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# My Voice is Strong!

## Classroom Guide

*Trust your uh-oh feeling — it's your built-in alarm*

**CASEL Competency:** Responsible Decision-Making

**Grade Level:** Pre-K–2

**Duration:** 40–50 minutes

**Category:** Safety Magic

## Learning Objectives

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- Learn to recognize the "uh-oh feeling" — the body's built-in alarm system
- Understand that tricky people don't look scary — they look normal and act nice
- Practice the NO, GO, TELL protocol — say no, get away, tell a safe adult
- Know that it's ALWAYS okay to be "rude" to stay safe

## Overview & Preparation

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### Key Vocabulary

Uh-oh feeling • Tricky • Safe adult • Boundary • NO • GO • TELL • Body alarm • Trust • Permission

### Materials Needed

- The personalized story
- Body outline for "uh-oh" feeling location
- Safe adult identification cards
- Scenario cards
- Paper and crayons

## Before Reading

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### Connection Question

*Have you ever had a funny feeling in your tummy that told you something wasn't right? That's your body's alarm! What happened?*

### Background Building

Most people are kind and safe. But some people are "tricky" — and tricky people don't look like monsters. They look normal. They act nice. They might offer candy, ask for help finding a puppy, or say your parent sent them. In this story, the hero learns to trust the UH-OH FEELING — that tummy flutter that says "something's not right" — and use three powerful words: NO, GO, TELL.

## During Reading — Pause Points

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- **When the hero feels the uh-oh feeling for the first time** — The hero's tummy feels funny — that's the body's alarm! Where in YOUR body do you feel the uh-oh feeling?
- **When a tricky person tries a common trick** — This person seems nice but something feels wrong. What tricks is the person using? Why do they work?
- **When the hero uses NO, GO, TELL** — The hero said NO loudly, GOT AWAY, and TOLD a safe adult. Why are all three steps important?

## Discussion Questions

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1. The story says tricky people don't look like monsters — they look normal and nice. Why is that important to know?

↳ If tricky people looked scary, would they be successful at tricking?

2. The "uh-oh feeling" is your body's alarm. Where do you feel it? What does it feel like?

↳ Has your uh-oh feeling ever been right? What happened?

3. NO, GO, TELL — why do you need all three steps, not just one?

↳ What if the tricky person says "don't tell anyone"? What should you do?

4. Is it rude to say NO loudly to an adult? The story says being "rude" to stay safe is ALWAYS okay. Do you agree?

↳ Who are the safe adults in your life that you can always TELL?

## Facilitation Tips

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Use the term "tricky people" rather than "strangers" — most harm comes from known adults, not strangers. Emphasize that the uh-oh feeling is NEVER wrong, and that children have PERMISSION to be loud, rude, and physical to stay safe. No adult should ask a child to keep a secret from their parents.

## Emotional Payoff

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*The hero discovers their body has a built-in alarm system that's been there all along. They are not helpless — they have a VOICE and FEET and safe adults who will ALWAYS believe them. NO, GO, TELL transforms a scary scenario into an action plan.*

## After Reading Activities

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### **NO, GO, TELL Drill**

Duration: 15 min | Materials: Open space

Practice scenarios: teacher plays "tricky adult." Child practices: 1. Say NO loudly (project voice!), 2. GO — run to a safe zone, 3. TELL the safe adult what happened. Repeat with different scenarios until the response is automatic.

### **Uh-Oh Feeling Body Map**

Duration: 10 min | Materials: Body outline paper, crayons

On a body outline, children color WHERE they feel the uh-oh feeling (tummy, chest, shoulders). Label it: "This is my body alarm." Discuss: your body is smart. When it says "uh-oh," LISTEN.

### **My Safe Adults List**

Duration: 10 min | Materials: Paper, crayons

Draw and name 5 "safe adults" you can always TELL: parents, teacher, neighbor, relative, coach. These are people who will BELIEVE you and HELP you. Keep this list somewhere you can see it.

## Writing Prompts

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- Draw your uh-oh feeling. What does it look like? What color is it? Where does it live in your body?
- Write the NO, GO, TELL steps and draw yourself doing each one.
- Draw your "Safe Adults Team" — the 5 people you can always tell. Why did you choose them?

## Home Connection

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### Family Letter

Dear Families,

Today we practiced personal safety through "My Voice is Strong!" Your child learned to trust their uh-oh feeling (the body's built-in alarm), identify tricky behavior (not tricky-looking people), and use NO, GO, TELL. Please reinforce: your child has PERMISSION to be loud, "rude," and physical to stay safe. No adult should ever ask a child to keep a secret from their parents.

Here is how you can continue this learning at home:

- Ask: "Who are your safe adults?" Make sure they can name at least 3
- Practice saying NO loudly together — project from the belly!
- Role-play: "What would you do if someone offered you candy to go with them?"

With warmth,

Your Child's Teacher

### Related Books

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- My Body Belongs to Me by Jill Starishevsky
- The Berenstain Bears Learn About Strangers by Stan & Jan Berenstain
- Not Everyone Is Nice by Frederick Alimonti
- I Said No! by Zack and Kimberly King