



Bravehearts Day
BRAVE LESSONS

YEARS 1-2
Children aged 7 - 8

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, Years 1-2 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 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 Years 1-2 (aged 7-8) 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 Heads Down, Thumbs Up. Arrange a space where children can put their heads down and a group of children can stand at the front of them. Explain there will be 5 (more or less depending on how many children in your class) selectors who will move around the classroom silently and choose one person with their head down and thumbs up. Selectors will silently tap on a child's thumb, signalling they have been chosen. That child must put their thumb down, and still keep their head down. Once all of the selectors have made a choice, they say together, 'Heads Up, Stand Up'. Those who had their thumbs tapped take turns guessing who tapped them. To make it more fun, have the selectors reply with 'maybe, maybe not' then, once all children have had a turn guessing who tapped their thumbs, they can reveal if they were right or not. If they were right, the selector sits down and the child who guessed correctly, gets to have a turn as selector.

If time permits, change up the rules to show how the outcome is different, e.g., have fewer selectors or more selectors. 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

Included Resources

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

experience. It promotes critical thinking, creativity, and teamwork.

3. Explore

Explore Ditto's 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 tell someone they trust if they ever need help. We call this a Safety Team. Use Sam's Safety Team as an example (resource included). A Safety Team is made up of adults both inside and outside your family. They are adults who believe you, will listen to you and want to help you 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!

