



Bravehearts Day  
**BRAVE LESSONS**

**FOUNDATION**

Children aged 5 - 6

Two lessons about personal safety to deliver  
as part of Bravehearts Day 2024.

# NOTE TO TEACHERS

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

Bravehearts Ditto's Keep Safe Adventure Teaching Guides outline the effective teaching of personal safety and offer 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 Teaching Guides, Show and accompanying Learning Resources, please go to [bravehearts.org.au](https://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 Goals

- **WALT:** We are learning to keep safe.
- **WILF:** What I'm looking for is keep safe strategies.
- **TIB:** This is because everyone has the right to feel safe.

## Sequence of Learning

Always start each lesson with the private information poster, giving clear guidelines about when, where and how private information is shared, e.g., "Everyone has the right to feel safe. If you have something you would like to share, please come and see me after our learning has finished," (resource included). Display and reinforce Ditto's 3 Rules for keeping safe (resource included).

### 1. Prior Learnings

This program is designed to provide personal safety education to Foundation level (aged 5-6) children. Prior learning includes setting up a safe environment by using the private information and Ditto's 3 Rules poster (resources included).

### 2. Engage

Engage children in the concept of rules by playing the game Musical Chairs.

Arrange chairs in a circle, one less than the number of participants and play a song whilst the children walk around the chairs. When the music stops, the child who doesn't find a chair is out. Remove one chair and continue playing until only one child and one chair remains. This game helps children understand the concept of following rules, listening to instructions and taking turns.

If time permits, change up the rules to show how the outcome is different, e.g., some players can walk around the chairs, others need to crawl. Change one rule at a time. After exploring several rule changes, gather the children together for a group discussion. Ask questions like:

- How did the rule changes change the game?
- Did it make the game easier or harder?
- How did it feel to have different rules?
- Which rule changes did you like the most? Why?

This activity helps children understand that rules have an impact on our lives and can change our experience. It promotes critical thinking, creativity, and teamwork as they work together to come up with new rules and how they impact on the experience.

## Included Resources

- WALT WILF TIB poster
- Private information poster
- Ditto's 3 Rules poster
- Watson's Safety Team
- My Safety Team hand

### 3. Explore

Explore the concept of rules in Ditto's Keep Safe Adventure Program. Ditto has 3 rules for keeping safe (resource included).

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.

Rules are important for keeping safe. In Ditto's Rule 3, children are able to tell someone they trust if they ever need help. We call this a Safety Team. Use Watson's Safety Team as an example (Resource included).

A Safety Team is made up of adults both inside and outside of your family. They are adults who believe you, will listen to you and want to keep safe. Ask the children if they can name an adult at school who they can go to if they ever felt unsafe or needed help. Write these names on a Safety Team hand (resource included) and display in the room.

### 4. Evaluate

Provide children with a copy of My Safety Team hand (resource included). Evaluate their understanding of a Safety Team by asking them to list 5 adults who they could have on their Safety Team. You may need to remind them of the rules, e.g., adults both inside and outside of their family, adults who believe them, will listen to them and want to help them. Encourage them to write the names of the adults by sounding out the names. Help with spelling or scribing as needed.

**IMPORTANT NOTE:** MY SAFETY TEAM should be reviewed frequently, at least four times a year as the trusted adults may change and to reinforce the adults they can go to if they ever need help. It is also important to note that if they do go to an adult for help and they don't feel heard or listened to, they should keep trying until they find someone who will.

**W.A.L.T**

We are learning to

**KEEP SAFE!**

**W.I.L.F**

What I'm looking for

is keep safe  
strategies.

**T.I.B**

This is because

everyone has the right  
to feel safe.





Everyone has  
the right  
to feel safe

**If you have something that you  
would like to share, please come  
and see me after our learning  
has finished.**

# Ditto's 3 Rules for keeping safe

## Rule 1

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

## Rule 2

It's **OK to say NO** if you feel unsafe or unsure!

