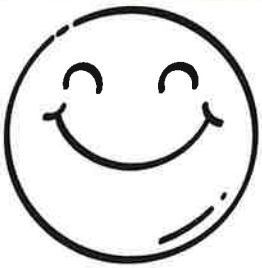
Name: Grade: Date:

GOOD & BAD ACTIONS

Grade k-2

Brainstorm some nice things people do or say, as well as some hurtful things people do or say. Put each one in the correct column.

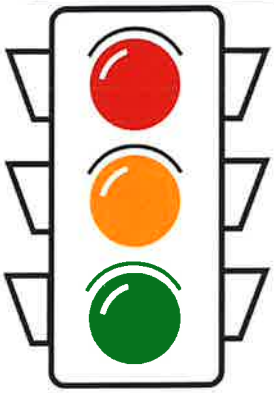


When this activity is completed, please return the finished worksheet to St Patrick's Faith Formation

BOUNDARIES STOP LIGHT

Grade K-2

Read each of the below examples.
Assign each situation to red, yellow, or green.



RED: _____

YELLOW: _____

GREEN: _____

A. Your mom or dad gives you a hug when you are sad

B. Your big brother's friend wants you to see something on his cell phone using the internet. Your family rule is that you can only use the internet with your mom or dad

C. A neighborhood friend has started to be mean to you. You don't know why your friend is acting this way

D. You are at the doctor and your mom is with you. The doctor checks your body to make sure it is healthy

E. You tell the leader when you accidentally break something in your classroom

F. You are walking home from school and someone you don't know well offers to give you a ride home. The person said she received a "text" from your mom to pick you up

G. Someone gives you a special gift and tells you not to tell your mom or dad.

H. A trusted adult wipes your tears when you fall down and hurt yourself

When this activity is completed, please return the finished worksheet to St Patrick's Faith Formation

MY SAFE ADULT PASSPORT

Grade k - 2

My name is _____

I am _____ years old.

A Picture of ME!

Safety Rules:

If someone says or does something that makes you uncomfortable:

1. Say, " STOP "
2. Try to Walk Away
3. Tell your parents or a Trusted Adult

Draw a picture of one of your safe adults in this box.

*Remember: Safe people won't hurt you without a good reason and won't intentionally confuse you. They listen, respect boundaries, and follow rules.

Some examples of Safe Adults are:

_____

_____

_____

_____

*Remember: special safe adults are the very few special adults who can see or touch a child's private body parts, but only for the purpose of keeping the child safe, clean and healthy. They have permission to help with bathing, restrooms, putting on clothes, and providing care when sick.

Examples of Special Safe Adults are:

_____

_____

Draw a picture of one of your special safe adults in this box.

Name: Grade: Date:

BOUNDARIES WORKSHEET

Grade 3-5

Read each of the below examples.
Assign each situation to red, yellow, or green.

Physical: An actual barrier that blocks or restricts something.	
Symbolic: A limit you can see that does not physically restrict you. You can choose to respect or ignore this limit.	
Internal: An understanding of a rule or limit that you carry in your head. Most of these are learned through experience or taught by those who care for us.	

1. Bathroom/bedroom door
2. Clothes
3. Video game with a parental warning on the label
4. School Building
5. Acceptable volume on a tablet or TV
6. Home/House
7. A Crosswalk
9. Seatbelt
10. Playing Field
11. You stop eating when you are full
12. "Do Not Enter" Sign
13. Password on an electronic device
14. Appropriate behavior in church and school
15. "Keep Off the Grass" Sign

When this activity is completed, please return the finished worksheet to St Patrick's Faith Formation

Name: Grade: Date:

STRESS AND PRESSURE

Grade 3-5

Consider the following four categories: academics, athletics, peers and family. Try to discover at least two healthy and unhealthy situations for each of the four categories, and write them below.

Academics	**Athletics**
Peers	**Family**

Choose one of the *unhealthy examples you wrote above and* write a 1-2-3 Plan to assist when you are stressed or pressured.

1- Name of a trusted adult _____

2- Action to be taken if a situation is unhealthy

3- Compose a short prayer:

When this activity is completed, please return the finished worksheet to St Patrick's Faith Formation

3-STEP ACTION PLAN

Grade 3-5

Complete the "Action Plan" below. Consider each of the scenarios and discuss examples of how to use the 3 step action plan for each scenario.

1. Use your voice, say, "_____"
2. Remove yourself from the situation-_____
3. Tell a trusted adult.
   My trusted adults are:

1._____

2._____

3._____

1. Your parents are out for the night. You are in your bedroom getting ready for bed with your door shut. Your babysitter comes in your room without knocking and you feel uncomfortable.
2. You are at a family reunion and a relative pulls you onto his/her lap and starts tickling you in a way that makes you uncomfortable.
3. Your coach always asks you to stay after practice so the two of you can talk. He doesn't do that with anyone else on the team and sometimes when he's talking to you, you feel uncomfortable with how close he sits or stands by you.
4. An adult you know has become very friendly to you. The extra attention and kind words make you feel special. Lately, he or she has been giving you small gifts and ask you not to tell your parents because they would not understand your special relationship.
5. You are in school. The classmate next to you keeps talking to you during class. This is distracting to you and you're afraid of getting into trouble.