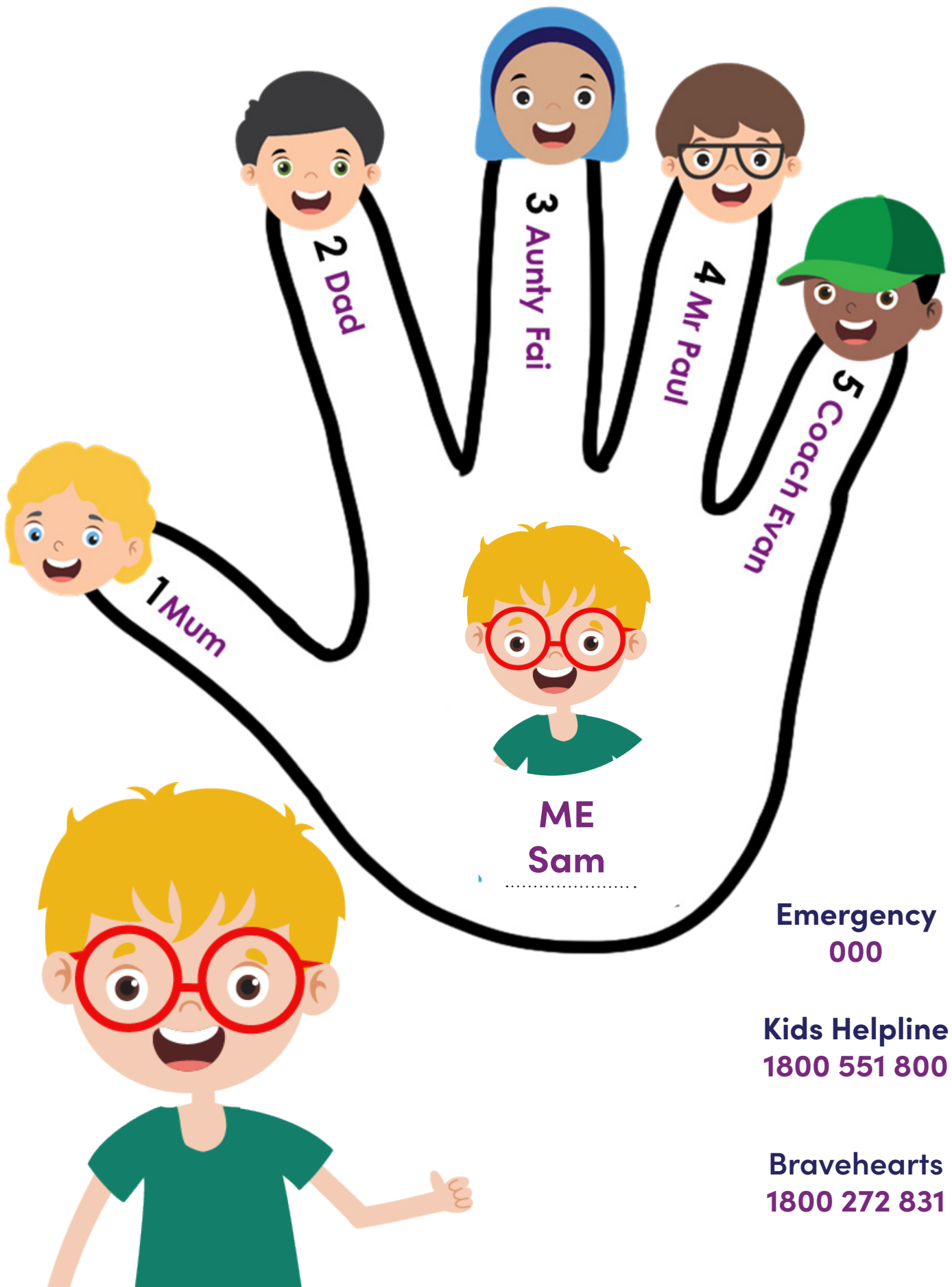
Rule 3

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.



