Grade 1 PHE Mini Lesson

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Curricular Competency: Describe ways to prevent and respond to a variety of unsafe and/or uncomfortable situations

Hazards & Potentially Unsafe Situations: Cars on the road, strangers

Lesson setup:

Introduction: Story about getting off the bus at the wrong stop with a friend, then not knowing where you are/how to get home

* How to avoid getting into the situation? (ie. how to tell people ‘no’, including friends)
* What to do once you’re in a place you don’t know?
* Who you could talk to in this situation?
* Who would be unsafe to talk to?
* How can you tell the difference between safe/unsafe strangers?

Worksheet of drawing out relationship circles:

Each student at the centre of the circle 🡪 family 🡪 friends 🡪 safe strangers (police, firefighters) 🡪 strangers

**Mini Lesson Activity:**

**Yes/No Mr. Wolf Game:**

Students line up at the end line of the gym, and the wolf stands at middle of gym. Wolf asks yes/no questions regarding safety, and students step forward if they answer yes, and stay where they are if they answer no. The objective of this game is to deepen student’s thinking regarding unsafe/uncomfortable situations.

* If a man you don’t know in a white van drives up and asks you to come with him, do you say yes or no?
* If a friend’s mom from your class asks you if you want to use her phone, yes or no?
* If someone without a uniform tells you they’re a police officer and says they can give you a ride home, yes or no?
* If your friend tells you to get off the bus at the wrong stop, yes or no?
* If you get separated from your family at the mall do you go to someone in the food court to ask for help, yes no? Do you go to a worker in a store, yes no?