

# Protective Behaviours Curriculum for Reception Year

## Feeling Good, Feeling Safe

A whole school approach to keeping children safe

A PSHE education resource to support primary school pupils to learn the skills they need to stay safe



Developed by Safety Net, Brighton & Hove's Standards and Achievement Team and St Marys Catholic Primary School



# Lesson 1

## Feelings and feeling safe



I can talk about and show how I feel

I know when I feel safe and happy.

Are you ready to:

Listen to others?

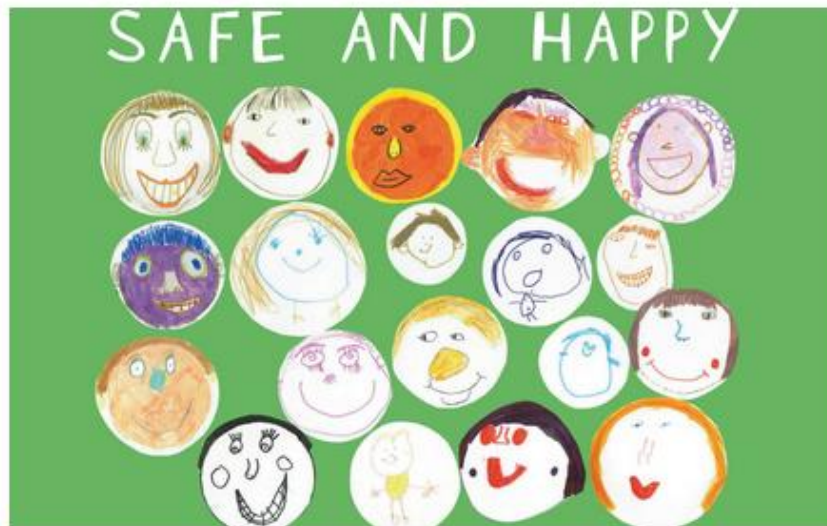
Take turns to speak?

Respect each other's ideas?

Think about what you share?



'We all have the right to feel  
safe all of the time.'







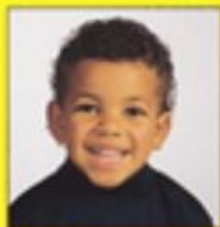
I have feelings, so do you  
let's all sing about a few  
we get happy, we get sad  
we get scared, we get mad

I am proud of being me  
that's a feeling, too, you see  
I have feelings, so do you  
we just sang about a few

To the tune of :



# What feelings can we name together?



happy



sad



angry



excited



afraid



shy



guilty



tired



jealous



loved



hopeful



bored



proud



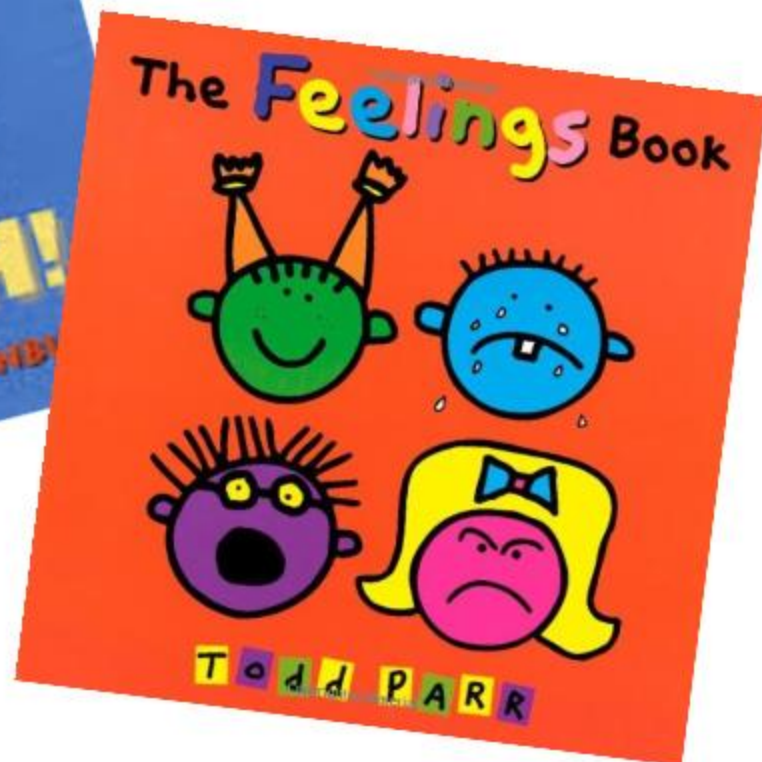
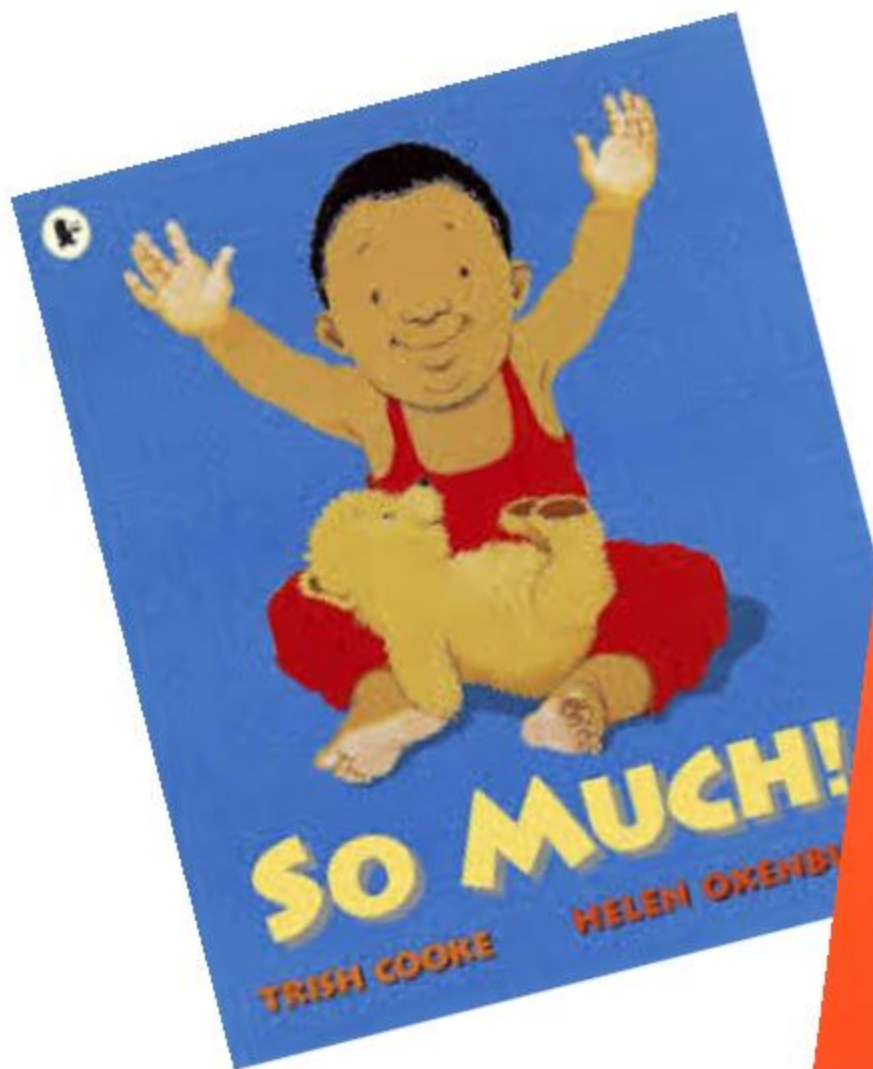
sorry