Sam's Safety Team

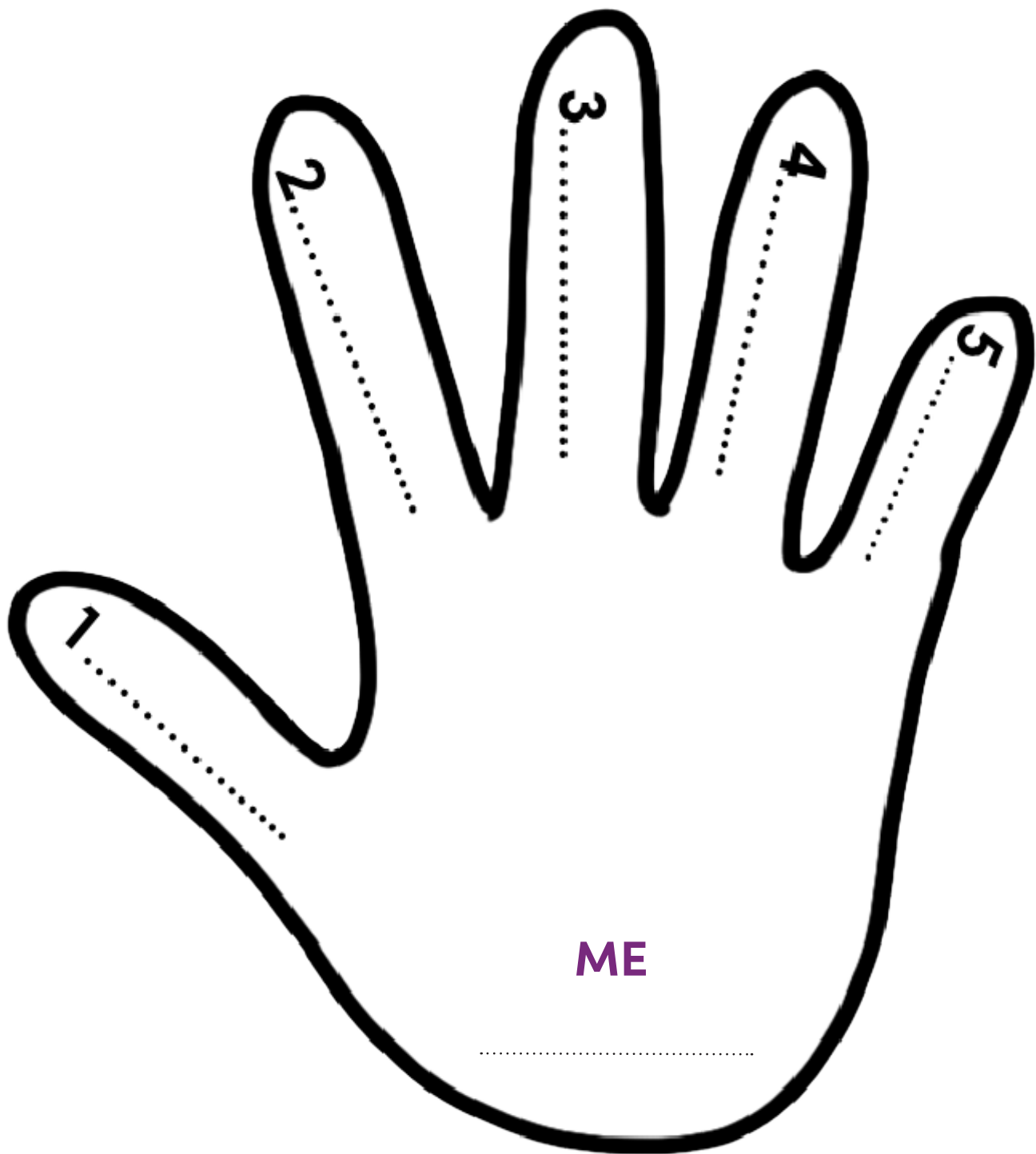


Emergency
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Kids Helpline
1800 551 800

Bravehearts
1800 272 831

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
- Safe and Unsafe compare
- 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

Children explore the concept of feelings. Feelings like happy, excited and glad let us know that we are safe.

Display 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.

Explore and identify the body's reaction to a range of safe and unsafe situations and compare the different reactions (resource included). On the left, list ways that the body reacts when you are feeling safe. On the right, list ways that the body reacts when you are feeling unsafe. In the middle, list ways that the body may show the same reaction. E.g. Scared when going down a slide and getting a fast beating heart vs scared about someone doing something to you and getting a fast beating heart.

4. Evaluate

Evaluate their understanding of safe and unsafe feelings by breaking into smaller groups. Children to use the Feelings snap cards (resource included) to pull the emotions out and describe a scenario where they might feel that emotion.



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

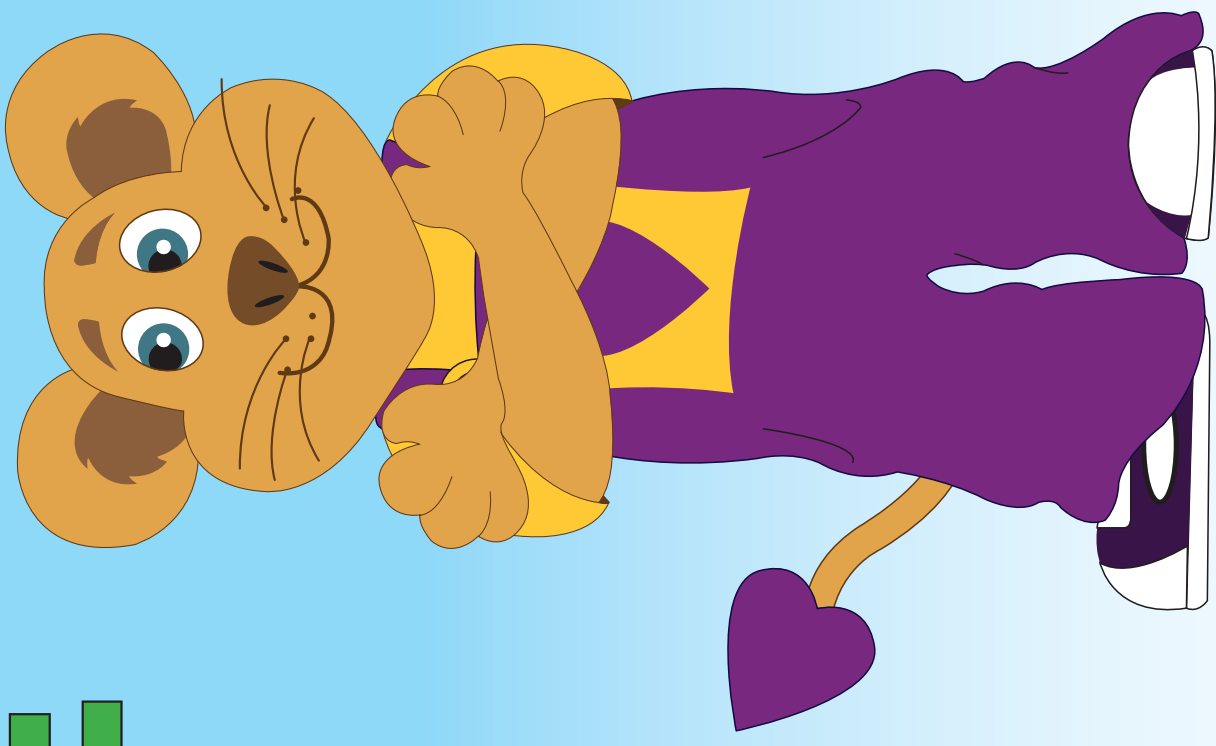
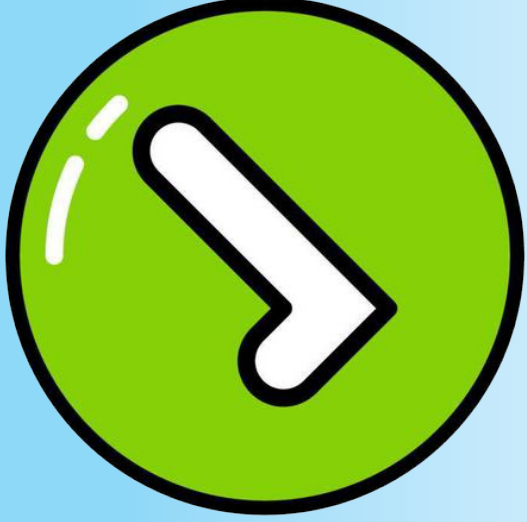


