

SECOND GRADE: Building Boundaries for Young Children: Listening to Your Intuition

Child Development:

Second graders are generally friendly and eager, and they tend to know right from wrong. They like to be a member of a group, they want a best friend, and they want to perform well. They are beginning to feel influence from their peers as well as from their families as they continue their journey toward independence.

Lesson Overview:

The focus of the program for second graders is to continue to build behavioral boundary skills. The corresponding lessons are designed to reinforce the concept that because we know our feelings, we sometimes feel funny if we are asked to do (or we do) something that we know breaks the rules or seems dangerous.

Objectives for Second Grade Students:

Students will:

1. Learn what intuition is and how to listen to it.
2. Learn how to say no when intuition tells them to.
3. Learn how to tell a trusted adult when they feel their intuition is warning them about something.

SECOND GRADE: Lesson Plan A

Learning Objective 1:

Learn what intuition is and how to listen to it.

Estimated Lesson Time: 30 minutes

Materials needed:

Intuition Activity Page

Crayons or markers

Activity:

Teacher:

“What are your senses? (Touch, taste, smell...). Well you know, you have another sense, too. It’s called ‘intuition’.

It’s like a little alarm that goes off in your mind that something isn’t right. It is a signal that you need to do something to stay safe.”

[Teacher hands out the Intuition Activity Page.]

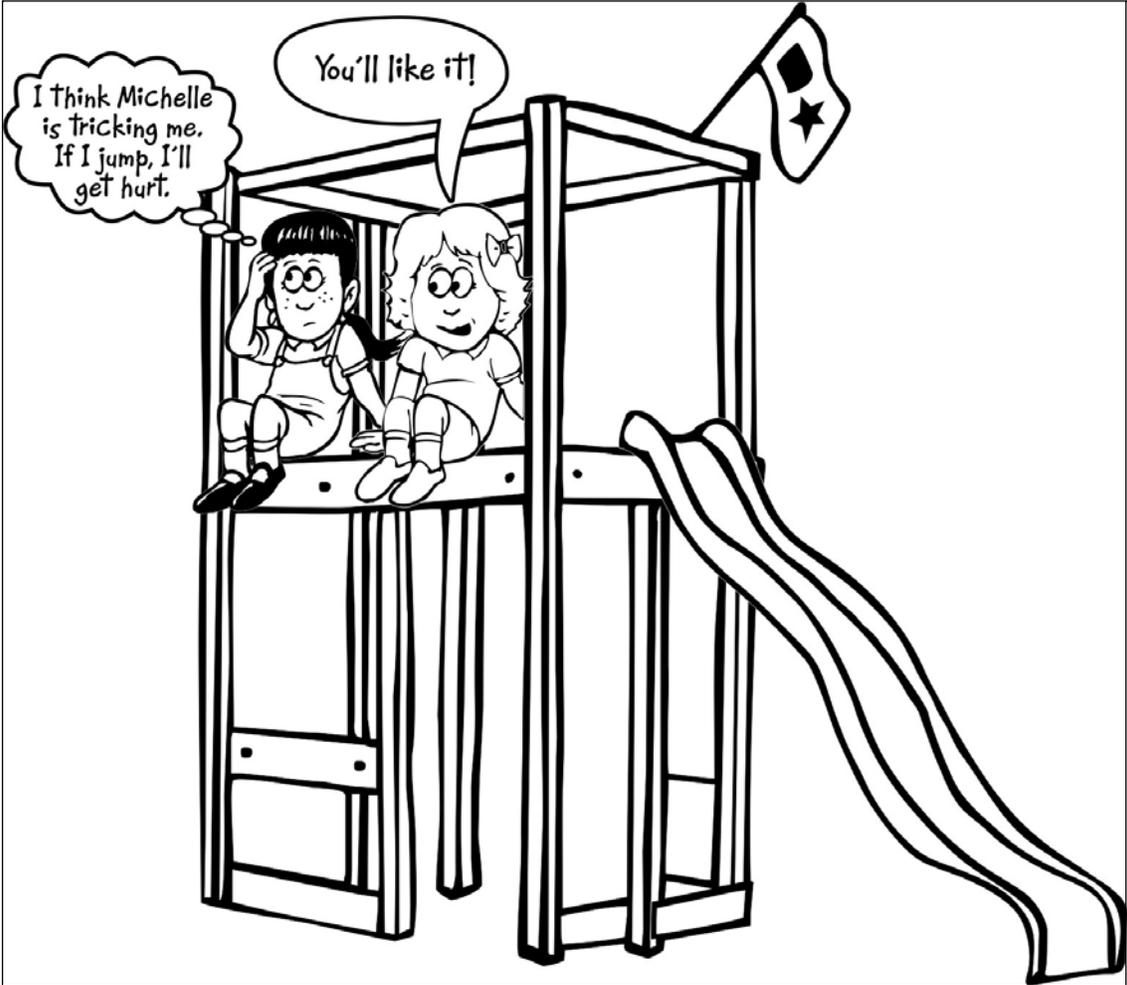
“This picture tells a story about how intuition keeps you safe.”

Michelle and Lacy were playing in Michelle’s backyard. They climbed to the top of Michelle’s jungle gym. Michelle said, ‘Lacy, jump off from the top here. It will feel like you’re flying.’ In the picture, Lacy’s intuition sends her an alarm that Michelle is asking her to do something unsafe. Lacy says to herself, ‘I think Michelle is tricking me. If I jump, I’ll get hurt.’

Name: _____

Intuition Activity Page

Lacy’s intuition is giving her a warning that she might get hurt.



