

Discover New Horizons Pre-K

Hands Are Not For Hitting
Good/Bad/Secret Touch
Self Esteem
Understanding Differences

Hands Are Not For Hitting: Puppet Show

Miss Ashlee: Hi, my name is Miss Ashlee. I am a teacher at Project Horizon. Do you know what Project Horizon is?

Miss Molly: Hi Miss Ashlee. My name is Molly. I am four years old and I go to school here. I have never heard of Project Horizon.

Miss A: Project Horizon is a place that helps people who have been hurt by other people.

Miss M: Like when someone hits you?

Miss A: Exactly. We work with a lot of people who have been hurt by people hitting them or hurting them in other ways. Molly, what do you use your hands for?

Miss M: I use my hands to color pretty pictures, dress myself, and hold my daddy's hand when I cross the street.

Miss A: These are good ways to use your hands. Sometimes people use their hands in bad ways too like when you get angry and you push your friend, or pinch your friend, or when you hit someone.

Miss M: Yesterday Jaime took my toy and I pushed him.

Miss A: Why did you do that?

Miss M: Because I got mad at him for taking my toy without asking.

Miss A: We all get mad sometimes but it is never okay to hurt someone.

Miss M: But it was my favorite toy.

Miss A: It doesn't matter if it is your favorite toy, you can never hurt someone. What do you think you could have done besides pushing Jaime?

Miss M: I could have asked him nicely to get my toy back, or told a teacher that he took it without asking for it.

Miss A: Could you have let him play with it for a little while and you play with another toy? Or maybe draw a picture?

Miss M: Yes, I think I could have.

Miss A: Molly, what do you do when you get mad?

Miss M: Sometimes I yell, or when my little brother makes me really mad I hit him.

Miss A: We all get mad but we always have to remember that hurting other people doesn't make it better.

Miss M: I feel really sad; I want to say I'm sorry to Jaime now for pushing him.

Miss A: I am really proud of you. You are acting like a big girl. You have learned a really good lesson today it is always good to say you're sorry when you hurt your friends.

Miss M: Next time somebody makes me mad I am going to do something nice with my hands.

Miss A: Maybe the kids out there can tell us some more nice things you can do with your hands. Great job everyone! Thanks for being such good listeners. We will see you next week. Bye!

Good/Bad/Secret Touch : Puppet Show

Miss Ashlee: Hi, my name is Miss Ashlee. I am a teacher at Project Horizon. Do you know what Project Horizon is?

Miss Molly: Hi Miss Ashlee. My name is Molly. I am four years old and I go to school here. I have never heard of Project Horizon.

Miss A: Project Horizon is a place that helps people who have been hurt by other people.

Miss M: Like when someone hits you?

Miss A: Exactly. We work with a lot of people who have been hurt by people hitting them, or touching them in ways that they don't like.

Miss M: What do you mean touching?

Miss A: Do you know what a good touch is?

Miss M: My mommy gives me hugs, is that a good touch?

Miss A: Yes, that is a good touch. A good touch makes you feel happy and nice inside. Do you know what a bad touch is?

Miss M: One time my older brother hit me when I went into his room and messed up his toys and I cried a lot. Is that a bad touch?

Miss A: Yes, that is a bad touch because it made you feel sad inside. What is another bad touch?

Miss M: I dunno.

Miss A: Some other kinds of bad touches are pushing, punching. If someone touches you in a private area of your body, and tells you to keep it a secret, that's another kind of bad touch.

Miss M: What is a private area?

Miss A: Your private areas are areas on your body that are covered up when you wear a bathing suit. Nobody has the right to touch your private areas unless you tell them it is ok. When would be a time that you would tell them that it is ok?

Miss M: When my mommy gives me a bath or when I go to the doctor's office.

Miss A: Good job Molly! You are right. Sometimes little boys and little girls can get bad touches. And sometimes big boys and girls can give bad touches.

Miss M: Do you mean that Grandpa could give a bad touch?

Miss A: Yes, anybody could try to give a bad touch. Even somebody that you don't know might try to give a bad touch. It is never okay for *anyone* to give you a bad touch. And it is not okay for you to give anyone a bad touch either.

Miss M: What would I do if somebody tried to give me a bad touch?

Miss A: YELL! Say NO, Stop, Get away from me! Run away and tell someone right away. Do you want to practice?

Miss M: Yes! Do you want me to scream it?

Miss A: Yes, make sure you make as much noise as possible so the person will leave you alone. Scream it loud so everyone out there can hear you.