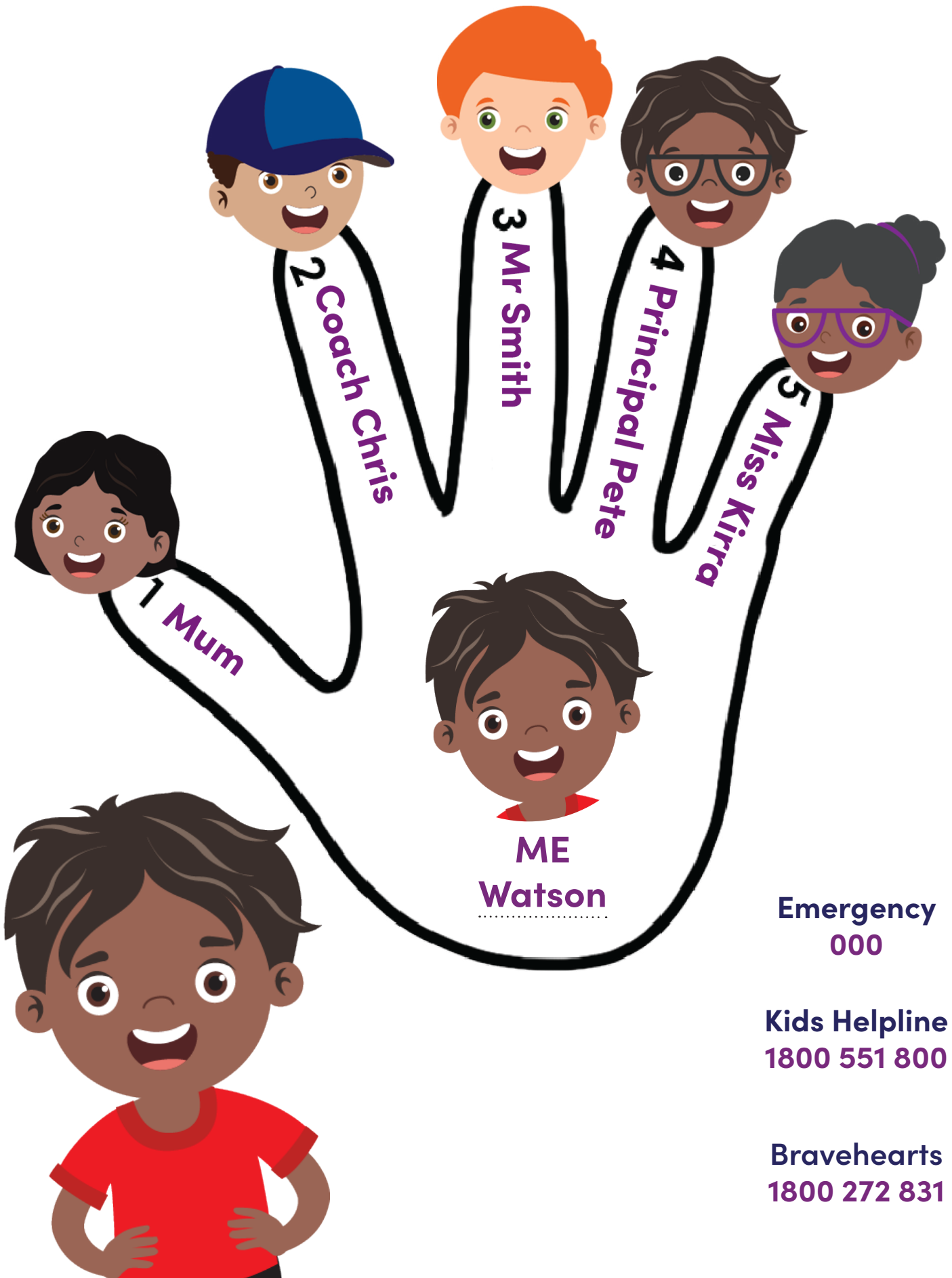
## Rule 3

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

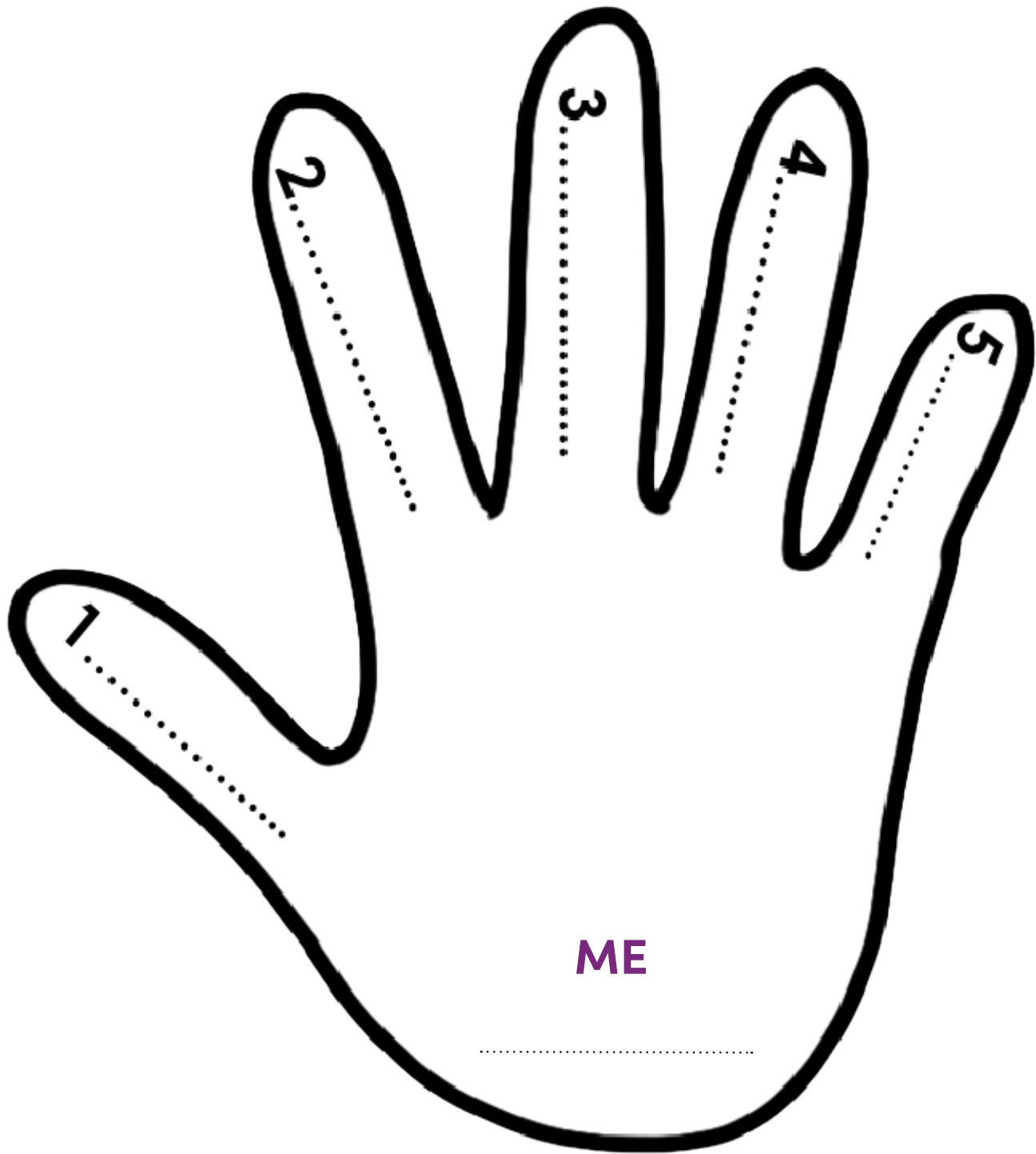
If you ever feel **UNSAFE** or **UNSURE** about something, **GO** and **TELL** someone you trust.



# Watson's Safety Team



# My Safety Team



**Emergency**  
000

**Kids Helpline**  
1800 551 800

**Bravehearts**  
1800 272 831



# Brave Lesson 2: Feelings

## Learning Goals

- **WALT:** We are learning about our feelings.
- **WILF:** What I'm looking for is knowing the names of our feelings.
- **TIB:** This is because feelings can help you know if you are safe or unsafe.

