

KidsOnAlert

Educate to Empower



FREE Body Safety

Activity & Colouring Sheets



Simple concepts to be discussed
with adult guidance.



- ✓ Feelings
- ✓ Privacy
- ✓ Consent













Name: _____

Date: _____

Public or Private?

Look at the pictures and decide if the activity is public or private.
The first one is done for you.

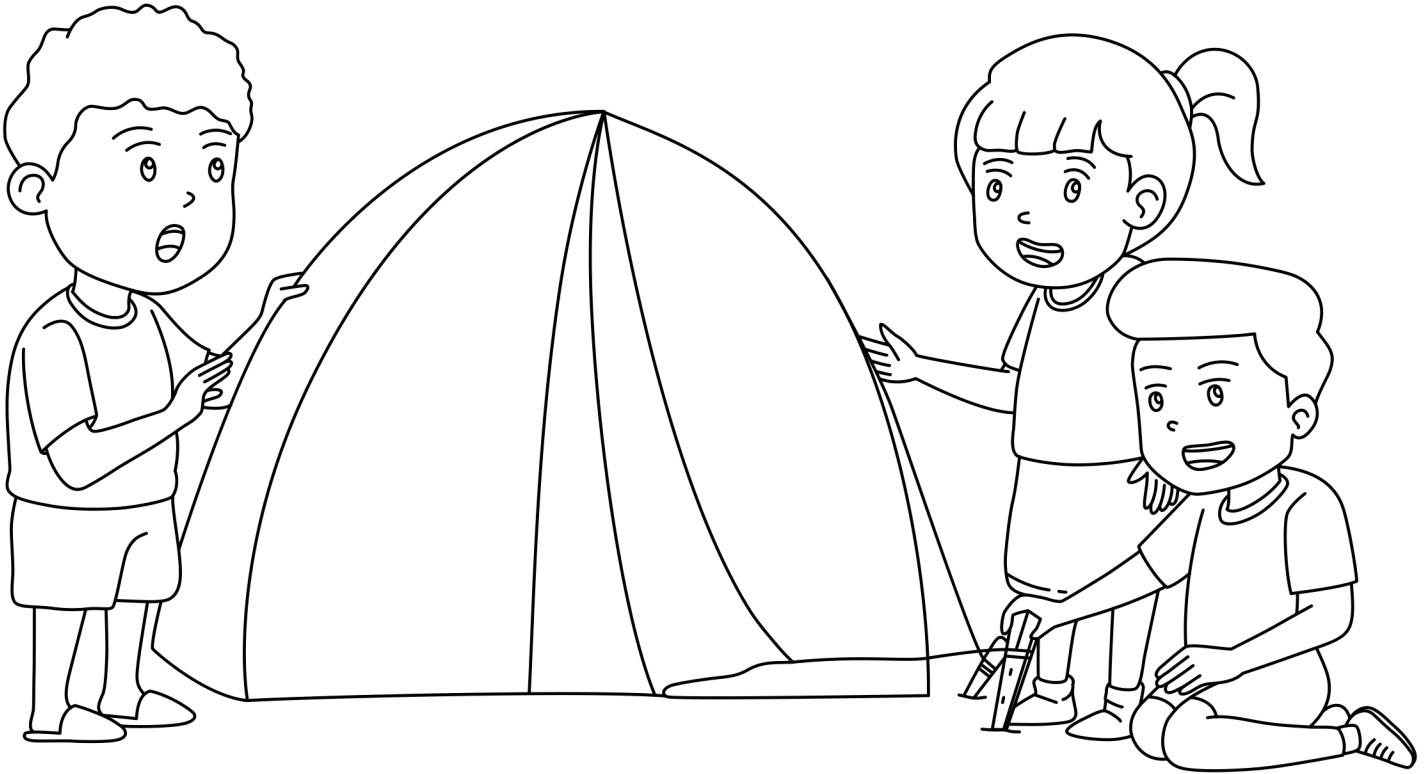
 <p>Sleeping</p> <p>Public / Private ✓</p>	 <p>Reading</p> <p>Public / Private</p>
 <p>Swimming</p> <p>Public / Private</p>	 <p>Changing Clothes</p> <p>Public / Private</p>
 <p>Playing</p> <p>Public / Private</p>	 <p>Studying</p> <p>Public / Private</p>
 <p>Eating</p> <p>Public / Private</p>	 <p>Bathing</p> <p>Public / Private</p>
 <p>Dancing</p> <p>Public / Private</p>	 <p>Watching TV</p> <p>Public / Private</p>

Name: _____

Date: _____

Public or Private?