embarrassed



surprised







How do you think the baby in the book feels?  
Does he feel happy and safe?  
Why does he feel like that?



## The feelings song...

I have feelings so do you,  
Let's all sing about a few.  
We get happy, we get sad.  
We get scared, we get mad.

I am proud of being me  
That's a feeling, too, you see.  
I have feelings, so do you.  
We just sang about a few.

### How are you feeling?



Happy



Joyful



Content



Silly



Sad



Angry



Scared



Worried



Confused



Surprised



Hurt



Embarrassed



**“We all have  
the right to  
feel safe  
all the time”**

# Lesson 2

## Feeling Unsafe & Early Warning Signs



I know when I don't feel safe.

I can show where Early Warning Signs are in the body.

I know it is important to tell an adult when I don't feel safe.



Are you ready to:

Listen to others?

Take turns to speak?

Respect each other's ideas?

Think about what you share?



**Can anyone remember the  
important message we learnt  
in the last lesson?**

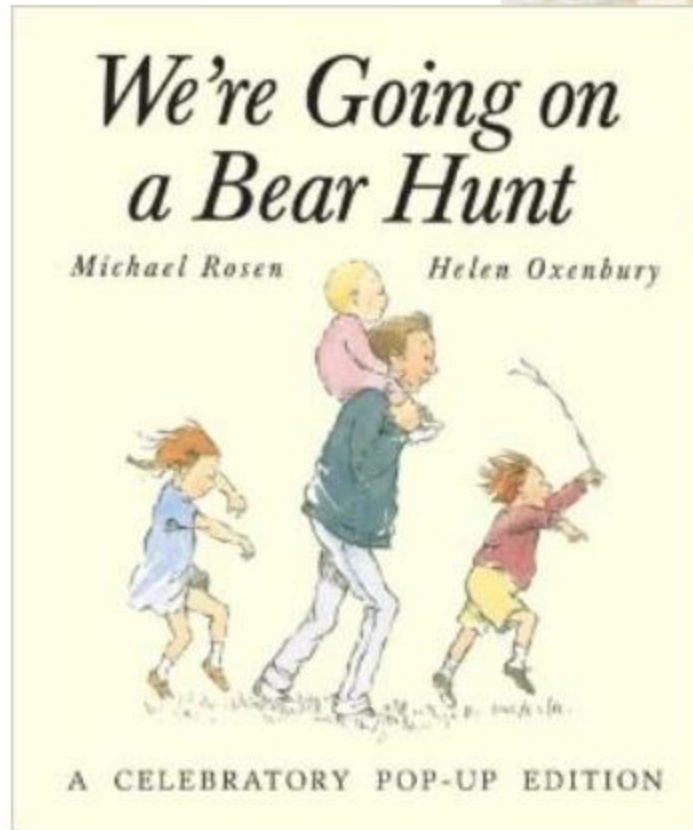




**“We all have  
the right to  
feel safe  
all the time”**



# Read the book or watch the story!



<https://www.youtube.com/watch?v=0gyl6ykDwds>

When did the characters feel scared  
in 'We're going on a Bearhunt?'



