

# Kids!

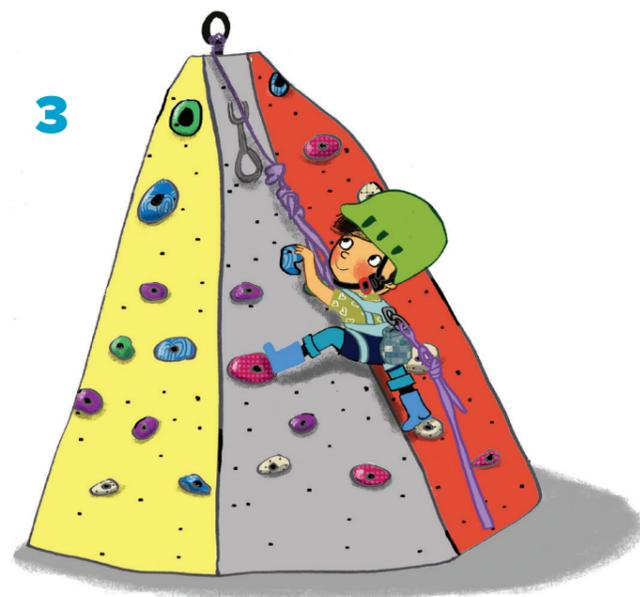
# DID YOU KNOW...?



**1** Everyone has the right to feel safe all of the time! If you don't feel safe, talk to a trusted adult about why you feel unsafe.



**2** We all have feelings and our feelings are always changing. If you ever feel worried, angry, sad or scared, talk to a trusted adult to help you manage and understand these feelings.



**3** If doing something is hard for you, keep on trying. Always say to yourself, 'I can't do it YET but I'm going to keep trying.'



**4** Every human on this planet is different but in all the BIG ways we are the same. We all have hopes and dreams, and we all have feelings.



**5** Showing kindness, respect and empathy to everyone, including our planet, makes the world a more peaceful and compassionate place.



**6** Everyone has the right to feel happy. If you are not feeling happy, talk to a trusted adult about what is worrying you.

As a child your job is to grow, learn, explore and have fun!  
Adults have the job of making sure you are okay and keeping you safe.



For children's books, free resources and lesson plans for this poster go to: [www.e2publishing.info](http://www.e2publishing.info)

# Social and Emotional Intelligence Lessons



**FOCUS:** *Kids! Did You Know...?* (poster)

Depending on the age of the children, the following lesson/s will take place over a number of sessions. Please adapt the lesson/s to suit the needs and ages of the children.

## KEY OBJECTIVES

### Children will understand that:

- they all have the right to feel safe all of the time
- our feelings are always changing and to talk to someone they trust if they feel worried or unsafe
- they need to keep trying even when things become hard (resilience)
- humans are more the same than they are different
- empathy and kindness are key to a compassionate and peaceful world

- they have the right to feel happy.

### In this lesson children will:

- discuss the above objectives in more detail.

### For the lesson you will need:

- *Kids! Did You Know...?* (poster)
- whiteboard markers
- coloured pencils, felt pens
- A4 paper

## Lesson 1

Discuss each of the six points in detail with the children. Ask them what each statement means to them. Spend as much time as necessary on each point.

## Ongoing Lessons/ discussions

Explore the following children's books (matched to each point featured on the poster) from Educate2Empower Publishing to further examine the points featured on the poster. *Note:* all of these books come with in-depth discussion questions to scaffold the children's learning.

**Poster Point 1.** *My Body! What I Say Goes!; Talking About Body Boundaries, Consent and Respect; No Means No!; Some Secrets Should Never Be Kept*

**Poster Point 2.** *Talking About Feelings, How Big Are Your Worries Little Bear?*

**Poster Point 3.** *Resilience, Who Am I? I Am Me!*

**Poster Point 4.** *No Difference Between Us; Pearl Fairweather, Pirate Captain; Who Am I? I Am Me!*

**Poster Point 5.** *You, Me and Empathy, Resilience* (both have sections on bullying)

**Poster Point 6.** *Talking About Feelings, How Big Are Your Worries Little Bear?*

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[www.e2epublishing.info/posters](http://www.e2epublishing.info/posters)