

Building Boundaries: Called to Protect for Young Children

Kindergarten: Rules About the Body

Child Development:

Kindergarteners have a lot of curiosity. They are curious about their anatomy and about others' bodies. They are beginning to develop social relationships by playing with others and by being in a school environment. As they explore the world beyond family, they are learning rules for how to behave and how others should behave. They are learning how to make decisions about what is right or wrong.



Lesson Overview:

The focus of this program for kindergartners is building physical boundary skills. The corresponding lessons are designed to reinforce the concept of rules and how rules help keep us safe. Children will review the rules that keep their bodies safe and healthy, including how to take care of the body and establish rules for appropriate touch.

Objectives for Kindergarten Students:

Students will

1. Review the concept of rules, how rules work, and how to respond when someone is breaking rules.
2. Participate in activities that will enforce the rules that protect the body.
3. Respond to situations where someone is breaking the rules that protect the body.

Your child will participate in three activities to reinforce the above objectives. The primary focus of this lesson is rules and the importance of following rules. Children will learn that we have rules about the body; for example, we must keep it safe and clean. Children will learn that they have a right to say no to someone who wants to hurt their body or make them feel uncomfortable. Children will also learn that their private parts (the areas of their bodies covered by their swim suits) can only be touched by someone who is responsible for keeping them clean, healthy, and safe.