## Included Resources

- WALT WILF TIB poster
- Private information poster
- Ditto's 3 Rules poster
- Safe and unsafe feelings posters
- Ditto's feelings flashcards
- Feelings snap cards

## Sequence of Learning

Always start each lesson with the private information poster, giving clear guidelines about when, where and how private information is shared, e.g., "Everyone has the right to feel safe. If you have something you would like to share, please come and see me after our learning has finished," (resource included on page 5). Display and reinforce Ditto's 3 Rules for keeping safe (resource included on page 6).

### 1. Prior Learnings

Prior learning to this module is *Brave Lesson 1: My Safety Team*. In this lesson, feelings are introduced.

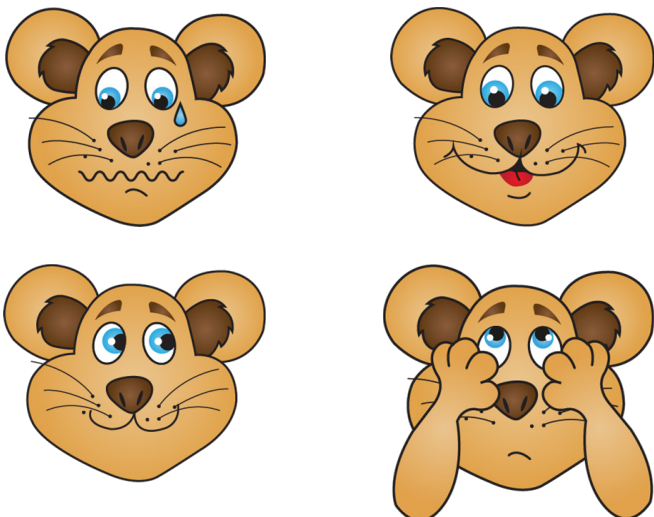
### 2. Engage

Engage the children with the concept of feelings by using the Ditto feelings flashcards (resource included). Ask children; 'What is something that makes you feel happy/excited/sad etc.' whilst displaying each card.

### 3. Explore

Have the children explore the concept of feelings. Feelings like happy, excited and glad let us know that we are safe. Display the Safe Feelings poster (resource included). Ask the children to turn to the person next to them and show them their safe feeling.

Display Unsafe Feelings poster (resource included). Ask the children to turn to the person next to them and show them their unsafe feeling.



### 4. Evaluate

Evaluate their understanding of safe and unsafe feelings by breaking into smaller groups. Have the children use the feelings snap cards (resource included) to play snap.

Model how to play snap by sharing the set of cards evenly between the children in each group.

Remind the children that the cards have to stay upside down. Turn one card over at a time and put in a pile in the middle of the group. If the last card and the current card are the same, the children can slap their hand down and call out 'Snap!'.

Children to call out the feeling as they are placing their card down.



Remind children of Ditto's 3 Rules:

- 1) We all have the right to feel safe with people.
- 2) It's OK to NO if you feel unsafe or unsure.
- 3) Nothing is so yucky that you can't tell someone about it.

**W.A.L.T**  
We are learning

about our feelings.

**W.I.L.F**  
What I'm looking for

is knowing the names  
of our feelings.

**T.I.B**  
This is because

feelings can help you  
know if you are safe  
or unsafe.





