

Foundation Plan

	Activity Name	Activity Type	Emmy resources
LESSON 1 What is Safety? 40 minutes	Let's talk about safety	Group discussion	
	Safety Circle	Group activity/game	
	Let's read: Learn to be Safe	Book	Learn to Be Safe book
	Let's sing and dance	Sensorimotor activity	Act for Kids Learn to Be Safe song
	Extension: My safe place	Art/craft	
LESSON 2 Feelings 45 minutes	Let's read: Feelings	Book	Little Big Chats: Feelings
	Guess the feelings faces	Group activity/game	Our feelings poster
	If you're happy and you know it	Sensorimotor activity	
	Extension: Make Nature Faces	Art/craft	
	Extension: Make Play Doh Faces	Sensorimotor activity	Play Doh Feelings Faces mats
LESSON 3 Warning Signs 40 minutes	Let's read: Early Warning Signs	Book	Little Big Chats: Early Warning Signs
	Let's do the warning signs puzzle	Group activity/game	Emmy poster Eddy poster Emmy's warning signs pieces Eddy's warning signs pieces
	Help the mouse get help	Role play	Emmy poster Eddy poster
	Follow the story to colour in the warning signs	Worksheet	Body Warning signs worksheets
LESSON 4 Safe Choices 40 minutes	Let's talk about being safe	Group discussion	
	Throw the ball into the safe and unsafe baskets	Sensorimotor activity	
	Safe or Unsafe?	Group activity/game	Safe and Unsafe scenario cards
LESSON 5 My Body, My Choice 25 minutes	Touch role play with teddy	Group activity/game	Safe and Unsafe Touch Types of Touch cards
	We can say 'no!'	Role play	
	Let's Sing and Dance	Sensorimotor activity	Act for Kids Consent Song – Yes or No
LESSON 6 Private Body Parts and Places Secrets 35 minutes	Let's read: Everyone's Got A Bottom	Book	
	Let's do the private parts puzzle	Group activity/game	Emmy poster Eddy poster Emmy's private parts pieces Eddy's private parts pieces
	Let's sing and dance	Sensorimotor activity	Act for Kids Song: A Secret... (do we keep it?)
	Match the secret to the action	Group activity/game	Secrets cards (8)
LESSON 7 Safety Team 40 minutes	Let's read: My Safety Network	Book	Little Big Chats: My Safety Network
	Help Emmy find her safety team	Group activity/game	Emmy's safety team poster People cards
	My safety team	Worksheet	My safety team worksheet