Miss M: NO, Stop, Get away from me!

Miss A: Okay, do you think you can remember everything?

Miss M: Maybe.

Miss A: What is a good touch?

Miss M: Uh-oh. Can any of you out there help me?

Class responds.

Miss A: What is a bad touch?

Miss M: Oh no, I forgot again. Can you kids help me again?

Class Responds.

Miss A: What should you do if someone tries to give you a bad touch?

Miss M: Can everybody say it with me? Say very loudly, NO, Stop, Get away from me!

Miss A: Great Job! Thank you for being such good listeners today. We will see you next week! Bye!

Miss M: Bye!

Self Esteem: Puppet Show

Miss Ashlee: Hi, my name is Miss Ashlee. I am a teacher at Project Horizon. Do you know what Project Horizon is?

Miss Molly: Hi Miss Ashlee. My name is Molly. I am four years old and I go to school here. I have heard of Project Horizon. Project Horizon is a place that helps people who have been hurt by other people. Like when someone hits you.

Miss A: Exactly. We work with a lot of people who have been hurt by other people. Like when someone hits them, or touches them in ways that they don't like. We also work with people whose feelings have been hurt.

Miss M: What do you mean feelings?

Miss A: We all have a lot of different feelings. We can be happy, sad, mad, or scared. Sometimes people might hurt our feelings by saying something mean to us or about us.

Miss M: That has happened to me. One time I tried to build a tower with blocks but it fell down. People laughed at me.

Miss A: Oh Molly, I am sorry that people laughed at you. That must have made you feel sad.

Miss M: Yes, it did. I don't like to try to build towers anymore.

Miss A: Well it is important to remember that it is okay to mess up. Everybody messes up sometimes. It is not okay to make fun of people or be mean to them when they mess up. It hurts people's feelings and makes them feel sad.

Miss M: Do you ever mess up Miss Ashlee?

Miss A: Of course I mess up! But that doesn't mean that I can't try again. Maybe the next time you build a tower you will do a good job. If you keep trying, you will get better.

Miss M: Ok, I won't give up. I will try building a tower again.

Miss A: Molly, I want you to remember something very important. Remember that *everyone* is special. We are all good at something. What is something that you are good at Molly?

Miss M: I can color pretty pictures. I can bounce a ball really high, too! It goes all the way up to the sky!

Miss A: Very good Molly!

Miss M: I think that everyone is good at something! Can the kids out there think of something that you are good at, too?

Miss A: Great job everyone! You are all good at something. Molly, what should you do if you see someone mess up something they are trying to do?

Miss M: I could tell them that it is okay and that they should try again.

Miss A: Great job Molly! Can you tell me who in this room is special?

Miss M: I want all of the kids to help me with this one? Can you kids tell me who is special? Everyone!

Miss A: Great job everyone! It is very important that you all remember that every one of you is special. Thank you for being such good listeners today. We will see you next week. Bye!

Miss M: Bye!

Understanding Differences: Puppet Show

Miss Ashlee: Hi, my name is Miss Ashlee. I am a teacher at Project Horizon. Do you know what Project Horizon is?

Miss Molly: Hi Miss Ashlee. My name is Molly. I am four years old and I go to school here. I have never heard of Project Horizon.

Miss A: Project Horizon is a place that helps people who have been hurt by other people.

Miss M: You mean like a doctor?

Miss A: Well sort of like a doctor. Only we help people with their feelings when someone hurts them.

Miss M: Like when someone hits you?

Miss A: Exactly. We work with a lot of people who have been hurt by people hitting them or hurting them in other ways like making fun of them because they are different. Molly, what are some ways people are different?

Miss M: Bobby wears glasses, I have red hair, Sara has different colored skin than me, and Matt uses crutches to walk better.

Miss A: Very good, those are all ways that we are different from each other. How do you think being different feels?

Miss M: I feel special because not everyone has red hair and my mommy says I'm special for having red hair.

Miss A: That's great that your differences make you special; sometimes people don't feel special because of their differences

because other people are mean to them by calling them names and hurting their feelings.

Miss M: What do you mean?

Miss A: Have you ever made fun of somebody because they are different than you?

Miss M: Yes, I made fun of my little brother because he was missing some teeth.

Miss A: How did that make your brother feel?

Miss M: He cried and told daddy and daddy gave me a time out for being mean. And when my brother smiled he wouldn't show his teeth anymore.