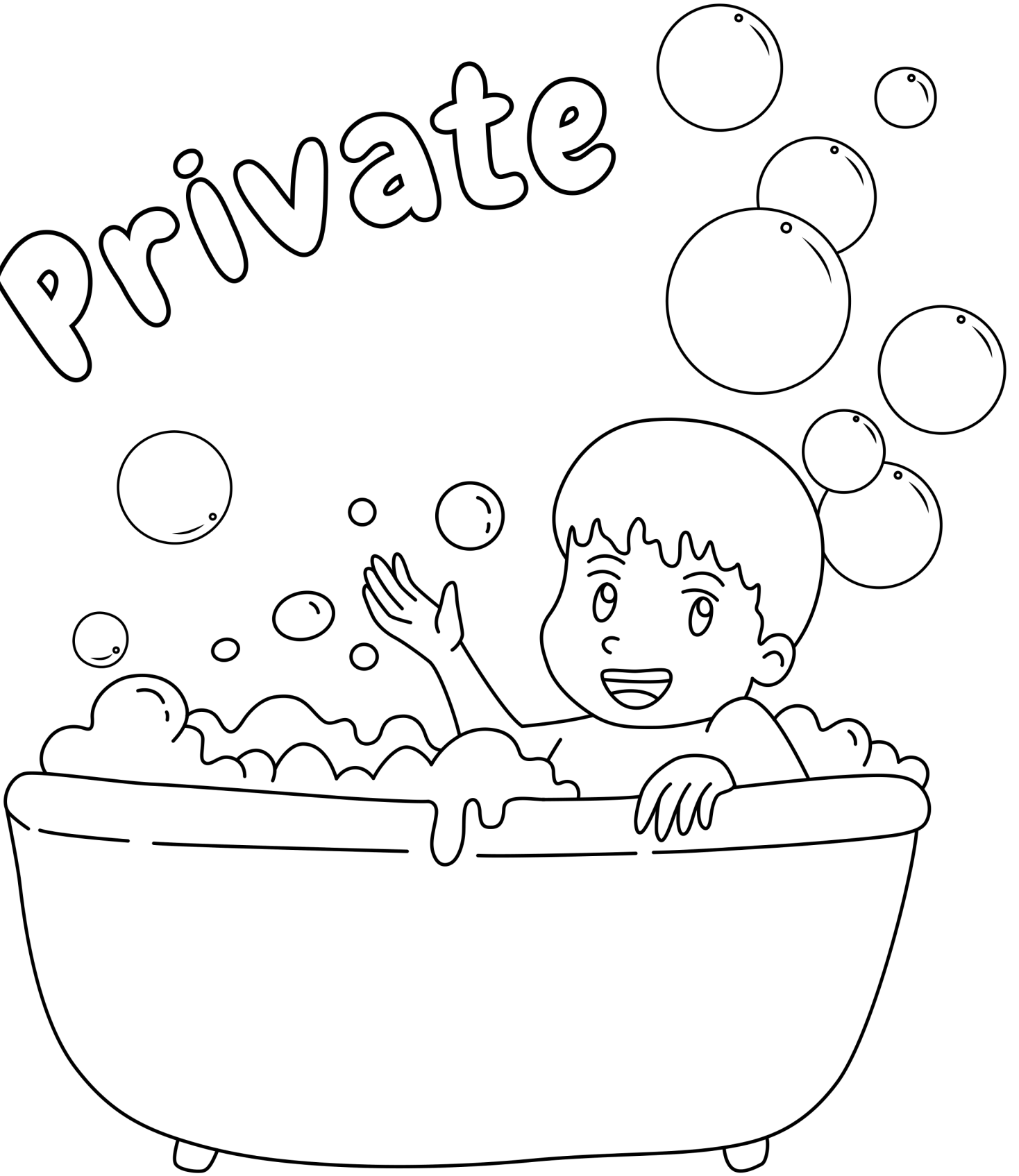
Label the part of this picture that is private (only for specific people) and the part that's public (where anyone can go). Then colour the picture and answer the question below.



