders to take home. Please fill them out with your families!

(Use play phone). "Ring Ring Ring. Are you there? Do you know that I care about you all? And that Miss Kendra cares for you? You do! Oh good! Just making sure you know. Good job today!"

WHAT DOES IT MEAN TO BE SAFE?

<ul style="list-style-type: none">● Scenario 1: The baby is crying and all the grown-ups are asleep. <i>(Not an emergency, if it continues find a grown-up)</i>
<ul style="list-style-type: none">● Scenario 2: You see that there is smoke coming out of the kitchen. The smoke detector is going off. Something is on fire. <i>(Find a grown-up to call 911 - Fire Dept! If you're alone, call 911.)</i>
<ul style="list-style-type: none">● Scenario 3: Your dad is driving the car, and it crashes, and goes off the road. Your dad is not moving or talking. <i>(Call 911 - Hospital!)</i>
<ul style="list-style-type: none">● Scenario 4: Your little brother is floating in the pool in the backyard face down, not moving. <i>(Find a grownup to help and call 911 - Hospital! If you're alone, call 911.)</i>
<ul style="list-style-type: none">● Scenario 5: You see a grown-up who is not moving. Something seems wrong. Next to them is something that seems dangerous. <i>(Find a grown-up to call 911 - Hospital! If you're alone, call 911.)</i>
<ul style="list-style-type: none">● Scenario 6: You hear gunshots outside. They seem close to your house. <i>(Find a grown-up to call 911 - Police/Hospital! If you're alone, call 911.)</i>
<ul style="list-style-type: none">● Scenario 7: Grown-ups are fighting in your house. Someone is bleeding. <i>(Find a grown-up to call 911 - Police/Hospital! If you're alone, call 911.)</i>
<ul style="list-style-type: none">● Scenario 8: The only grown-up in your house has fallen down and is not waking up no matter what you do. <i>(Call 911 - Hospital!)</i>
<ul style="list-style-type: none">● Scenario 9: You wake up to the sound of glass breaking downstairs, it sounds like someone broke a window. <i>(Find a grown-up to call 911 - Police! If you're alone, call 911.)</i>
<ul style="list-style-type: none">● Scenario 10: Your dog is barking at someone outside that is walking by the house. <i>(Not an emergency, if it continues find a grown-up)</i>

What does it mean to be Safe?

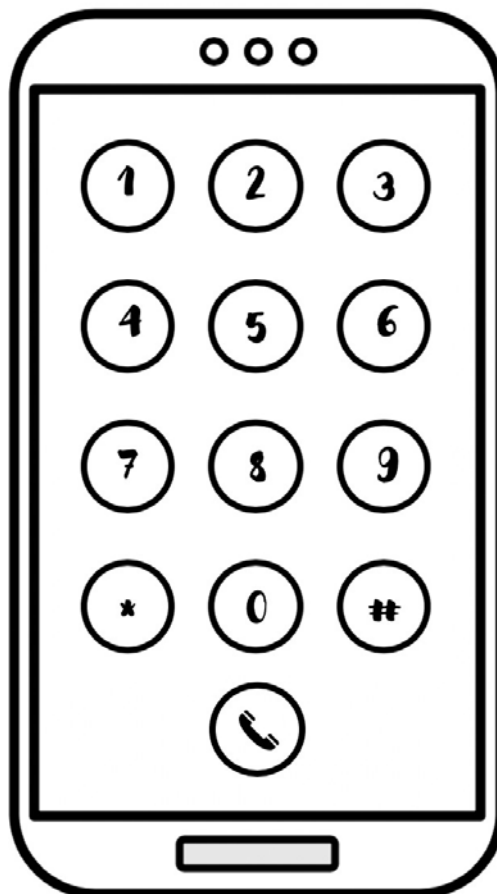
My name is _____

A phone number for my parent or caregiver is (_____)_____

I live in the town of _____ My street address is _____

If I live in more than one place, my other address is _____

Practice dialing your phone number on the phone!



The phone number for emergencies is _____

The three major types of emergency responses are

_____, _____, _____