Miss A: Your brother must have felt like he was bad because he didn't have some of his teeth and so he thought if he didn't let anyone know he was missing some, he wouldn't be made fun of anymore.

Miss M: I think I made him feel really bad.

Miss A: It's important to never make fun of someone because of their differences, their differences make them special and who they are. If you took away their differences we would all be the same and that would not be any fun.

Miss M: I like that my brother doesn't have some of his teeth because when he smiles he looks like a jack-o-lantern and he makes me laugh.

Miss A: I am so glad that you are nice to your brother now. And that you like that he is different, and he doesn't have to hide it anymore.

Miss M: I like it too.

Miss A: Remember our differences make us special and are nothing to hide. Maybe the kids out there can tell us some more about their differences. What makes you different and special?

Class Responds.

Miss A: Well Molly, this is the last time we will be visiting this class. How about we go over everything that we have talked about? Can you and all of your friends out there help me answer some questions?

Miss M: I think that is a great idea. Do you all think that you can help me answer some questions?

Miss A: Who can remember the name of the place that I work?

(Students will respond with Molly's help)

Miss M: Project Horizon.

Miss A: What should you never do with your hands?

Miss M: Hurt someone. (Hit, Pinch, Push, etc.)

Miss A: What kinds of touches are hitting and pushing?

Miss M: Bad Touches.

Miss A: What about when someone tries to touch a private part of

your body, what kind of touch is that?

Miss M: Bad Touch.

Miss A: How does a bad touch make us feel?

Miss M: Sad, Scared, Mad.

Miss A: How does a good touch make us feel?

Miss M: good, happy

Miss A: What is a good touch?

Miss M: A hug, a high five, a handshake.

Miss A: What should you do if someone tries to give you a bad touch?

Miss M: Scream really loud, “No, Stop, Get away from me!” Run away and tell some right away. Can everyone say it with me?

Miss A: Who in this room is special?

Miss M: Everyone!

Miss A: Great job everyone. You did a great job answering those questions. You listened really well. Remember, if anyone ever gives you a bad touch or makes you feel scared or sad, tell your teacher right away! Well Molly, I think it is time to go. Bye everyone!

Miss M: Bye!

Discover New Horizons Kindergarten

Anger Management
Good/Bad/Secret Touch
Hands Are Not For Hitting
Self Worth

Anger Management

Audience

Kindergarten

Objectives

- Recognize that it is okay to feel angry sometimes
- To identify healthy/unhealthy ways to express feelings/alternatives to violence
- To learn strategies for dealing with unhealthy behaviors by others

SOL Compatibility

Health Education Standards of Learning (Kindergarten):

- Students will learn to identify expectations for personal behavior in school and social settings, including respect for the personal space of others
- Students will also learn to explain the concept of being healthy in terms of the impact of positive and negative emotions
- Students will explore the concepts of resolving conflicts peacefully and the importance of seeking guidance from parents/guardians and other trusted adults

Duration

30-45 minutes

Materials

When I Get Angry book

“When I Get Angry I Can...” Drawing Sheet

Introduction

Explain that Project Horizon is an organization that helps people who have been abused. Define abuse as a class. *Abuse is when someone hurts another person on purpose.* Identify different ways someone can be abusive. (Examples: hitting someone, name calling, etc.)

Activity One

Ask: How many of you have ever been angry? What types of things make you angry? Note that most responses have to do with a time when someone else does something to us or when we disappoint ourselves. How do you know when someone has made you angry? (Your face turns red, heart beats fast, your face and body clinches up, you feel like you might explode, etc.) What types of things should you never do when you get angry? (Hit, call people names, throw things, etc.)

Activity Two

Read the book, When I Get Angry, which explores nonviolent strategies for coping with angry feelings from the perspective of a young bear named Suzy. Throughout the story, ask the students if they have ever felt the emotions that Suzy describes in the book. Ask what choices they think Suzy will make when she gets angry because her classmate won't share at playtime, when she seeks advice from her teacher, etc.

Discussion:

What types of things could you do when you get angry? What could you do if someone is angry and hits you or calls you names (deals with it in a bad way)?

Activity Three

Pass out "When I Get Angry I Can..." drawing sheet. Have students draw a picture of something that makes them angry and then draw a positive way they can handle their anger. Discuss the importance of finding ways to deal with anger that are not harmful to anyone.

Review

What is instructor's name? Where does s/he work? What did we talk about today? Is anger ok or not ok to feel? What are some good ways to deal with anger? What can you do if someone around you is not dealing with anger in a good way?