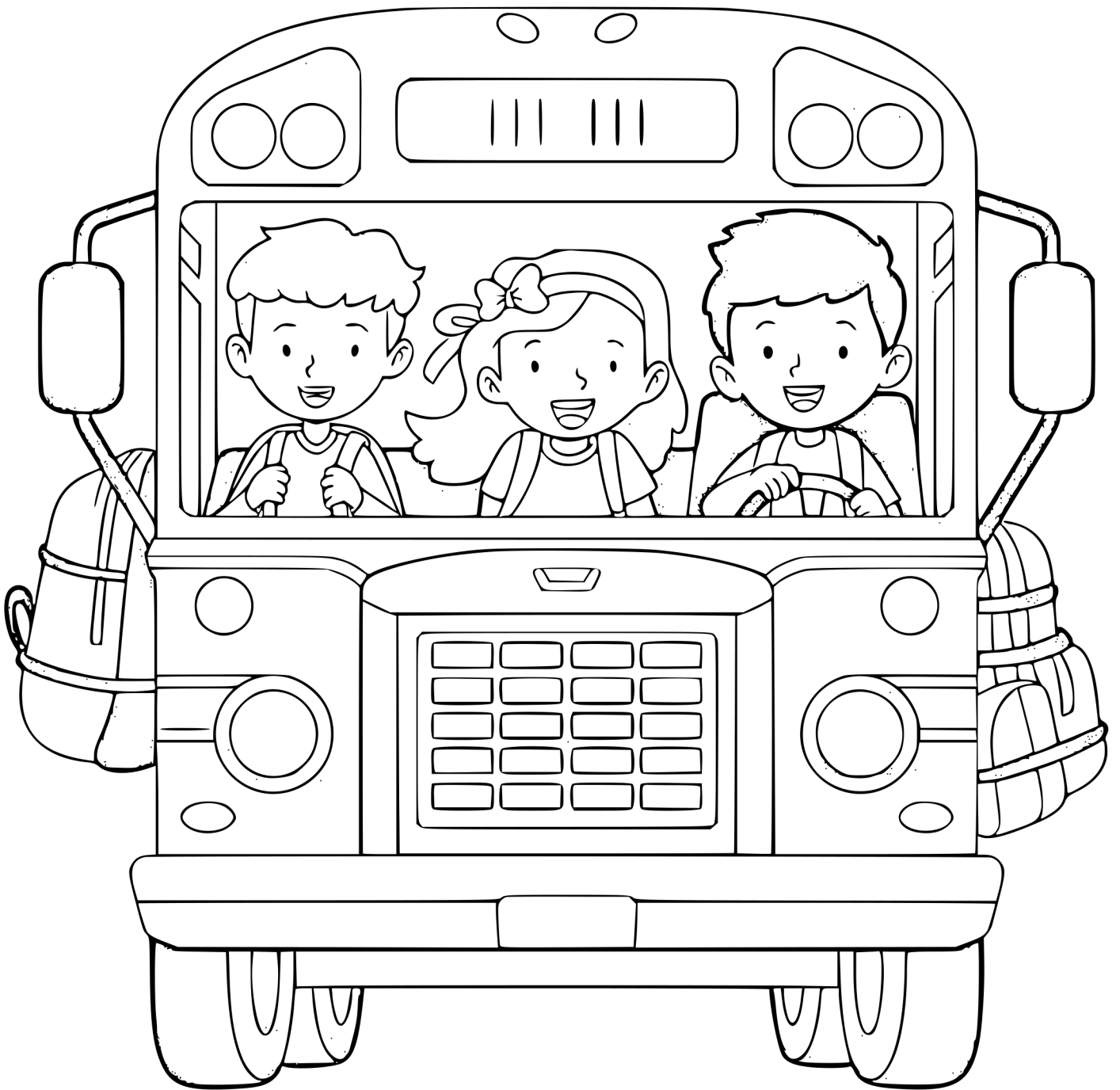
Write the names of two private spaces.

Write the names of two public places where anyone can go.

Private



public







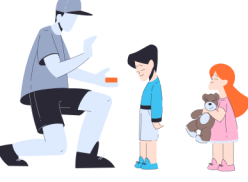



Name: _____

Date: _____

Safe or Unsafe?

Look at the pictures and decide if the activity is safe or unsafe.
Discuss these situations with your teacher or parent. The first one is done for you.

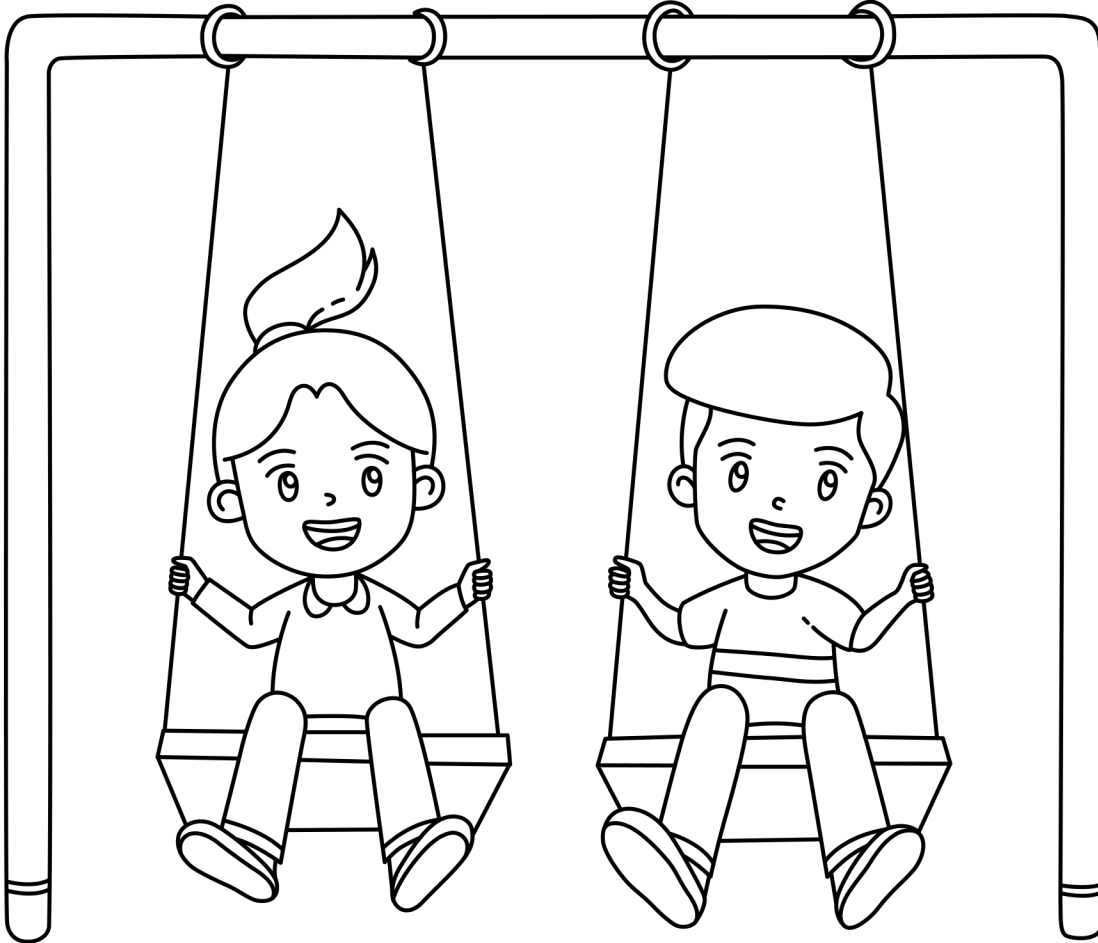
 <p>Hitting</p> <p>Safe / Unsafe <input checked="" type="checkbox"/></p>	 <p>Dragging a child away</p> <p>Unsafe <input type="checkbox"/></p>
 <p>Hug from mom</p> <p>Safe / Unsafe <input type="checkbox"/></p>	 <p>Threatening</p> <p>Safe / Unsafe <input type="checkbox"/></p>
 <p>Keeping secrets</p> <p>Safe / Unsafe <input type="checkbox"/></p>	 <p>Making fun of others</p> <p>Safe / Unsafe <input type="checkbox"/></p>
 <p>Bullying</p> <p>Safe / Unsafe <input type="checkbox"/></p>	 <p>Playing basketball</p> <p>Safe / Unsafe <input type="checkbox"/></p>
 <p>Getting gifts from strangers</p> <p>Safe / Unsafe <input type="checkbox"/></p>	 <p>Getting gifts on your birthday</p> <p>Safe / Unsafe <input type="checkbox"/></p>

