Lesson Plan--Personal Safety  
Grades Two - Three 

Lesson One 

OBJECTIVES:  
The students will: 
- Identify the goodness of rules that keep us safe by discussing why the family, school and society have rules and laws.  
- Describe positive characteristics they like about themselves and others by picking out good qualities from a list on Handout 2-3A.  
- Identify that all things have a purpose by naming good things they can do with items like apple, sun, house, person, and body parts like nose, ears, feet, teeth.  
- Identify what makes a good friend by naming that a friend always wants what is best for you. 

MATERIALS:  
- copy of “A Good Friend Handout” (Handout 2-3 A) for each child, crayons or colored pencils. A hanging mirror or a held mirror (optional) 

TEACH:  
We are starting on a special journey to learn about personal safety. We all know that God made us—and because God made us in His image and likeness, we are special. All people are made special. Old, young, big, little—all over the world—all people are special. 

God made the whole world for us to live in, to grow in, and to be together with each other learning to be the best we can so that we can all be with God in heaven for all of eternity. 

All things were made for a purpose—a reason. Let’s see if you can tell me a reason for each of the things I mention:  

(Mention each of the items below- let the students raise their hands and tell you what purpose they have. Affirm all true responses including things like “because we like it.”) 

- apple  
- sun  
- house  
- chair  
- cow  
- piano  
- ice cream  
- car  
- stairway  
- sandwich  
- baseball bat  
- person  

(Make a specific point about the purpose of persons. God made us to know Him and love Him on this earth and be happy with Him in heaven.)
Everything God made is good. Now let’s talk about some more specific things. “Why did God make ...” or “what is the purpose of” (Affirm true answers especially the GOOD purposes.)

- Identify the goodness of rules that keep us safe by discussing why the family, school and society have rules and laws.

- Describe positive characteristics they like about themselves and others by picking out good qualities from a list on Handout 2-3A.

- Identify that all things have a purpose by naming good things they can do with items like apple, sun, house, person, and body parts like nose, ears, feet, teeth.

- Identify what makes a good friend by naming that a friend always wants what is best for you.

God made all things good, but he also gave us free will. That means we can choose. We can choose to use things for good or not so good.

You can choose to use your feet to walk to a friend who has fallen down and help them up, or you can choose to use your feet to run and hide when its time to go to bed.

You can use your mouth to eat good food, or to say “thank you,” or to call someone a bad name. You can use your hands to help make cookies or set the table, or you can choose to use your hand to grab a toy away or hit someone.

What should we use our free will to do? Should we choose to use things for good or for bad?

Your choices help to make you the kind of person you will grow up to be. Good choices help to make you the kind of person God wants you to be.

Right now you are many things. You are a son or daughter. You are students, some of you are a brother or sister. What other roles or relationships do you have as a 2nd (or 3rd) grader?

*(Allow the students to name them...until they mention “FRIEND”)*

Being a friend is one of the most important jobs God has given us. We have friends all our lives.
Friends aren’t people who agree with everything we want or someone who will do everything we tell them to do. A friend is ALWAYS someone who wants the best for you!

*Write this on the board and have children repeat after you.*

Your mom and dad can be a friend when they make you go to bed or eat healthy foods—even if you get angry because you wanted to watch a show on TV or you would rather eat candy instead of green beans. If you ate candy all the time—it would not be what’s best for you.

We have rules everywhere—at home, at school, even when we play games. Rules are there to help us know what is good for us—like the rule about when to eat candy and when to eat healthier foods. We have rules so we can all get along and be the healthiest, happiest and safest we can be.

What are some of the rules at your house?

*Allow students to raise their hands and tell some of their “home” rules.*

We have rules for our group here too. We start at (whatever time you start your class/program). We wear clothing that is proper, for example we don’t wear our bathing suit or pajamas when we are here. Can you think of any other rules we have?

What would happen if we didn’t have rules about when to cross the street or where people could drive? *listen to answers*

What would happen if we didn’t have any rules? *accept answers*

God created each one of us in His image and likeness. Jesus came and showed us how to live with each other and taught us how to show respect to each other and to ourselves.

Inside ourselves we have a “conscience” that helps us to know what is right and what is wrong. It helps us to choose to do what God wants us to do. Our parents and other trusted adults help us to make sure our conscience stays healthy—to be able to figure out good from bad.

A friend is someone who wants what is best for us. Our friends help us have a healthy conscience.

→ A friend would help you to follow the rules.
→ A friend is someone who wants to help us be good and do the good things God wants us to do.
→ A friend is someone who helps us make good choices and who encourages us to be the best person we can be.
How do we feel when someone says “You are a good friend?”

(Distribute copies of “A Good Friend”. (Handout 2-3 A)

(Discuss some behaviors that might go along with each of the words. Have children circle in Blue the words that describe themselves.

Encourage the children to be honest about their own traits and think about how they can be a good or better friend.

Have them underline in Red all the words on the page that describe a good friend.

Ask children to draw a picture of themselves in the frame.)

Look at all of the words that have both a blue circle and a red line. You can be proud that you are a person who can be a good friend.

OPTIONAL ACTIVITIES:

- Have each child look at him/herself in the mirror and say out loud, “I can be a good friend.”

- On the back of your sheet the children can draw a picture of a person who is a ‘good friend’ to them.
A Good Friend

shares
encourages
listens
kind
careful
nice
rude
honest
comforts
tells the truth
leaves people out
makes fun
takes turns

Name_____________

1. Circle in Blue the words that tell about you
2. Underline in Red all the words that describe a good friend.
3. Draw a picture of you inside the frame.

CVOL (2 – 3) Lesson 1