

My Body is Mine: Making Healthy Choices!

Introduction (5 minutes):

Start with a fun song about bodies, like 'Head, Shoulders, Knees, and Toes'. Ask: 'What are some things we do to keep our bodies healthy and happy?' (Examples: eat good food, sleep, play). 'Today we're going to read a story and talk about making smart choices to keep our special bodies safe!'

Reading Aloud & Discussion (10 minutes):

Read the chosen story aloud. Pause to ask questions: 'What good choice did the character make?' 'Who helped the character?' 'Why is it important to listen to trusted grown-ups?' Relate the story to the child's own experiences if possible. Introduce the idea that some things are NOT safe to put in our bodies or touch, and it's always okay to say 'NO' to things that feel unsafe or come from someone they don't know well.

Vocabulary Focus (5 minutes):

Introduce key sight words: 'yes', 'no', 'safe', 'help', 'ask'. Show flashcards (if using) or write them clearly. Practice reading them together. Talk about what they mean. 'Saying NO is a SAFE thing to do if you feel unsure!' 'You can ASK a trusted adult for HELP.'

Activity 1: Healthy vs. Unhealthy Sorting Game (10 minutes):

Show the picture cards one by one. Ask: 'Is this a healthy/safe choice or an unhealthy/unsafe choice?' Have the student place or help you tape the picture under the correct heading ('Healthy/Safe Choices' or 'Unhealthy/Unsafe Choices'). Discuss why each item belongs in its category. Emphasize that medicine is only safe when given by a trusted grown-up like a parent or doctor.

Activity 2: Who Can Help? (5 minutes):

Ask: 'If someone offered you something strange, or if you felt unsafe, who are the trusted grown-ups you could tell?' (Examples: Mom, Dad, Grandma, Grandpa, Teacher). Reinforce that these people are there to help keep them safe.

Activity 3: Draw a Safe Choice (10 minutes):

Give the student drawing paper and crayons. Ask them to draw a picture of a healthy choice they like to make (like eating fruit or playing) OR draw a picture of a trusted adult they can talk to. Ask them to tell you about their picture. Help them write or dictate a simple sentence below it, like 'I like apples.' or 'Mom helps me.' or 'I can say NO.'

Conclusion (5 minutes):

Review the main ideas: 'Our bodies are special and important.' 'We make healthy choices every day.' 'We only take medicine from trusted grown-ups.' 'It's always okay to say NO to something unsafe.' 'We can always ask a trusted adult for help.' End with a positive affirmation or another quick, fun song.