CONFUSED



ANGRY

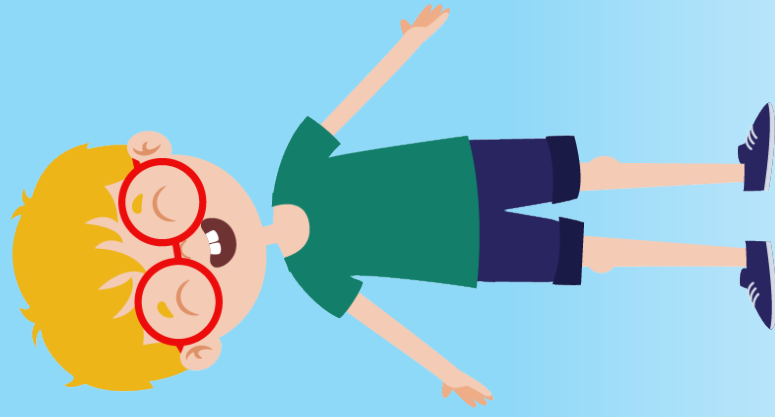
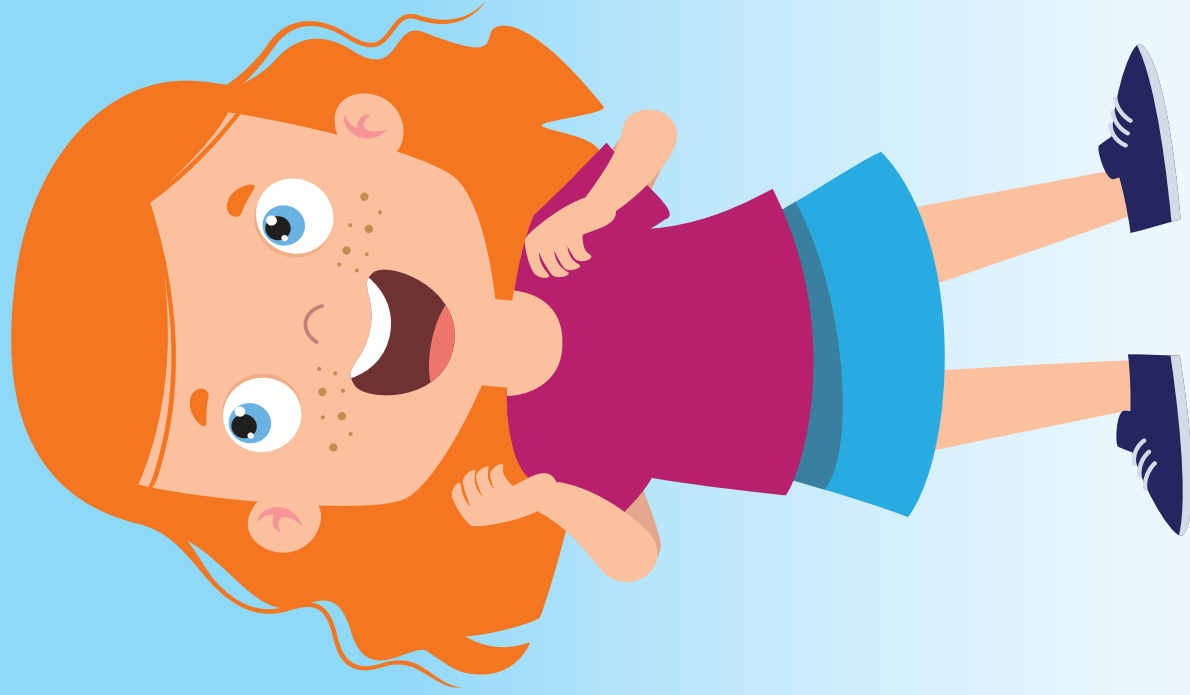
SAFE



