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# Arturo the Safety Superstar!

## Materials Needed

- Large piece of paper or poster board
- Crayons or markers
- A pillow or large stuffed animal
- A toy phone or a real (unplugged/inactive) phone
- Optional: A piece of fabric to use as a "superhero cape"
- Optional: Pre-made "Safety Superstar Certificate"

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## Lesson Overview

This lesson uses a fun superhero theme to teach Arturo essential personal safety skills in an empowering way. The focus is on active learning and role-playing to help him build confidence and remember what to do in potentially unsafe situations.

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## 1. Learning Objectives

- Arturo will be able to state that he should never keep secrets from his parents.
- Arturo will identify a "safe stranger" (like a mom with kids) to ask for help if he gets lost.
- Arturo will be able to recite at least one parent's phone number.
- Arturo will demonstrate the "Scream, Kick, and Run" technique when role-playing a dangerous situation.
- Arturo will understand that his body is his own and no one is allowed to touch him without his permission.

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## 2. Alignment with Early Childhood Standards

This lesson aligns with common Kindergarten Health & Safety standards, focusing on:

- **Personal Safety:** Identifying trusted adults, understanding personal boundaries, and knowing safety rules.
- **Self-Advocacy:** Using a strong voice to say "no" or call for help.
- **Emergency Preparedness:** Practicing what to do in an emergency and memorizing important information.

### 3. Instructional Procedure & Activities

#### Part 1: Becoming a Safety Superhero (5 minutes)

**Goal:** To engage Arturo and introduce the lesson's theme.

1. **Introduce the Mission:** "Arturo, today your mission, if you choose to accept it, is to become a Safety Superstar! Superstars have special powers to keep themselves safe. Are you ready to learn your powers?"
2. **Get in Costume:** If using a cape, present it to him. "Every superhero needs a cape! This is your official Safety Superstar cape."

#### Part 2: Learning Our Superhero Rules (15-20 minutes)

**Goal:** To teach the core safety concepts through interactive, creative activities.

##### Activity A: The "Circle of Trust" Rule

**Concept: We don't keep secrets from Mom or Dad.**

1. Take out the large piece of paper and draw a big circle in the middle.
2. Say, "This is our family's Circle of Trust. Let's draw Mom and Dad inside the circle. We are a team, and we share everything. We don't keep secrets from each other."
3. Explain, "If someone asks you to keep a secret from us, that's a big red flag! Secrets are NOT allowed in our Circle of Trust. Your first superpower is **Telling a Grown-up You Trust**. Who do you always tell?" (Guide him to say Mom/Dad).

##### Activity B: My Body is My Body

**Concept: No one is allowed to touch you.**

1. Lead a simple chant: "My body's mine from head to toe. If I don't like a touch, I can say NO!" (Repeat a few times).
2. Explain, "Your body belongs to you. No one gets to touch you in a way that makes you feel uncomfortable. Not even someone you know. If they do, what is your superpower?" (Answer: Telling Mom/Dad).

##### Activity C: The Phone Number Jingle

**Concept: Know Mom and Dad's phone number.**

1. Using the toy phone, practice dialing a parent's number.
2. Create a simple song for the phone number. For example, to the tune of "Row, Row, Row Your Boat":
3. "8-0-0, 5-5-5, 1-2-3-4. I know my mom's number, so I'm safe for sure!"
4. Sing it a few times throughout the day to help with memorization.

#### Part 3: Superhero Action Training (15 minutes)

**Goal:** To practice applying the safety rules through physical role-playing. Frame this as "practicing our super moves."

### Scenario 1: Lost in the Store

**Concept: If you get lost, look for a mom with kids.**

- **Role-play:** Pretend you are in a grocery store. Say, "Oh no, Arturo! We got separated! I can't see you. What do you do?"
- **Coach him:** Remind him of the rule. "Remember, your superpower is to find another mom who has kids with her. She is a safe person to ask for help. What would you say to her?" (Practice saying: "Excuse me, I can't find my mom/dad. Can you help me?").
- Reinforce the rule: "We never go with anyone else. We find a mom with kids to help us."

### Scenario 2: The Stranger Grab

**Concept: Yell, kick, and run if a stranger tries to take you.**

- **Set Up:** "Okay, Superstar. Now we practice our most powerful move. This is for a big emergency. Let's pretend this pillow is a stranger who tries to grab you."
- **Step 1 - The Voice:** "The first thing you do is use your super LOUD voice. You yell, '**YOU ARE NOT MY MOM! YOU ARE NOT MY DAD!**' Let's practice." Have him yell it.
- **Step 2 - The Yell for Help:** "Then you yell, '**HELP! SOMEONE CALL 911!**' This tells other adults it's a real emergency." Practice this.
- **Step 3 - The Super Moves:** "While you are yelling, you fight back! Your goal is to get away. You can kick them hard, hit them, and stomp on their feet. Let's practice on the pillow!" Let him kick and hit the pillow while yelling. Emphasize hitting sensitive areas like the nose, face, or groin (use simple terms like "tummy" or "between the legs").
- **Step 4 - The Escape:** "As soon as you can, you RUN! And you keep yelling for help."
- **Review:** "Let's put it all together. What do you do? **YELL, KICK, RUN, and TELL!**"

### Part 4: Mission Debrief & Graduation (5 minutes)

**Goal:** To review the rules and end the lesson on a positive, confident note.

1. **Review Questions:**
  - "What do we do with secrets?" (We tell Mom/Dad!)
  - "If you get lost, who is a safe person to look for?" (A mom with kids!)
  - "What do you do if a stranger tries to grab you?" (Yell, kick, run, tell!)
2. **Final Rule:** "And what is the best way to stay safe with Mom and Dad when we're out?" (Listen and stay close!)
3. **Graduation:** "Arturo, you have learned all your safety superpowers! You have officially graduated as a Safety Superstar!" Present him with the "Safety Superstar Certificate" and celebrate his great work.

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## 4. Assessment & Reinforcement

- **Formative (During Lesson):** Observe Arturo's responses and participation during the role-playing scenarios. Does he remember the key phrases? Is he able to perform the physical actions on the pillow?
- **Ongoing Reinforcement:** This is not a one-time lesson. Casually review the rules over the next few days. Ask "What if..." questions in the car or at the store. Practice the phone number song. The goal is for these safety rules to become second nature.

## 5. Differentiation and Inclusivity

- **Pacing:** This lesson is broken into parts. If Arturo's attention wanes, take a break and come back to it later. The activities can be spread throughout the day.
- **Emotional Comfort:** The topic of strangers can be scary. The superhero frame is used to empower, not frighten. If he seems anxious during the "stranger grab" role-play, keep it light, use a silly voice for the "pillow stranger," and praise his strength and loud voice. Reassure him that this is just for practice so he knows what to do.
- **Learning Style:** This lesson incorporates visual (drawing), auditory (chanting/singing), and kinesthetic (role-playing, kicking the pillow) elements to cater to a young learner's needs.

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