

# Grade 4 Plan

	Activity Name	Activity Type	Emmy resources	
<b>LESSON 1</b>	<b>Rights &amp; Responsibilities</b> 25 minutes	Introduction to Emmy and Friends	Group discussion	
		What are children's rights?	Group activity/game	
		Children's rights and adults' jobs	Group activity/game	
		Extension: Rights and Responsibilities	Project	
<b>LESSON 2</b>	<b>Safety</b> 55 minutes	What is personal safety?	Group discussion	
		Safety Quiz	Worksheet	Feel Safe and Be Safe quiz worksheet
		Extension: Safety book report	Worksheet	Safety book report worksheet
<b>LESSON 3</b>	<b>Feelings</b> 55 minutes	Introduction	Group discussion	Our Feelings poster
		Feelings Pizza	Group activity/game	Feelings pizza poster Feelings pizza pieces
		Feelings Fruit Salad	Worksheet	Feelings are like a fruit salad worksheet
<b>LESSON 4</b>	<b>Warning Signs Body Responses to Fear</b> 30+ minutes	Remember our warning signs?	Group discussion	Emmy poster Eddy poster Emmy's warning signs pieces Eddy's warning signs pieces Warning signs matrix worksheet
		Instincts	Group discussion	Body Responses to Fear poster
		Relaxation	Group activity/game	
		Extension: Fight, Flight, Freeze	Project	Body responses to fear poster
<b>LESSON 5</b>	<b>Safe and Unsafe Situations</b>	Introducing 'risk'	Group discussion	
		When does it get risky?	Group activity/game	Risk continuum poster
	<b>Problem-Solving for Keeping Safe</b>	Stop-Think-Do	Group discussion	Stop-Think-Do worksheet
Extension*: Risky Tales		Worksheet	Risk continuum poster Risk Story Plan worksheet	
<b>LESSON 6</b>	<b>Online Safety</b> 45+ minutes	Cyber Safety	Group discussion	
		Online Safety Rules... what?	Group activity/game	Online safety risks poster Online safety risks cards
		Online Safety Rules... who?	Group activity/game	
		Online Safety Rules... how?	Group activity/game	
		Extension: Online Safety Rules for Kids	Project	

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<b>LESSON 7</b>	<b>Part A: Body Autonomy and Consent</b> 25+ minutes	Let's look at consent	Group activity/game	
		Here's what consent sounds like	Worksheet	Consent poster Consent comic strips worksheet
		Extension: Consent for Kids	Project	Consent poster Consent poster guide
	<b>Part B: Touch</b> 35 minutes	Types of Touch	Group discussion	Safe and unsafe touch poster
		Safe or Unsafe Touch?	Group activity/game	Safe and Unsafe Touch poster Types of Touch Scenario cards - Senior
Additional activity: My Body, What I Say Goes		Book		
<b>LESSON 8</b>	<b>Secrets</b> 60 minutes	Secrets	Group discussion	
		Quick Quiz	Group activity/game	
		Extension 1: Secrets Poster	Project	
		Extension 2: Secret Stories	Worksheet	Secrets short story worksheet
<b>LESSON 9</b>	<b>Power</b> 50 minutes	Power People	Group discussion	
		Power Strategies	Group activity/game	Power Scenarios cards
<b>LESSON 10</b>	<b>Trust Team</b> 60 minutes	Introduction	Group discussion	
		Asking for Help	Group discussion	
		Tricky Conversations	Role play	Tricky Conversations Teacher Prompt Card
		My Plan – Asking for help	Worksheet	Asking for help worksheet
		Close	Group discussion	