What are some of the feelings that Lacy is having right now? Circle the ones you think she is feeling. [Teacher may need to point and read the following:]

- | | | | |
|---------|-------------|-------------|----------|
| Happy | Funny | Scared | Confused |
| Sad | Tired | Bored | Shy |
| Nervous | Embarrassed | Adventurous | Careful |

Teacher:

“How do you think Lacy feels?”

“What makes Lacy think she will get hurt? Can she predict the future? (NO). Then, how can she know?”

“The answer is = INTUITION. Sometimes intuition feels like a funny feeling in your stomach or it can make your heart beat really fast or it can even make it hard to breathe. When your body feels bad physically, and you’re having bad feelings, your intuition is warning you that something is not healthy or safe.”

Student Assessment/Reflection:

Ask students to tell about a time they had intuition.

SECOND GRADE: Lesson Plan B

Learning Objective 2:

Learn how to say No when intuition tells them to.

Estimated Lesson Time: 30 minutes

Materials needed:

None

Activity:

Teacher:

“Now we’re going to practice what to do when your intuition warns you that you may get hurt or get into trouble. Sometimes ‘intuition’ tells you when someone might be tricking you into doing something you don’t want to do or something that is not safe. Your intuition will even warn you if an adult is trying to trick you. Let me give you some examples.”

Saying “NO!”

Scenario 1: Your mom says that you cannot eat peanut butter because you are allergic to it. She says eating peanut butter can make you very sick, but Uncle David says it’s ok and offers you chocolate candy with peanut butter in it.

- ▶ **What does your intuition say to you? What will you say to Uncle David?**

Scenario 2: Tim’s dad has a new motorcycle. While riding by, he sees you in your yard and stops to offer you a ride. He says that he doesn’t have a helmet for you but that you don’t need one for a short ride anyway.

- ▶ **What does your intuition say to you? What will you say to Tim’s dad?**

Scenario 3: Emma shows you her cousin's gun. She tells you to pick it up.

- ▶ What does your intuition say to you? What will you say to Emma?

Scenario 4: Josh dares you to steal the teacher's favorite pen from her desktop. You don't want to. When you say no, Josh says that you are a "fraidy cat."

- ▶ What does your intuition say to you? What will you say to Josh?

Scenario 5: Your babysitter tells you that she has to run an errand. She says it won't take long and that you should stay home alone until she returns. It is late at night.

- ▶ What does your intuition say to you? What will you say to the babysitter?

Teacher:

“I’m going to say some things that children can say when they need to say No. Raise your hand if this is something you would feel comfortable saying.”

- ▶ “I’m not supposed to do that.” Who would say this? Say it with me now. “I’m not supposed to do that.”
- ▶ “That’s against my family rules.” Who would say this? Say it with me now. “That’s against my family rules.”
- ▶ “No, Thank you.” Who would say this? Say it with me now. “No, Thank you.”
- ▶ “I can’t. My parents would be mad at me.” Who would say this? Say it with me now. “I can’t. My parents would be mad at me.”
- ▶ “I’ll need to ask my mom/dad first.” Who would say this? Say it with me now. “I’ll need to ask my mom/dad first.”
- ▶ “No. I have to go now.” Who would say this? Say it with me now. “No. I have to go now.”
- ▶ “No. Let’s do something else instead.” Who would say this? Say it with me now. “No. Let’s do something else instead.”
- ▶ “No. I think that’s a bad idea.” Who would say this? Say it with me now. “No. I think that’s a bad idea.”

Student Assessment/Reflection:

Teacher:

“Intuition helps keep us safe. When your intuition tells you something is wrong, it is OK to say no – to a friend, to an adult, or even a family member. You always have the right to refuse to do something that makes you feel unsafe. At the same time, we should be respectful if a friend tells us that he or she does not want to do something. We should always respect one another’s intuition.”

SECOND GRADE: Lesson Plan C

Learning Objective 3:

Learn how to tell a trusted adult when they feel their intuition is warning them about something.

Estimated Lesson Time: 30 minutes

Materials needed:

Who Can You Tell? Activity Page

Activity:

Teacher:

“We have already learned about how to say no if your intuition tells you that something is not safe. The next step is very important - telling someone you trust. It might seem hard to do this but telling someone you trust helps make sure you are safe and healthy. Who would you tell if another person tried to get you to break the rules or do something that is not safe? How would you tell them? Let’s go over the scenarios we talked about last time and practice telling someone you trust about what happened.”

Who Can You Tell? Activity Page

[Teacher hands out Who Can You Tell? Activity Page]

Telling:

1. Make copies of the scenarios you read in the earlier discussion. Cut the page into strips with one scenario on each sheet.
2. Put the children in pairs.
3. Give each pair one of the scenarios. Ask each pair to read their scenario and decide how the child should tell.
4. Ask them to role play telling. One child should play the role of the person telling, and one should play the role of the one listening.

How will you tell? What will you say?

Ask kids to draw a circle around the person they would say this to.

Mom	Grandmother	Brother
Grandfather	Sister	Friend
Neighbor	Coach	Teacher
Priest	Aunt	Stranger
Sunday School Teacher	Counselor	Uncle
Other _____		

Name: _____

Who Can You Tell? Activity Page

Read the scenario the teacher gives you and your partner. Role-play how you think the child should tell an adult about the scenario.

Draw a circle around someone you would tell if someone tried to get you to break a rule. You can choose more than one person if you like.

Mom	Grandmother	Brother
Grandfather	Sister	Friend
Neighbor	Coach	Teacher
Priest	Aunt	Stranger
Sunday School Teacher	Counselor	Uncle
Other _____		

Student Assessment/Reflection:

Teacher:

“Intuition is important because it helps us stay safe. Listening to your intuition helps you know when something is wrong or will hurt you. Once you know that, you can refuse to do it, and you can tell someone you trust what happened.”