Name: _____

Date: _____

Safe or Unsafe?

Colour the picture and answer the question below.



Is this activity safe?




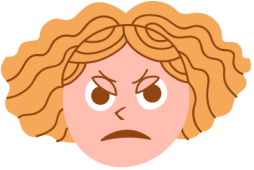




Think of two unsafe behaviours.

Name: _____

Date: _____

Feelings

Look at the pictures and circle the correct words.
The first one is done for you.

 <input type="text" value="Sad"/> <input checked="" type="text" value="Happy"/>	 <input type="text" value="Scared"/> <input type="text" value="Tired"/>
 <input type="text" value="Angry"/> <input type="text" value="Tired"/>	 <input type="text" value="Angry"/> <input type="text" value="Sad"/>
 <input type="text" value="Angry"/> <input type="text" value="Happy"/>	 <input type="text" value="Sleepy"/> <input type="text" value="Excited"/>
 <input type="text" value="Sad"/> <input type="text" value="Surprised"/>	 <input type="text" value="Tired"/> <input type="text" value="Worried"/>
 <input type="text" value="Excited"/> <input type="text" value="Nervous"/>	 <input type="text" value="Nervous"/> <input type="text" value="Calm"/>

FEELING FACES

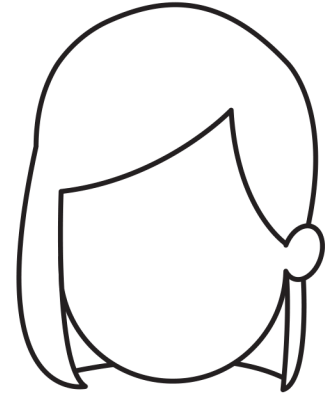
Draw the expressions on each of the faces to match the feelings:



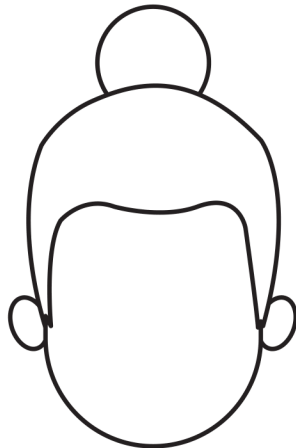
HAPPY



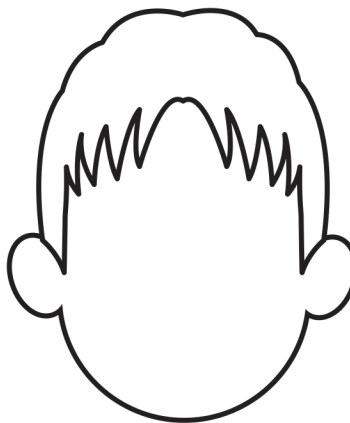
ANGRY



SAD



SILLY



SCARED



WORRIED



CONFUSED



TIRED



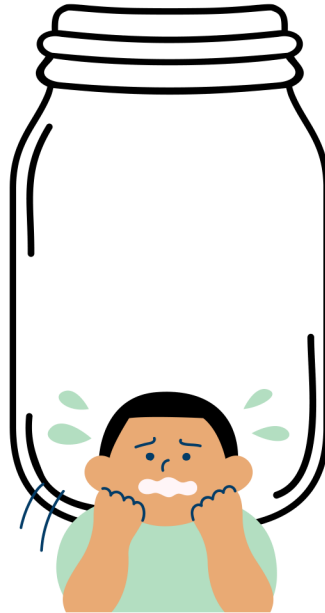
EXCITED

TODAY I FEEL...