Good, Bad, and Secret Touches

Audience

Kindergarten

Objectives

- To define Good, Bad, and Secret Touches
- To learn strategies for dealing with uncomfortable touches
- To identify trusted adults

SOL Compatibility

Health Education Standards of Learning (Kindergarten):

- Students will explain the concept of being healthy in terms of the impact of positive and negative emotions
- Students will identify sources of health and safety information, such as individuals (school nurses, family members, health care personnel, teachers, and public safety officials.)
- Students will explain the importance of sharing information and seeking guidance from parents/guardians and other trusted adults

Duration

30-45 minutes

Materials

My Body Belongs To Me book

“Safe People” Drawing Sheet

Introduction

Explain that Project Horizon is an organization that helps people who have been abused. Define abuse as a class. *Abuse is when someone hurts another person on purpose.* Identify different ways someone can be abusive. (Examples: hitting someone, name calling, etc.) Explain that today we are going to talk about something very important. We are going to talk about good touches, bad touches, and secret touches. Emphasize the need to be respectful to all of our classmates and keep our giggles to ourselves.

Activity One

Ask the class what are some touches they think of as good touches? Have students share a few “good touches.” Examples are handshakes, helping someone up, a pat on the back. Next ask students to share how good touches make them feel (happy, excited, loved, etc.) What about if someone hugged them, but they didn’t want to be hugged? How would that feel? Identify some “bad touches” as a class – hitting, pinching, kicking, etc. – and

explain that a touch that you don't want but someone gives you anyway could be a "bad touch." Bad touches are touches that hurt people.

Also explain that "secret touches," or touches that someone gives you, especially in your private parts (bathing suit area), and tells you to keep it a secret, are a type of bad touch. Do just strangers give bad or secret touches? Explain that anyone can give a bad or a secret touch, but that students can *always* say when they don't like a certain touch or just don't want to be touched.

When would it be ok for someone to touch your private areas? Examples: doctor visits, when you need medicine, etc. Anybody can **get** a bad touch- boys and girls. Anybody can also **give** bad touches. Sometimes a person's mommy or daddy may give a bad touch. Sometimes a brother or sister, or even a grandparent may give a bad touch. Sometimes a stranger may give a bad touch. **It is not okay for anyone to give you a bad touch or a secret touch. You are in charge of your body. It is not okay for you to give anyone a bad touch.**

How might you feel if someone you love (like your daddy or aunt) gives you a bad or secret touch? Examples: scared, confused, sad, angry, etc.

Activity Two

Read the book, *My Body Belongs to Me*, narrated by a bear, Jessica, who has a conversation with her mother about identifying feeling associated with being touched in different ways and strategies for reacting to each kind.

Discussion:

What kinds of touches are these:

A classmate hitting you
Holding hands with your best friend
A pat on the back from your teacher
A stranger touching your private parts
A family member touching your private parts
Someone trying to kiss you when you don't want them to
If someone tries to touch your private parts, or wants you to touch them and you feel scared or confused you need to:

YELL – Say No! Stop! Get Away from me! Loudly (do not allow the person to touch you, even if it is someone that you love or trust)

GO- Get away quickly (run somewhere safe where there are other people) Where could you go?

TELL- someone right away

Activity Three

Pass out “My Safe People” coloring sheet. In the book, the mom tells her children that if anyone ever gives them a bad touch, to tell her right away. She also said that if she is not there, then they could find someone else to talk to. You should tell someone that you trust and care about. They will be able to help you. These people are called your safe people. Think about who you could tell if someone gave you a bad touch. Draw their picture on your sheet.

Review

What is the instructor’s name? Where does s/he work? What did we talk about today? What is a good touch? What is a bad touch? What is a secret touch? Is it ever a child’s fault for getting a bad or a secret touch? What should you do if you ever get a bad or a secret touch?

Hands Are Not For Hitting

Audience

Kindergarten

Objectives

- To recognize and become aware of the different feelings that people have
- Recognize that it is okay to feel angry sometimes
- To identify healthy ways to express feelings/alternatives to violence
- To identify unhealthy ways to express feelings
- To learn strategies for dealing with unhealthy behaviors by others

SOL Compatibility

Health Education Standards of Learning (Kindergarten):

- Students will explain the concept of being healthy in terms of the impact of positive and negative emotions
- Students will explain the importance of seeking guidance from parents/guardians and other trusted adults regarding the peaceful resolution of conflicts
- Students will identify expectations for personal behavior in school and social settings, including acceptable behavior in classrooms and during play, respect for the property and rights of others, and respect for the personal space of others

Duration

30-45 minutes

Materials

Hands Are Not For Hitting book
Expressing Anger Coloring Sheet

Introduction

Explain that Project Horizon is an organization that helps people who have been abused. Define abuse as a class. *Abuse is when someone hurts another person on purpose.* Identify different ways someone can be abusive. (Examples: hitting someone, name calling, etc.)