What does it feel like  
to be scared?

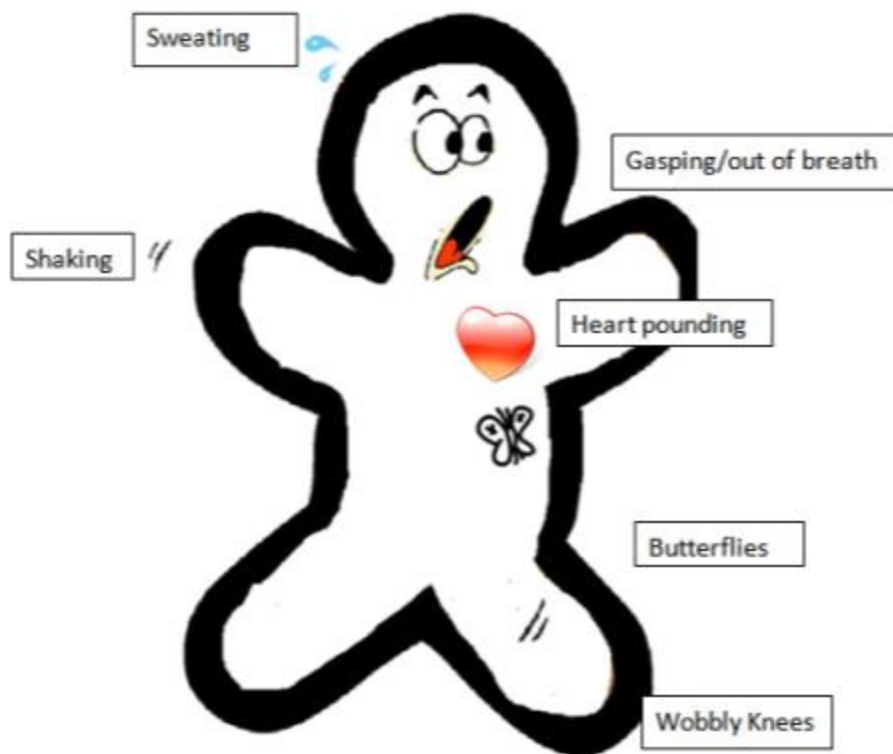
How might their bodies feel?

What might their faces look like?