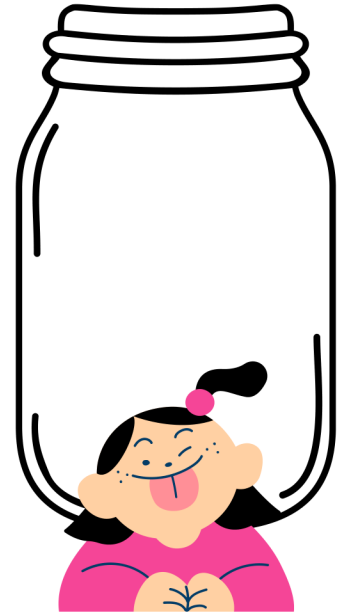
Color the jars according to how you feel today.



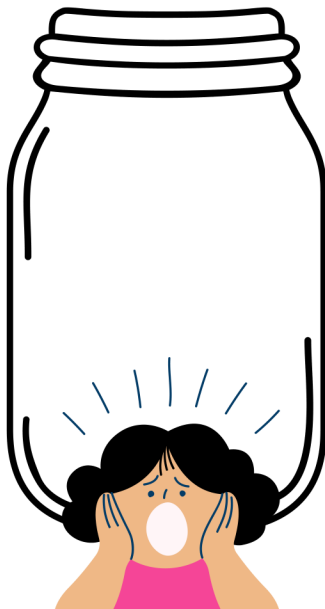
HAPPY



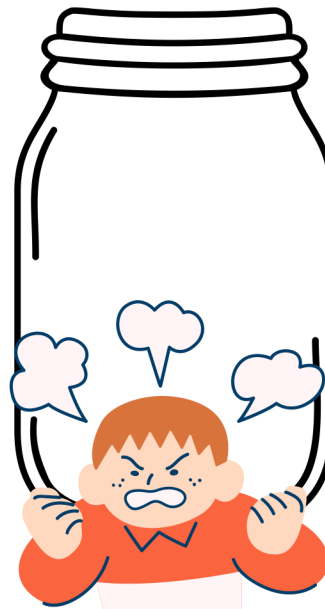
ANXIOUS



FUNNY



SURPRISED



ANGRY

Name: _____

Date: _____



ALL FEELINGS ARE OKAY!



When I feel upset, these are 5 things that make me feel better:

1. _____
2. _____
3. _____
4. _____
5. _____

When I feel upset, these are 5 things that make me feel worse:

1. _____
2. _____
3. _____
4. _____
5. _____

Name: _____

Date: _____

LET'S COUNT FEELINGS!