Activity One

Talk about the different things that people use their hands for. (Examples: writing, shaking hands, hugging, etc.) Explain that these are okay ways to use your hands. Talk about ways that people may use their hands that are not okay. (Examples: hitting, pinching, shoving, etc.)

Activity Two

Read the book, Hands Are Not For Hitting, which reviews multiple nonviolent strategies for dealing with anger and emphasizes that under no circumstances is physical violence an acceptable strategy for expressing anger.

Discussion:

What were some nice ways that the book said you could use your hands?
What were some bad ways that the book said you could use your hands?
How does a person feel when someone uses their hands in a bad way towards them?

Activity Three

How many of you have ever been angry? How many of you have ever been so angry that you want to hit or push someone? Explain that it is okay and normal to feel angry sometimes. Discuss times when you might be angry. Explain that while it is okay to feel angry, it is **not** okay to take your anger out on someone else. This means that you are not allowed to hit, push, shove, or do anything else that might hurt another living being. Identify things that you can do instead of hurting someone. Examples: draw a picture, push against a wall with all your might, tell someone that you are angry and talk about it together.

Activity Four

Pass out “Expressing Anger” coloring sheet. Discuss some of the strategies on the coloring sheet for dealing with anger in a healthy way. Explain that there are lots of ways to let anger out that don’t hurt anybody, and those are the best ways.

Review

What is the name of the instructor? Where does s/he work? What did we talk about in class today? Is it ok to feel angry? What are some good, healthy ways to let anger out? What can you do if you are around someone who is not letting anger out in a good way?

Self Worth

Audience

Kindergarten

Objectives

- To identify that everyone is different and special in their own way
- To promote self worth and positive self esteem

SOL Compatibility

Health Education Standards of Learning (Kindergarten):

- Students will explain the concept of being healthy in terms of the impact of positive and negative emotions
- Students will explore the concepts of seeking health related guidance from trusted adults

Duration

30-45 minutes

Materials

It's Okay to Be Different book

"I Am A Star" Drawing Sheet

Introduction

Ask if anyone remembers what Project Horizon does. (We work with people who have been abused.) Ask if anyone remembers what abuse means. (Hurting someone on purpose) Ask for examples of how someone can be abused. (hitting, name calling, bad touches, etc.) Ask why people should not be abused. Emphasize that abuse is wrong and that no one deserves to be abused. Everyone is special in their own way. We all have things that we do well. We also have things that we do badly, and that is ok. These things make us who we are.

Activity One

What are some ways that people are different from each other? (Some examples might be: eye color, hair type or color, skin color, families, names, birthdays, etc.) Call out different categories and ask the students to raise their hands if they fit into the category.

Are five years old

Like chocolate ice cream

Wear glasses

Have curly hair

Have a pet
Have no pets
Has a younger brother
Has an older sister

Point out that some of us are the same in a lot of ways and we are all different in some ways, too. Should we be mean to someone who is different from us? Should someone be mean to you because you are different?

Activity Two

Tell the students that you are going to read a book about being different. Have them pay attention to the examples of being different that the book lists.

Read the book It's Okay to be Different, which explores positive aspects of diversity with bright pictures and a simple format that states, "It's ok to..." on each page.

Discussion:

Did we learn any other ways that we are different?
Is it okay to mess up sometimes? (Of course!)
Do we have to like the exact same things that our friends like? (No, just because you are different or like different things does not mean that you can't be friends with someone.)
Is being different good or bad? (Good)
What kind of feelings do we have if we are different? (happy, special, etc.)
What do you think it would be like if we were all exactly the alike? (Not fun)
Is it okay to be different? (Yes)
Should we be mean to someone because they are different from us? (No)
Should someone be mean to you because you are different from them?
Being different makes us special. Who is special in this room? (Everyone)

Activity Three

Pass out "I Am A Star" coloring sheets. Have the children draw a portrait of them inside the star. Go around the room and share their pictures and ask what they think makes them special, if time permits.

Review

What is instructor's name? Where does s/he work? What did we talk about today? Is it good or bad to be different? Why is it good to be different?