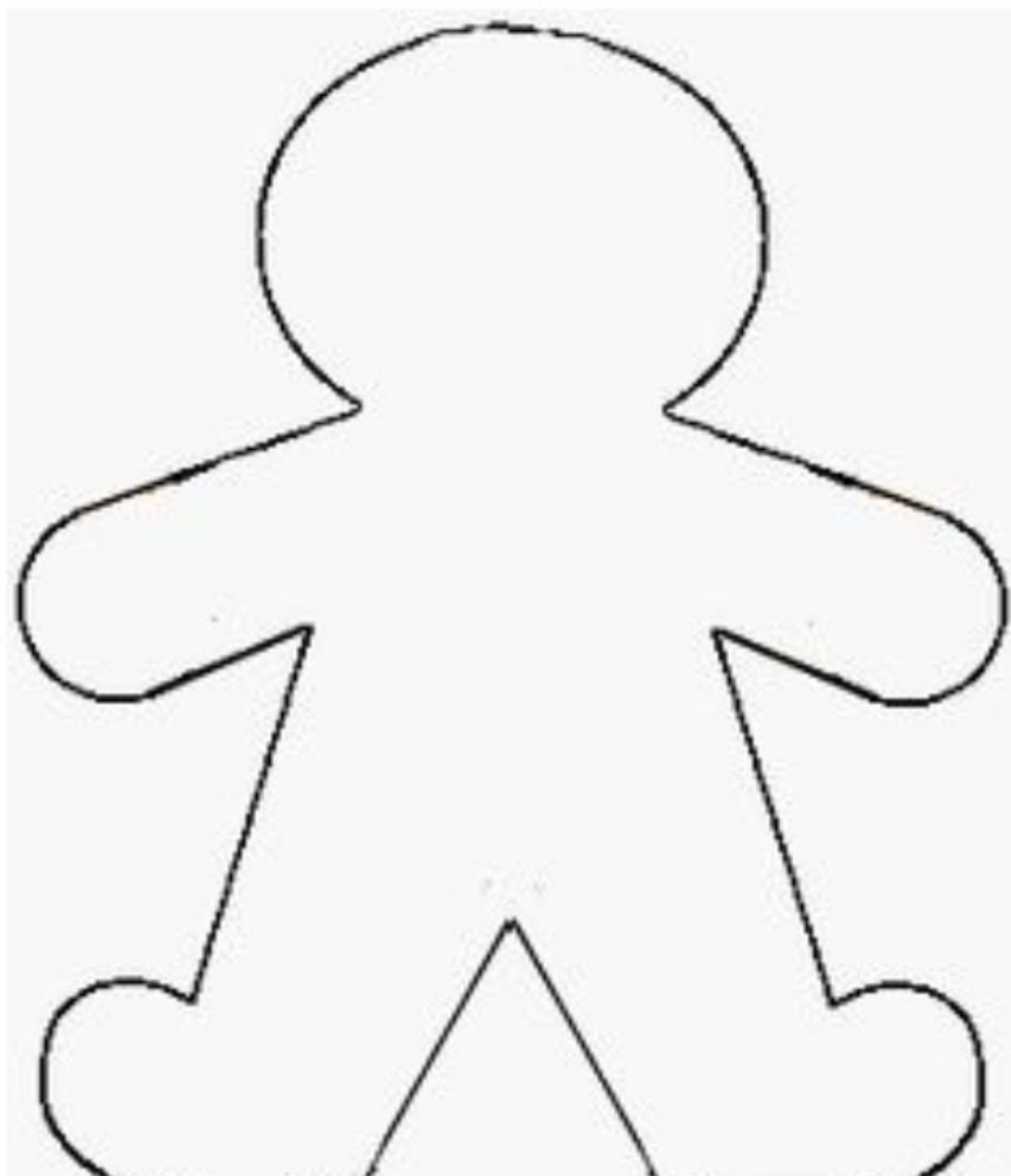




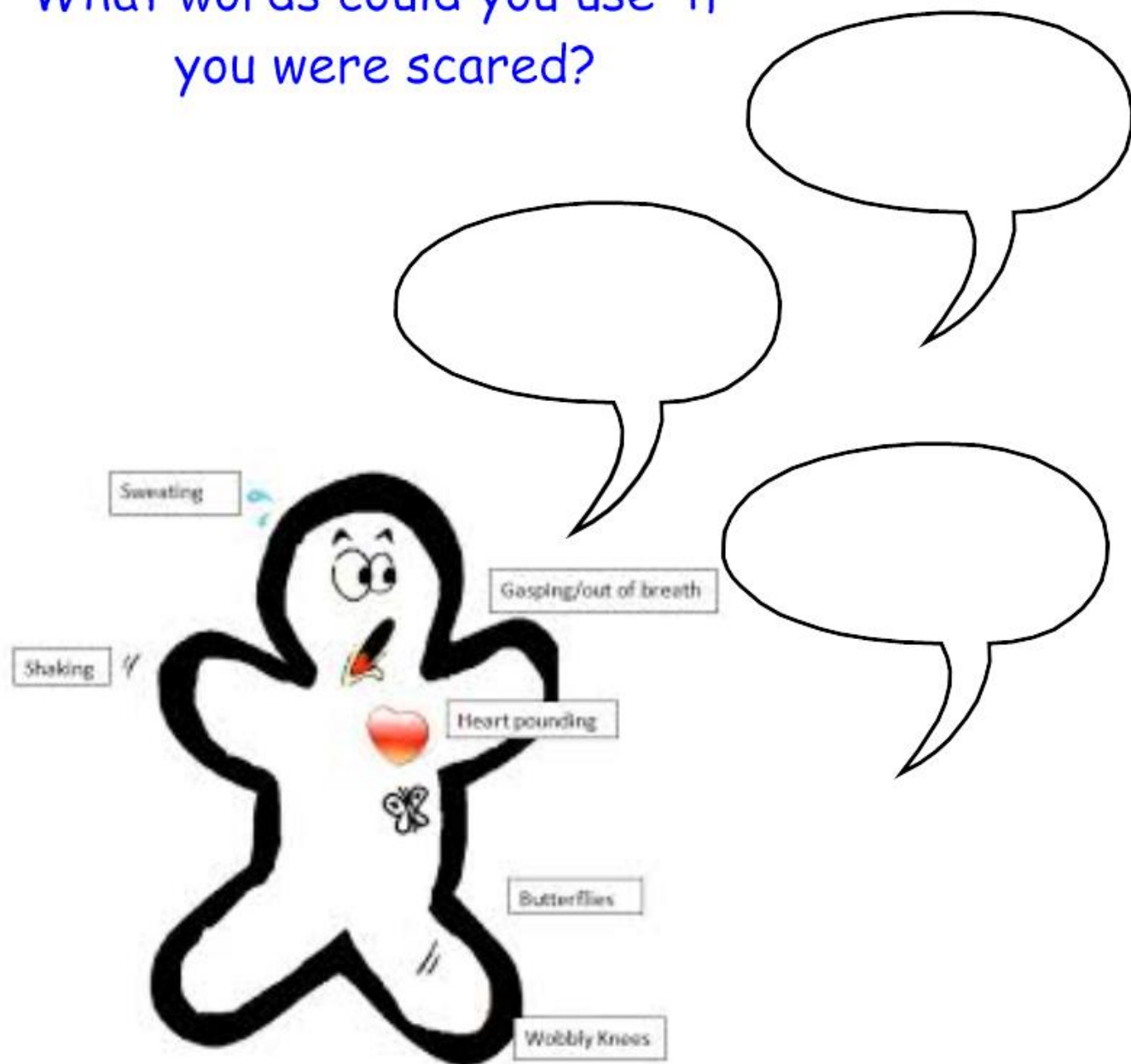
These are Early Warning Signs or 'uh-oh' feelings... Our body's way of telling us we feel scared



What are YOUR early warning signs?



