

Kindergarten:

1. Healthy Activities:

Read: Oh The Things You Can Do That Are Good For You
Draw themselves performing their favorite healthy activity
Exercise

2. Different Kinds of Families:

Read: The Family Book
Discuss worksheets that were sent home over the weekend
Draw a picture of their family

3. My Space Your Space:

RRR Lesson
Discuss people who are safe
Homework: I Like.....I don't like.....

4. Understanding our bodies

RRR Lesson
PowerPoint discussing and identifying different body parts

This link will show you the lesson and plans for 2-4. We will be discussing more lessons as time allows.

https://3rs.org/3rs-curriculum/3rs-curric-search/?_sft_grade=kindergarten

Grades 1/2:

1. Oral care

Video: <https://www.youtube.com/watch?v=hDZXSMU2IAk>

Dot to Dot about the Plaquester

2. Friendship

Discuss scenarios

Buddy or Bully worksheet together as a group

Find a friend BINGO

Homework: Family Interview

3. Bullying is Never Ok

Fill out worksheet together

4. Seeking Help

Who Would you Tell Worksheet

This link will show you the lesson and plans for 2-4. We will be discussing more lessons as time allows.

https://3rs.org/3rs-curriculum/3rs-curric-search/?_sft_grade=first-grade,second-grade

Grades 3/4:

1. Taking a stand against bullying:

Videos: What is Bullying and Upstanding
Creating and acting out scenarios

2. Feeling Safe:

Discuss SAFE acronym
Break up into groups-worksheet

3. Your body, Your rights:

Break up into groups
Discuss lists as a class
Worksheet go over together in class

4. Practice Hygiene

Brushing/Flossing
Washing Hair/Bathing Regularly
Sun Protection
Prevent spread of germs and infectious diseases
Divide into groups
Worksheet
Bonus Questions

This link will show you the lesson and plans for 1-3. We will be discussing more lessons as time allows.

https://3rs.org/3rs-curriculum/3rs-curric-search/?_sft_grade=third-grade,fourth-grade

Grades 5/6:

1. Figuring out friendships
Video: Healthy vs. Unhealthy relationships by Amaze
Link: <https://www.youtube.com/watch?v=Gn7ZQ2x0cOE>
Quiz-discuss as a group
Worksheets in groups
Homework: Circle of trust
2. Understanding Boundaries
Worksheet break up into groups
3. Gender Roles Gender expectations
As a class: Boys areGirls are.....
Video Expressing Myself My Way
Link: <https://www.youtube.com/watch?v=ITRdvGnpILU>
Discuss video
4. Making sense of puberty
Divide into groups and discuss physical and emotional changes
Homework videos: Top signs girls are in puberty and Top signs boys are in puberty by Amaze
Links: Please have them watch both
https://www.youtube.com/watch?v=r6oka_hqMJk
<https://www.youtube.com/watch?v=onggxBVI4qw>

This link will show you the lesson and plans for 1-4. We will be discussing more lessons as time allows.

https://3rs.org/3rs-curriculum/3rs-curric-search/?_sft_grade=fifth-grade.sixth-grade