Count and write your answers in the chart below

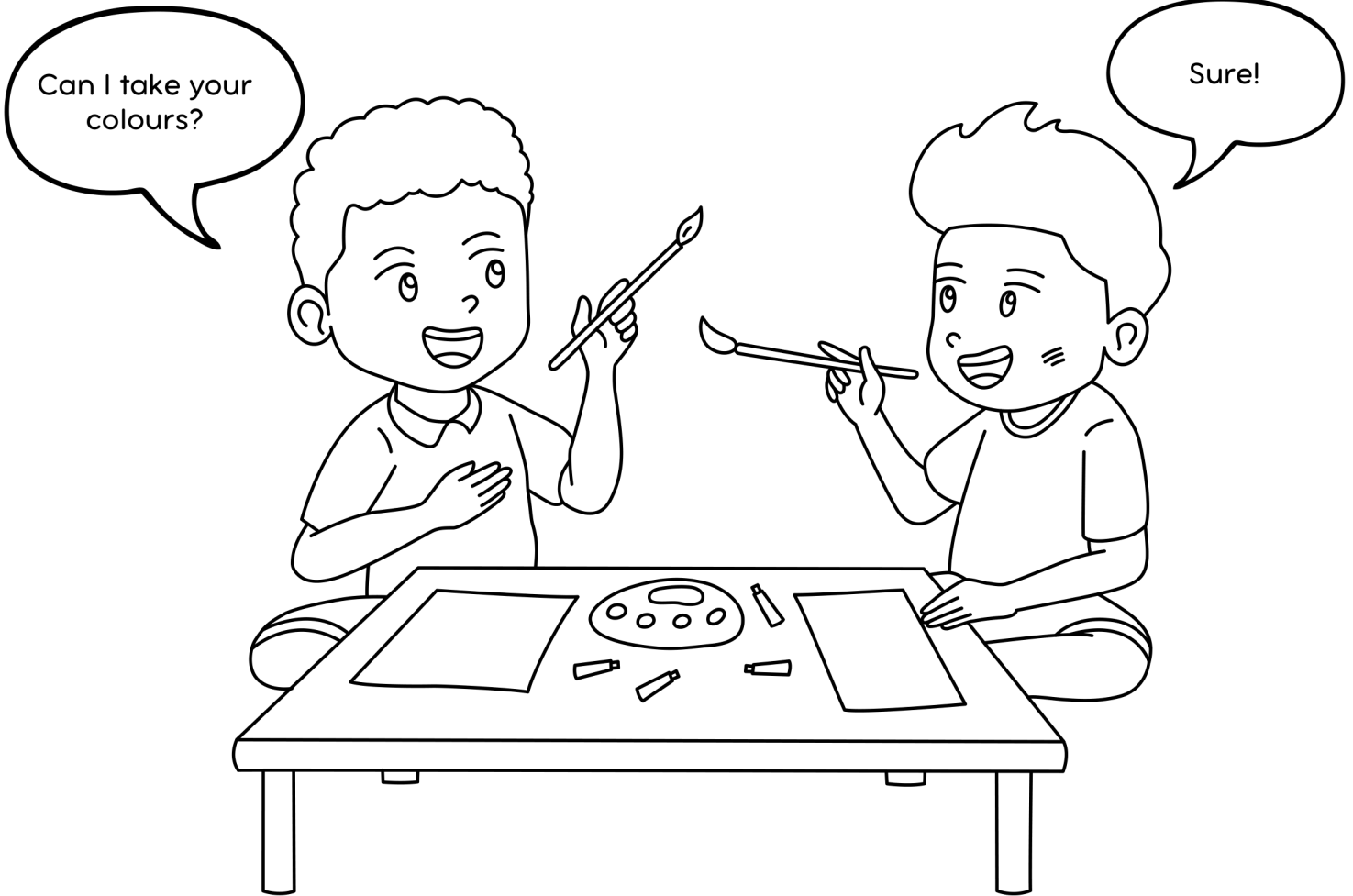


Name: _____

Date: _____

How to ask for consent?

Colour the picture and answer the question below.



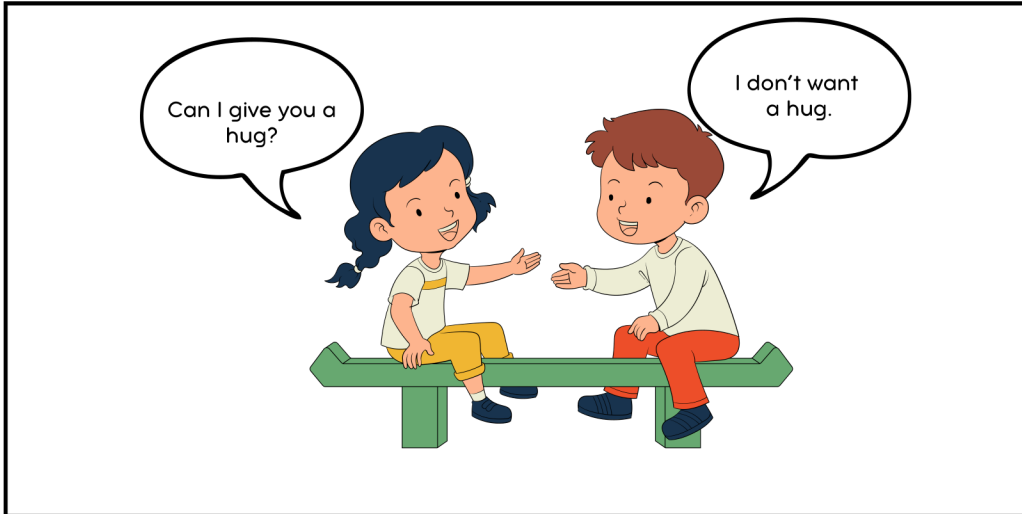
Can you recall two instances when you asked someone for their consent?

Name: _____

Date: _____

How to ask for consent?

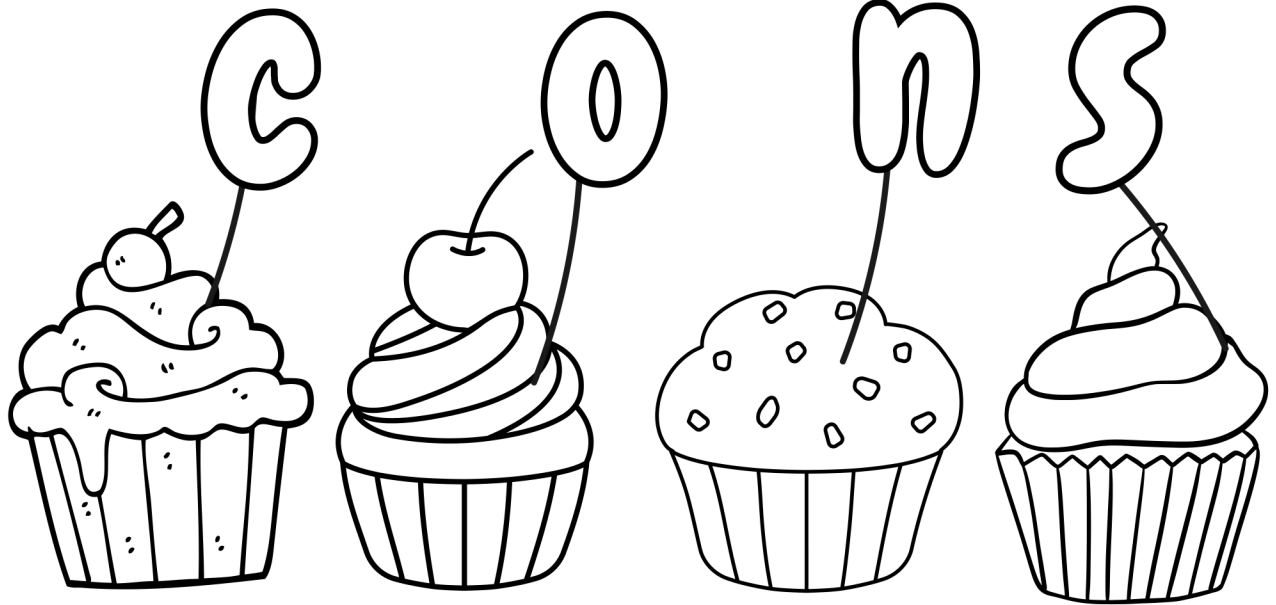
Consent is about asking for permission, listening to the answer and respecting the other person's decision. Discuss each of these situations with your parents. Did each one ask for consent correctly?