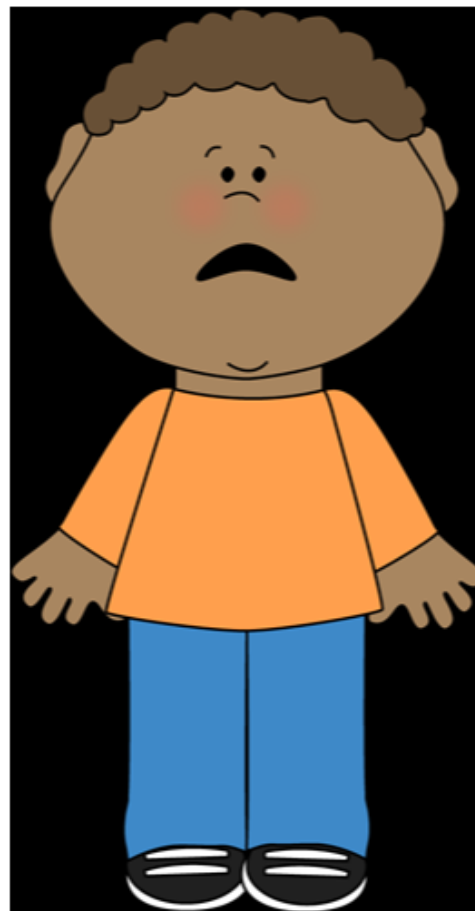
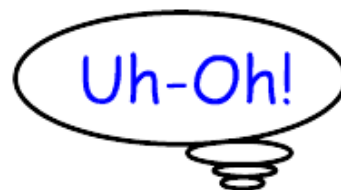
What words could you use if  
you were scared?



What would you do if  
you had these 'uh-oh'  
feelings?

What did the  
characters in the book  
do to feel safe and  
happy again?

If we don't feel safe ,  
we need to tell an adult.  
WHO COULD YOU  
TELL?



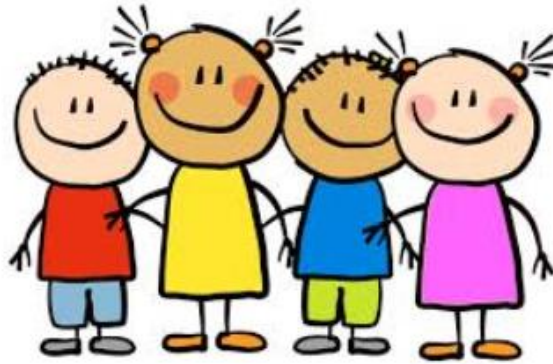


Listen to the music  
and see how it makes  
you feel...



# Lesson 3

## Body Awareness & Safe Touch



I can name parts of my body.

I know what touches I like and don't like.

I know I can tell someone if I don't like the way someone touches me

Are you ready to:

Listen to others?

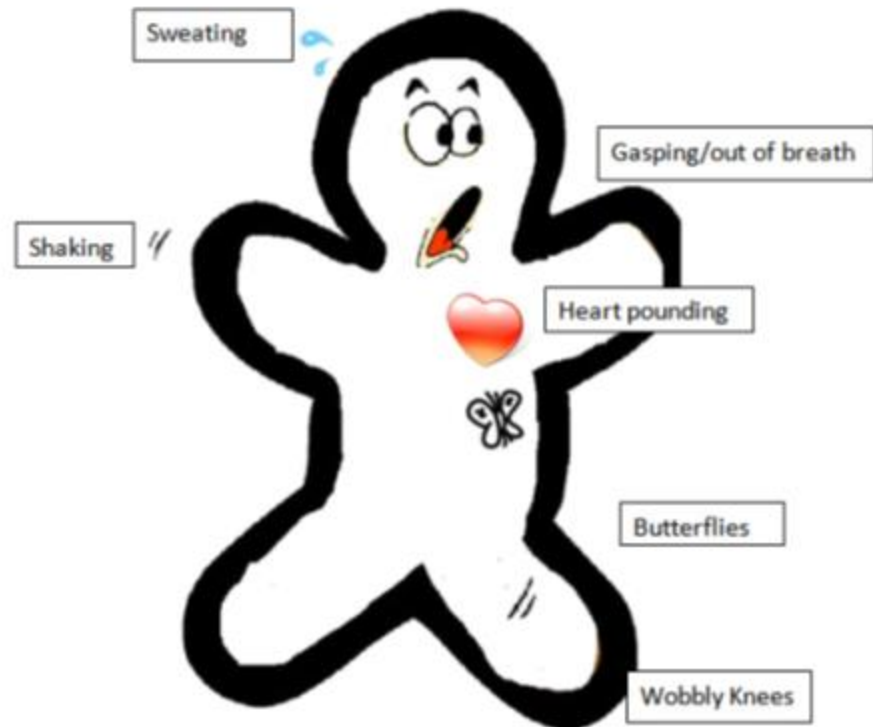
Take turns to speak?

Respect each other's ideas?

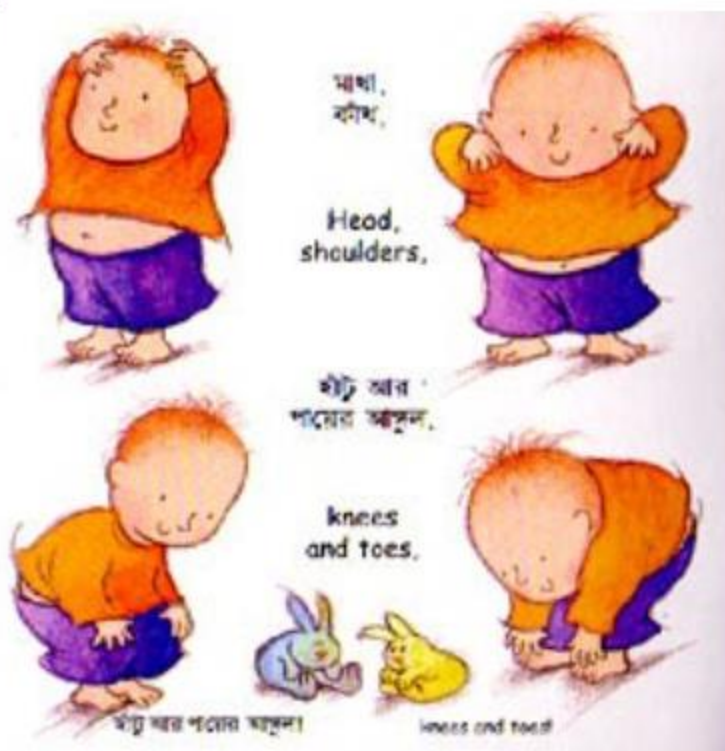
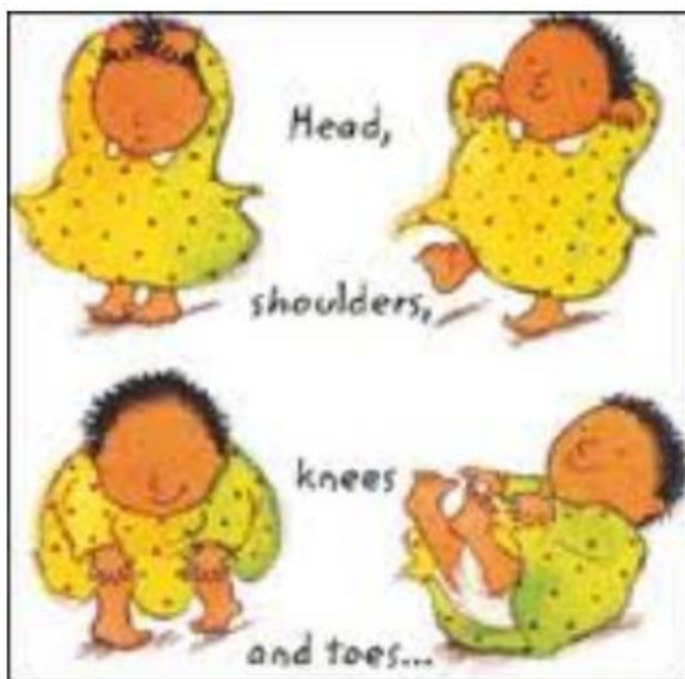
Think about what you share?

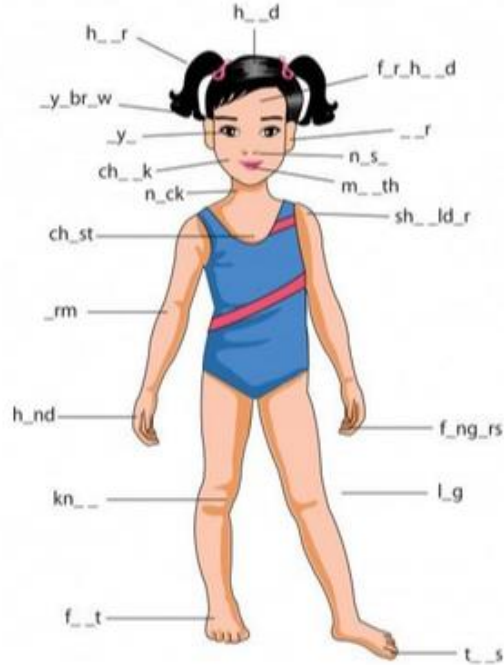


What do we call the feelings in our body when we are scared?