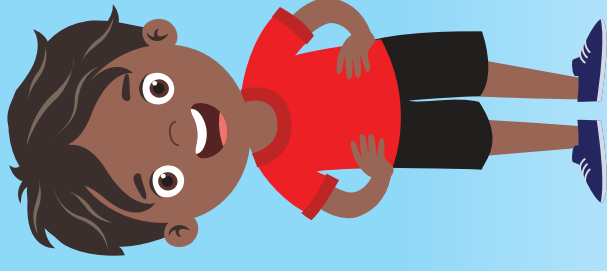
UNSAFE



HAPPY



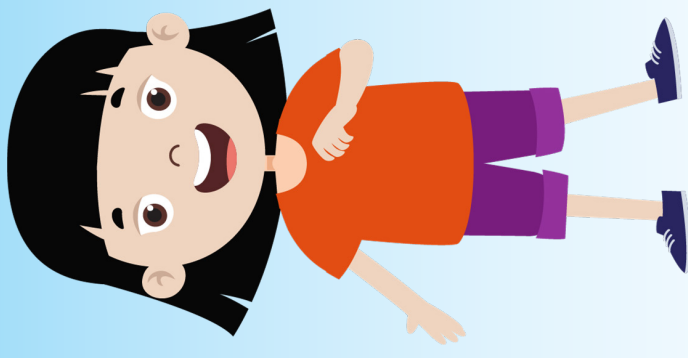
GLAD



JOYFUL

CONTENT

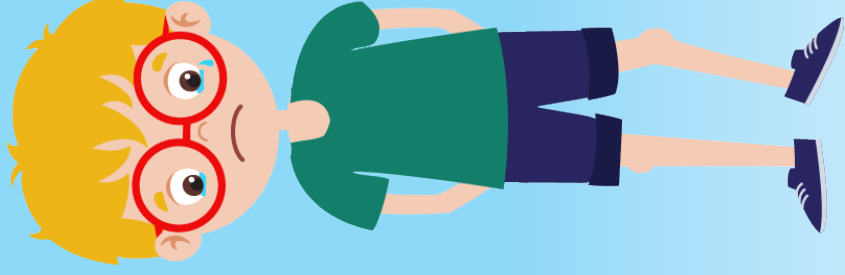
EXCITED



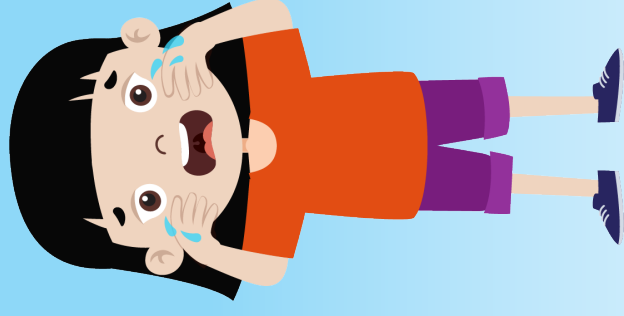
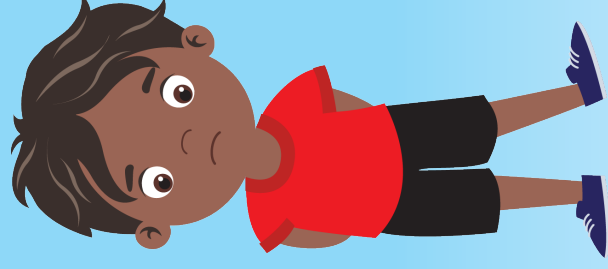
CONFUSED



UNSURE



SAD



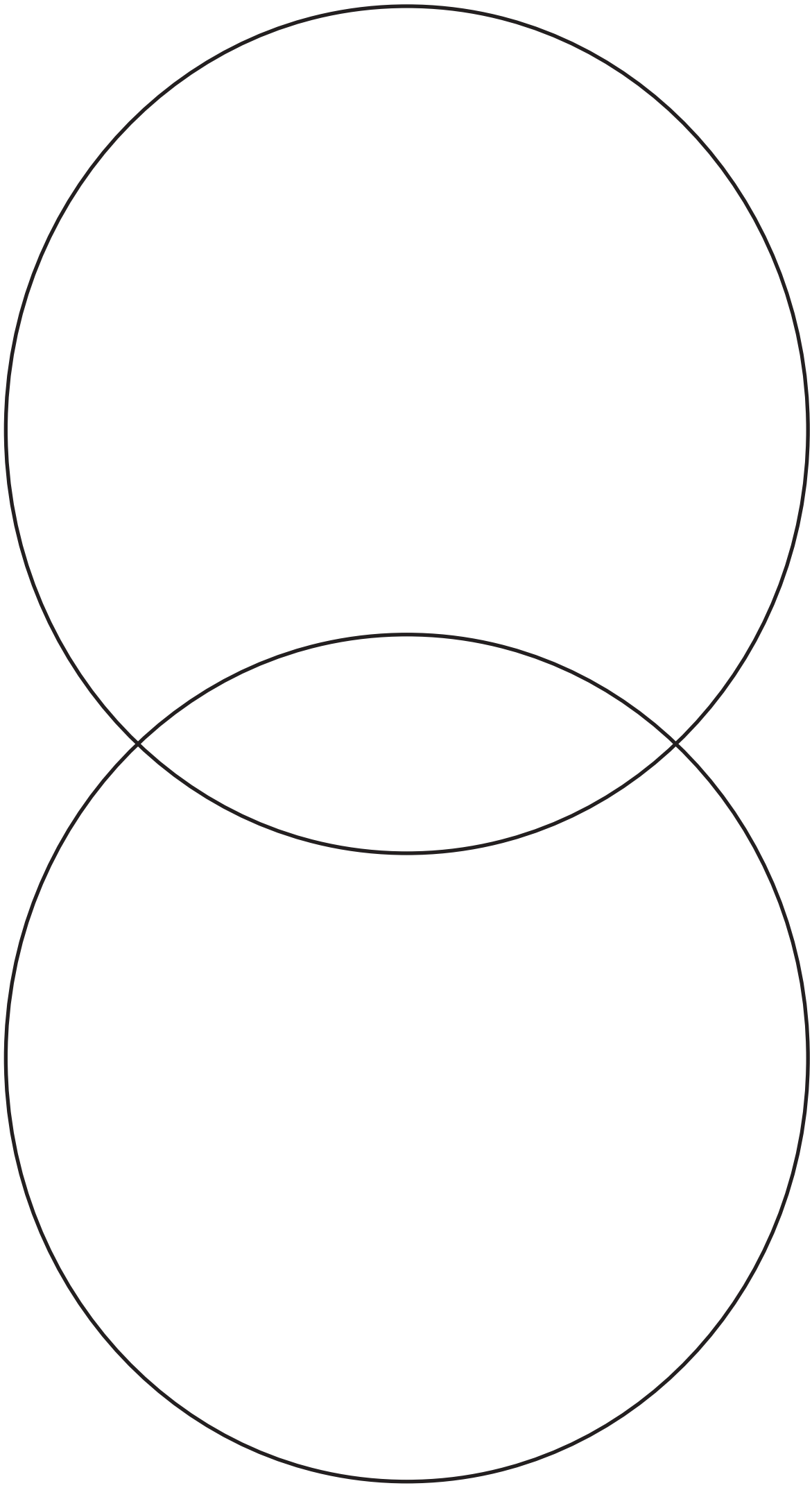
UPSET



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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CONFUSED

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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



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.

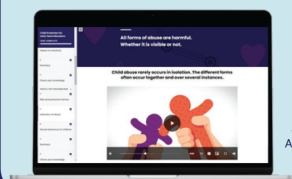


Child protection training for your centre or school

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 or scan below for more information on Bravehearts' courses.