consent

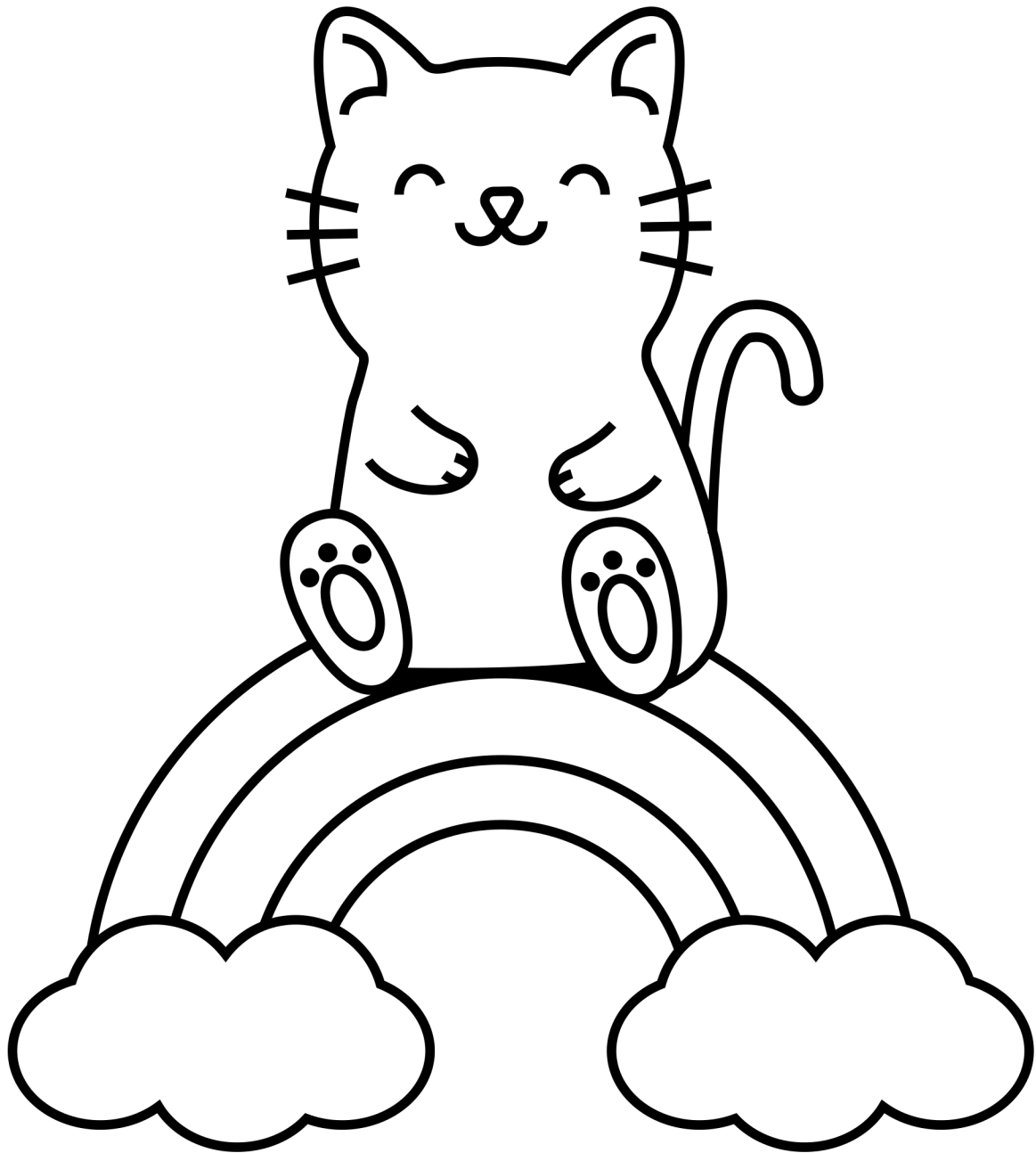
consent

consent



Consent is cool!

consent



is cool!!