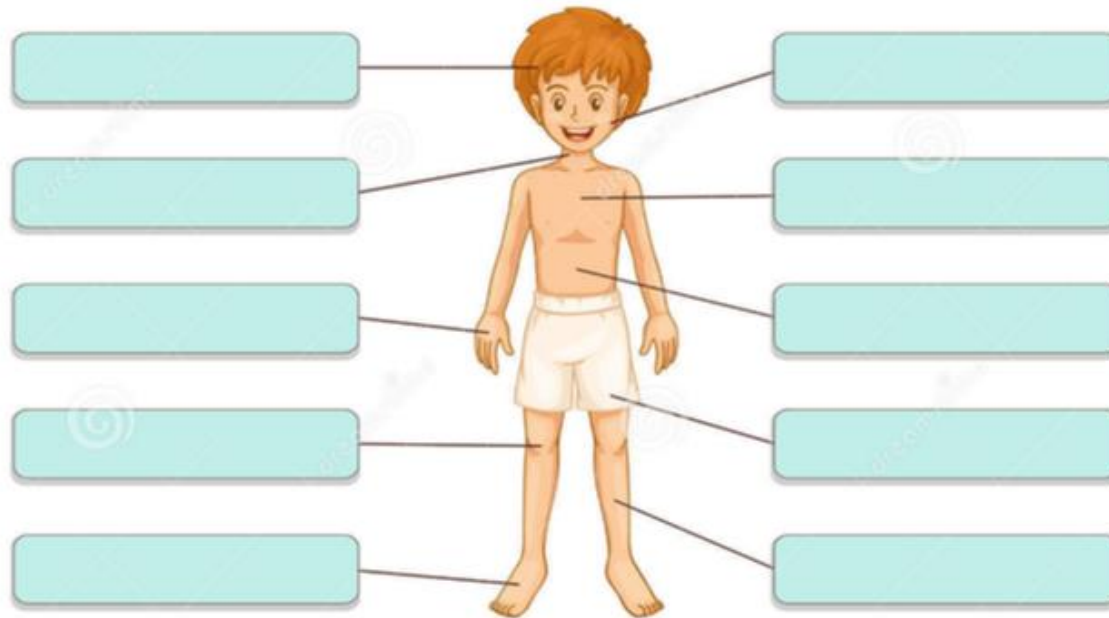






What other body parts  
can we think of?

What about the parts  
under the swimsuits?



# Can we label the bodies?

What are the differences?



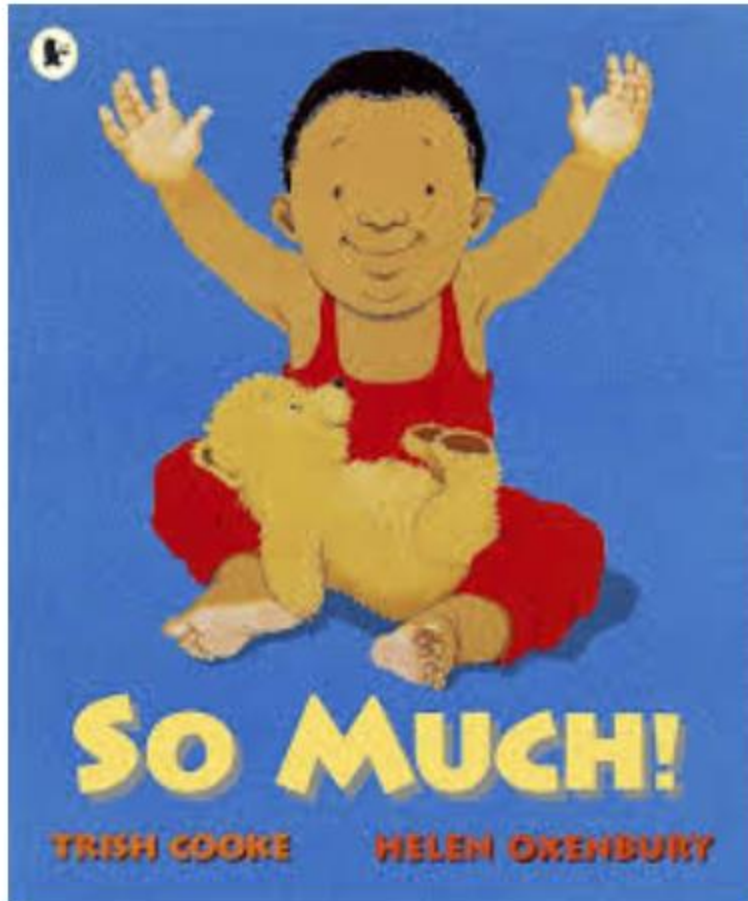
penis

vulva



anus

nipples  
testicles



-squeeze  
-kiss  
-eat  
-fight



# Saying "No!"

**Stop!**  
**I do not like it.**

When someone is hurting or annoying me I will:



1. Look at them.



2. Put my hand up in a 'stop' sign.




3. Say to the person,  
"Stop it, I don't like it."



4. If it doesn't work I will  
get help from a  
teacher.



Plenary:

We all have the right to  
feel safe and happy all the  
time! 

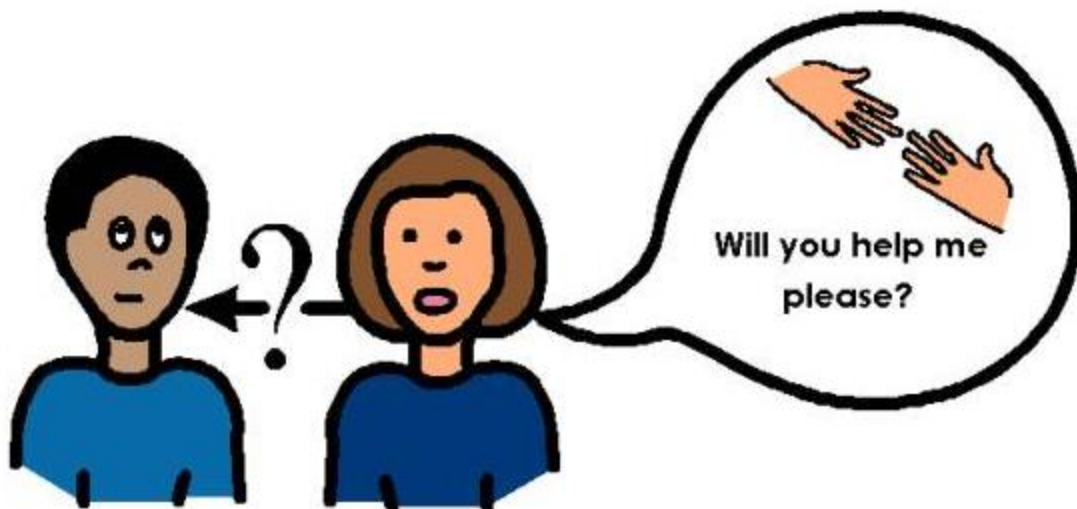
How do we know if we are NOT feeling safe?  
What can we do to help ourselves to feel safe  
again?

Listen to the music  
and see how it makes  
you feel...



# Lesson 4

## Getting help



I can say when I need help and know who to ask



Are you ready to:

Listen to others?

Take turns to speak?

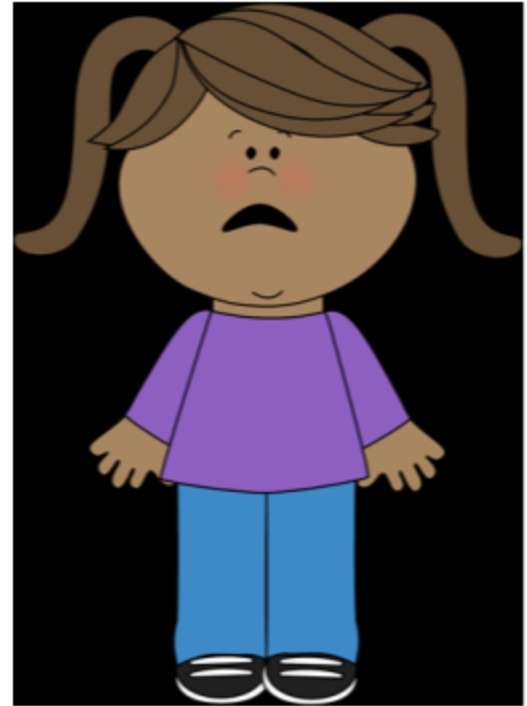
Respect each other's ideas?

Think about what you share?




"Uh Oh!"

Do you remember what  
do we call those  
feelings we get in our  
bodies if we  
feel unsafe?



What is a good thing to  
do if we get these  
feelings?





We all have the  
right to feel safe all  
the time

We can talk with  
someone about  
anything, even if it  
feels awful or small



# SILLY BILLY

The title 'SILLY BILLY' is rendered in large, colorful, blocky letters. The word 'SILLY' is on the top line and 'BILLY' is on the bottom line. A small child in a red shirt and green pants is integrated into the letter 'I' of 'SILLY'. Another child in a striped shirt and grey shorts is integrated into the letter 'Y' of 'BILLY'.

Anthony Browne



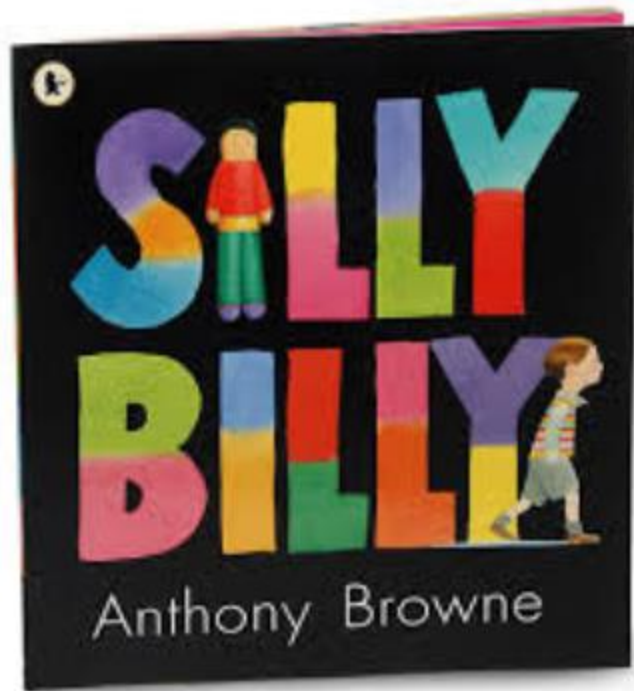
## Helping Hands



Who could we go to if we needed help or had our EARLY WARNING SIGNS?

Who would YOU put on your **helping hand**?





Meet our  
worry dolls!




Did the worry dolls solve the problem and  
stop it from happening again?

What could Billy do now?

# Remember our two important messages!

A blue speech bubble with a white border and a tail pointing towards the bottom right.

**“We all have  
the right to  
feel safe  
all the time”**

A yellow speech bubble with a black border and a tail pointing towards the bottom left.

**“We can talk with  
someone about  
anything, even if it  
feels awful or small”**

Let's try this relaxation activity together.



Imagine a favourite colour that makes you feel peaceful and safe.

imagine taking in that colour with each breath and sending it throughout your entire body as you breathe out.

Continue until you imagine being filled with your special, relaxing colour.