**HAPPY**



**EXCITED**



**JOYFUL**



**CONTENT**



**SCARED**



**SAD**

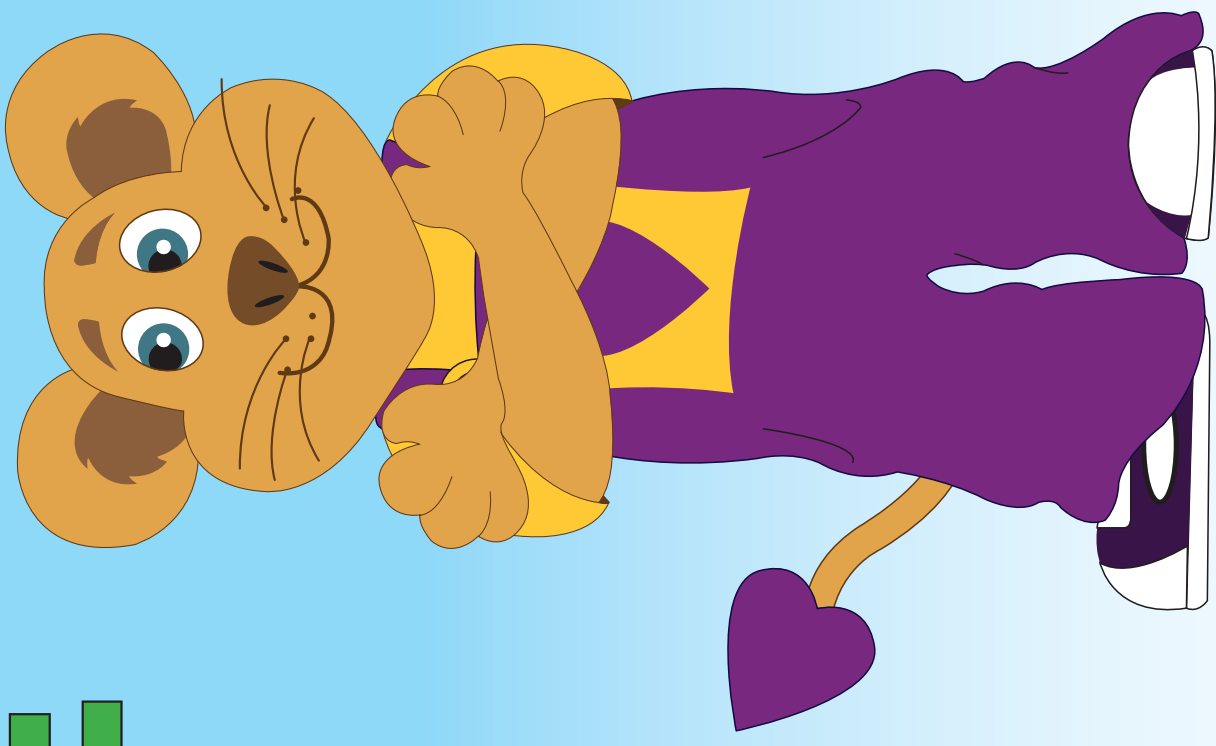
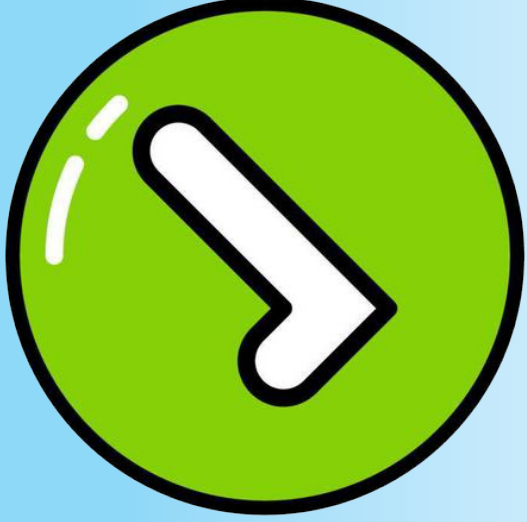


**CONFUSED**



**ANGRY**

# SAFE



# UNSAFE







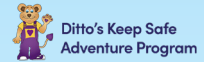
**HAPPY**

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**EXCITED**

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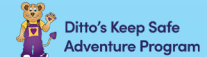
**JOYFUL**

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**CONTENT**

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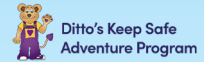
**SCARED**

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**SAD**

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**ANGRY**

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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](https://bravehearts.org.au/education)



## Teaching Guides & Resources

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

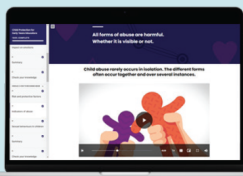


## Child protection training for your centre or school

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](https://braveheartslearning.org.au) or scan below for more information on Bravehearts' courses.