Name: _____

Date: _____

What is a body boundary?

A body boundary is the personal space around a person's body that should be respected by others. You can let others know what kind of touch is okay for you - like a hug, kiss or no touch at all. It is also important to respect other's wishes about their body boundaries as well.

Colour the picture below and make the body boundary shown blue in colour.











Name: _____

Date: _____

Greeting without touching

Sometimes people just don't want a hug or a kiss or a pat on the back. It is important to respect their wishes. You can always greet others without touching as well. Or touching only their hands.

Look at the pictures and circle the ways to greet that do not involve any touching. The first one is done for you. Discuss with your parent which type of greeting you like best and why.

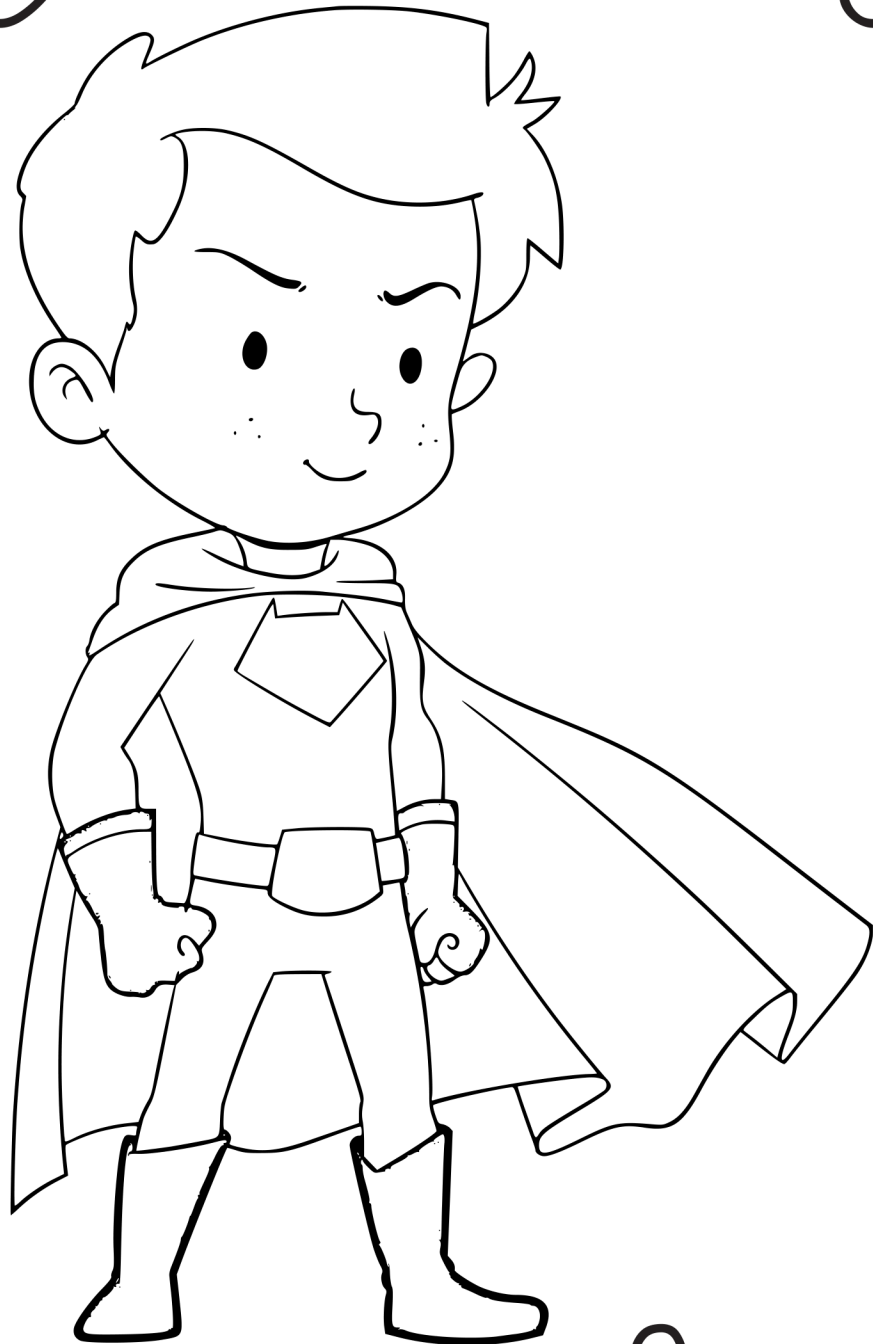
	<input checked="" type="checkbox"/> Namaste		<input type="checkbox"/> Hugging
	<input type="checkbox"/> Kissing		<input type="checkbox"/> Waving
	<input type="checkbox"/> Hi-five		<input type="checkbox"/> Saying Hello
	<input type="checkbox"/> Fist bump		<input type="checkbox"/> Shaking hands

My Body



My Rules

My Body



My Rules

Name: _____ Date: _____

My Body, My Rights

Complete the sentences below:

NO

one has the right to:



YES

I have a right to: