



My Voice is Strong! — Lesson Plan

Grade: Pre-K–2 | Duration: 40–50 minutes | CASEL Domain: Responsible Decision-Making

Objective: Students will learn to recognize the uh-oh feeling, identify tricky behavior, and practice the NO, GO, TELL protocol.

Essential Question: *"What should you do the MOMENT your body says 'uh-oh'?"*

Materials: The personalized story, Body outline for "uh-oh" feeling location, Safe adult identification cards, Scenario cards

Vocabulary: Uh-oh feeling, Tricky, Safe adult, Boundary, NO, GO, TELL, Body alarm, Trust, Permission

ANTICIPATORY SET (5 MIN)

Ask: "What does your tummy feel like when something isn't right?" Discuss. "That's your body's ALARM. Today we learn what to do when it goes off."

DIRECT INSTRUCTION (15 MIN)

Read aloud. Pause at the uh-oh feeling. Pause at the tricky behavior. PRACTICE NO, GO, TELL physically. Emphasize: being "rude" to stay safe is ALWAYS okay.

GUIDED PRACTICE (10 MIN)

NO, GO, TELL drill with practice scenarios. Practice loud voice projection.

INDEPENDENT PRACTICE (10 MIN)

Create an uh-oh body map and safe adults list.

CLOSURE (5 MIN)

Chant together: "NO! GO! TELL!" Name your safe adults.

ASSESSMENT

Can children demonstrate NO, GO, TELL? Can they name 3+ safe adults? Exit ticket: "What is the uh-oh feeling and what should you do?"

DIFFERENTIATION

Support: Use visual step cards. Practice in pairs for quieter children.

Extend: Create a "Body Alarm Guide" for younger students. Design a poster for the school.

HOME CONNECTION

CRITICAL: Send home safe adults worksheet. Practice NO, GO, TELL scenarios at home.
