

ECHD 121: Wellness in Young Children ~ Spring 2024 ~ In-Class Presentation

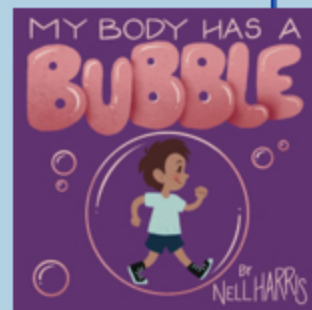
Our Focus

Our presentation focuses on the topic of personal space and establishing boundaries.

Our featured lesson plan assists the preschool child with understanding situations of when and where touch is acceptable.

Additionally, children will develop the ability to defer unwanted touch in a safe and respectful manner.

Our lesson plan involves an engaging read-aloud related to establishing personal boundaries and spaces, followed by an interactive group activity.



Our Lesson: Personal Space Pac-Man!

Materials Needed:

- 1 hula-hoop per student
- Large, open floor space
- Masking Tape

Directions:

- Each child will be given a hula-hoop and directed to stand on a tape line.
- Children will hold the hula-hoop around themselves and walk like "Pac-Man" avoiding touching peers hula-hoops or personal space.
- If a child bumps into a friend or steps off the line, they must sit in their hula-hoop, clap 3 times, then rejoin the game!



Lesson Objectives

- Children will understand the difference of autonomy versus anatomy regarding personal touch.
- Children will identify alternate options for affection.
- Children will recognize when it is acceptable to initiate physical contact.
- Children will demonstrate an understanding of how to defer touch safely and respectfully.
- Children will apply this knowledge in and out of a classroom setting.

References

- Marotz, L.R. (2020). *Health, safety, and nutrition for the young child* (10th Ed.). Stamford, CT: Cengage
- S. B. (2021b, May 26). *How to teach children body autonomy and consent*. Star Bright Books YouTube. (2023, April 5).
- Harris, N. (2023). *My body has a bubble*.