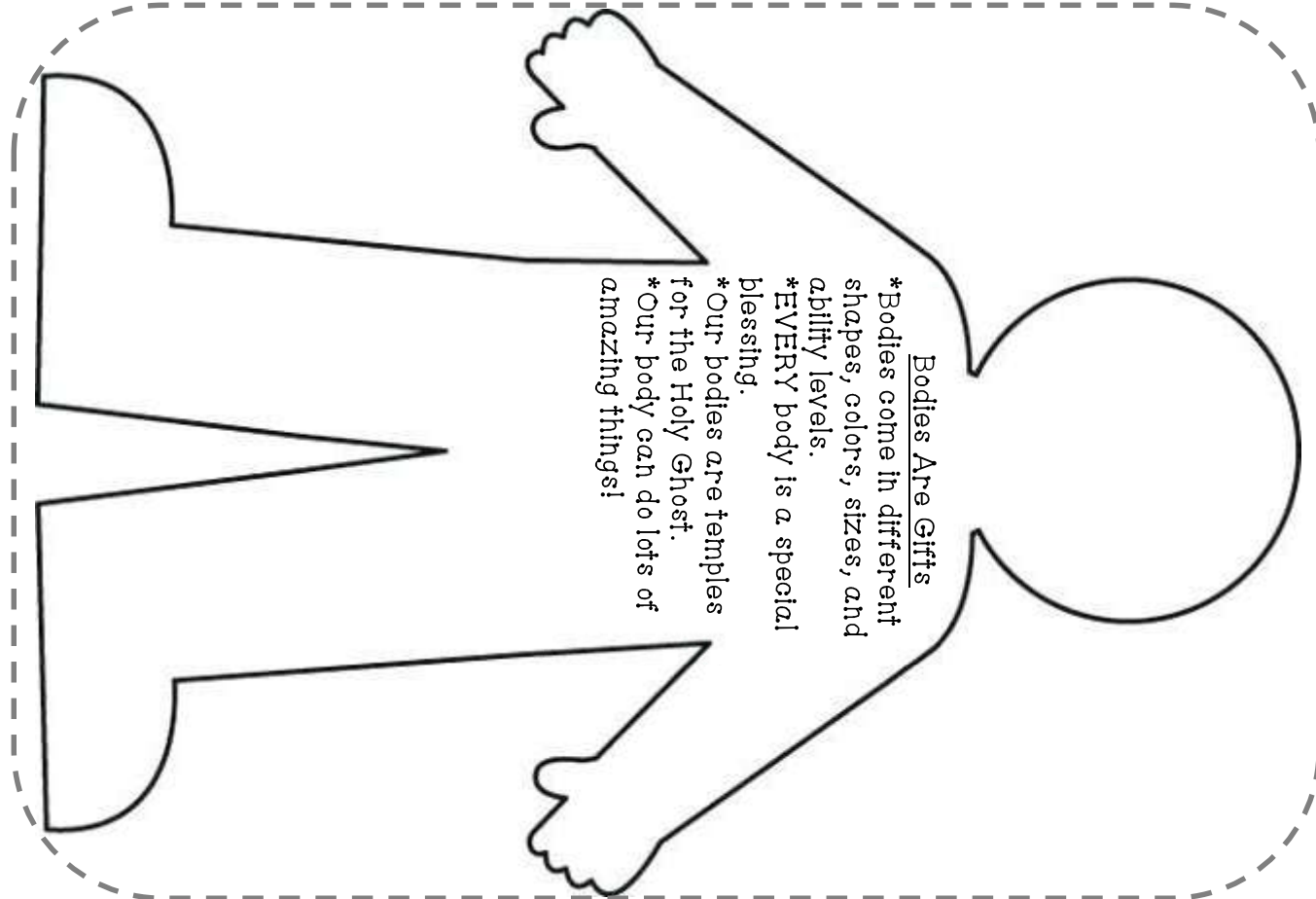
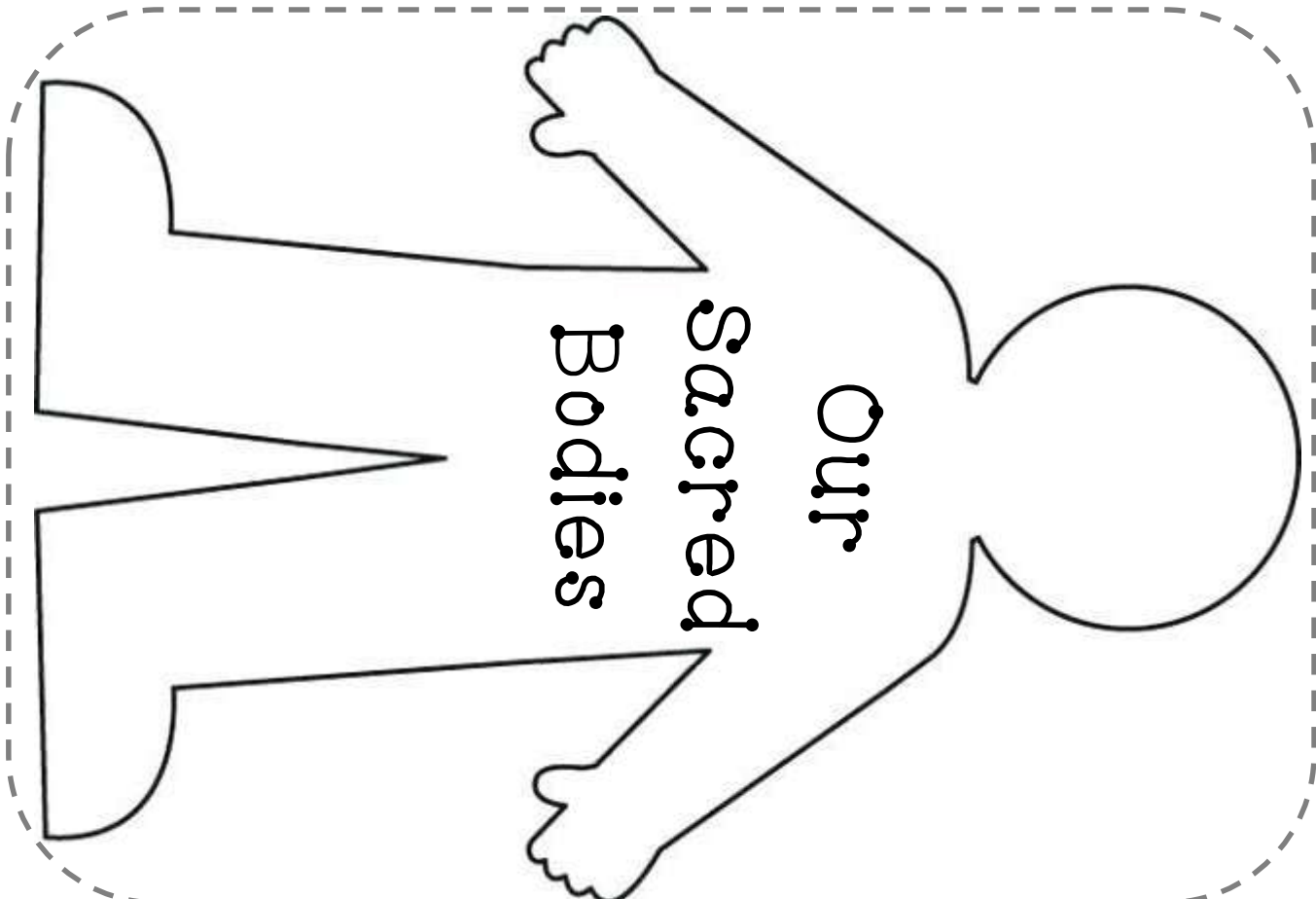
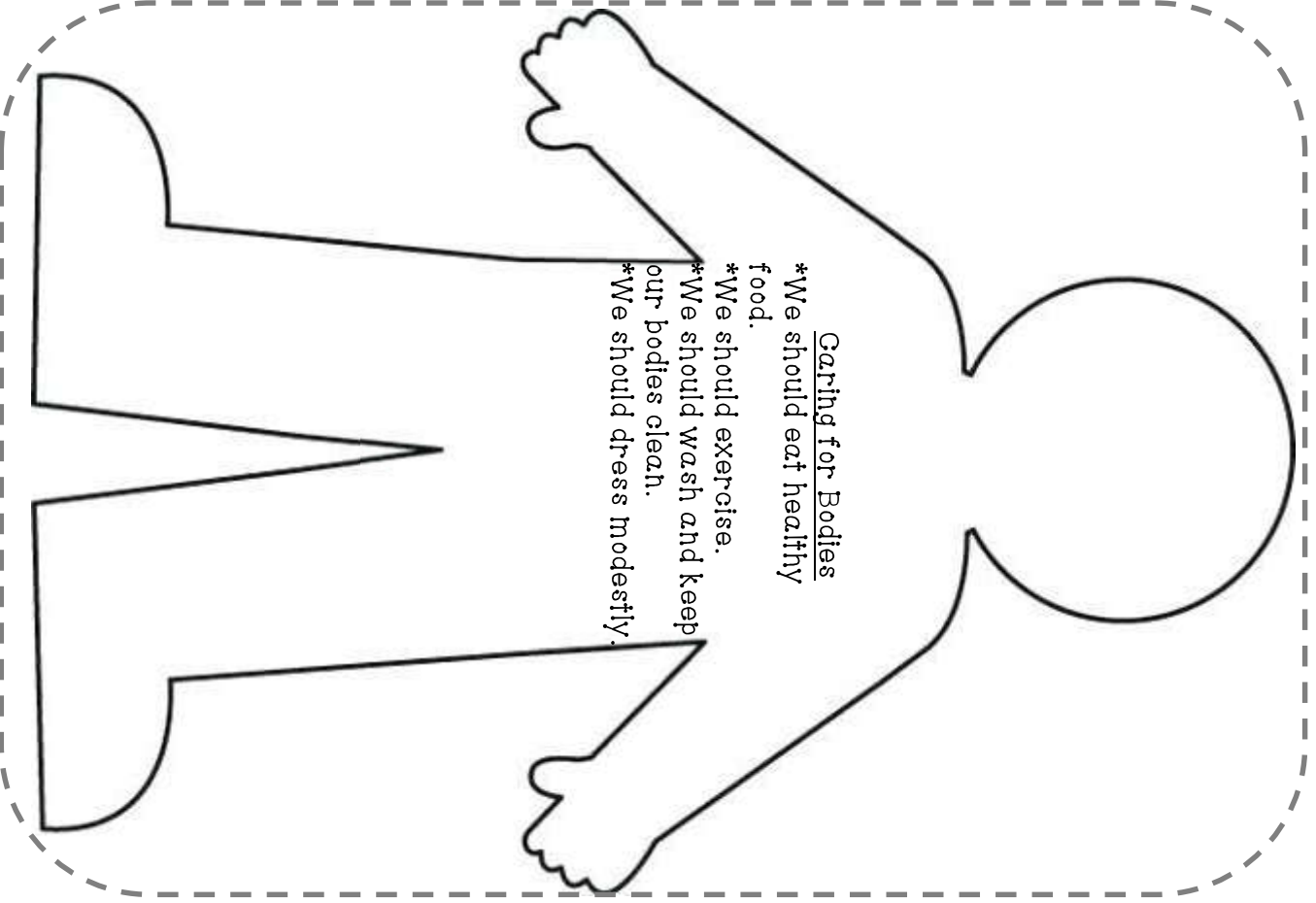


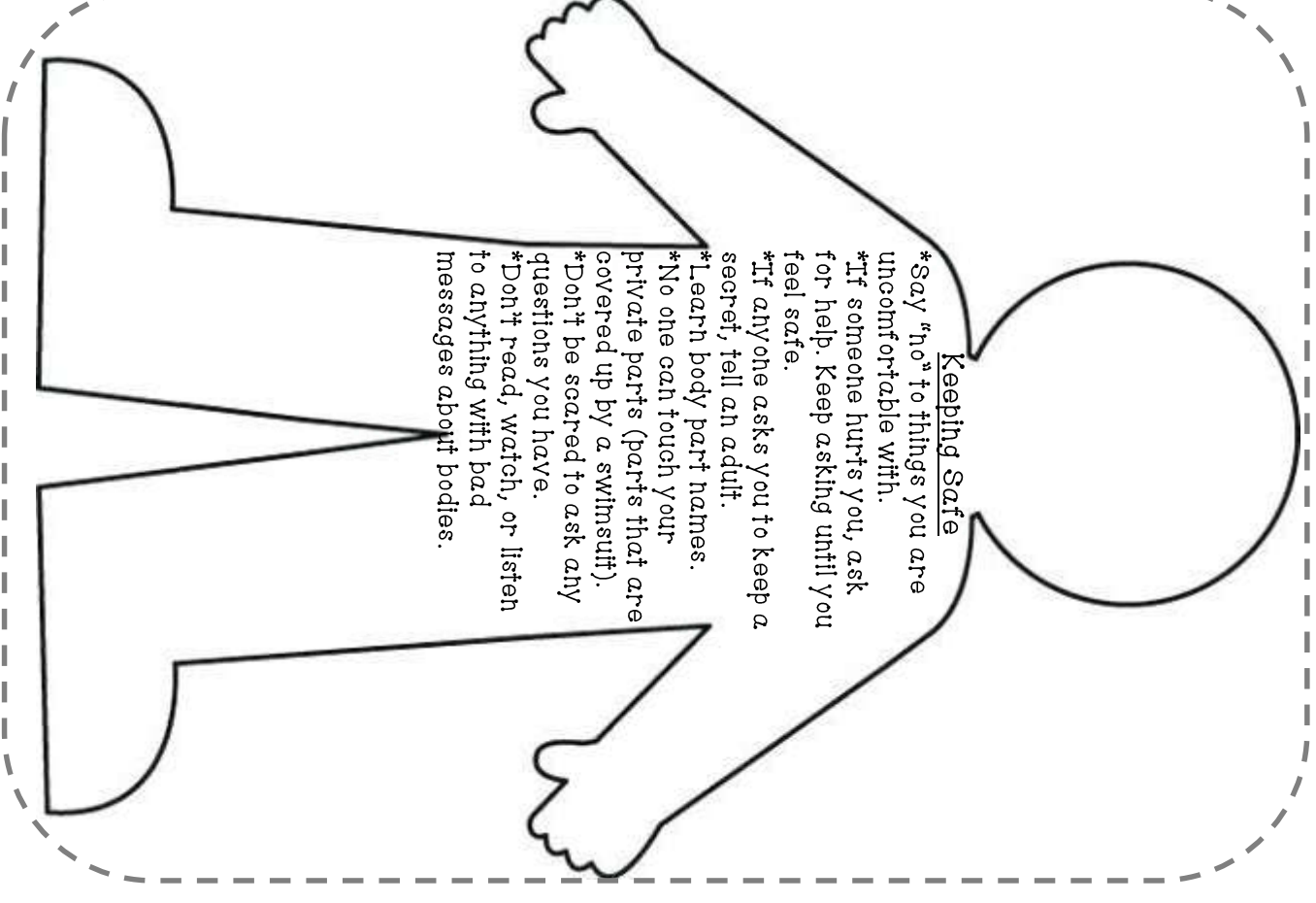
Our Sacred Bodies Booklet – Cut out the pages from this booklet and hide them around the room. As they find each one, read and discuss it in as much detail as needed. For the "I'm grateful for my body" page, have them say reasons they like their bodies, cool things they can do because they have bodies (play soccer, listen to music with ears, eat snacks with their mouths), etc. Then staple them all together into a booklet.





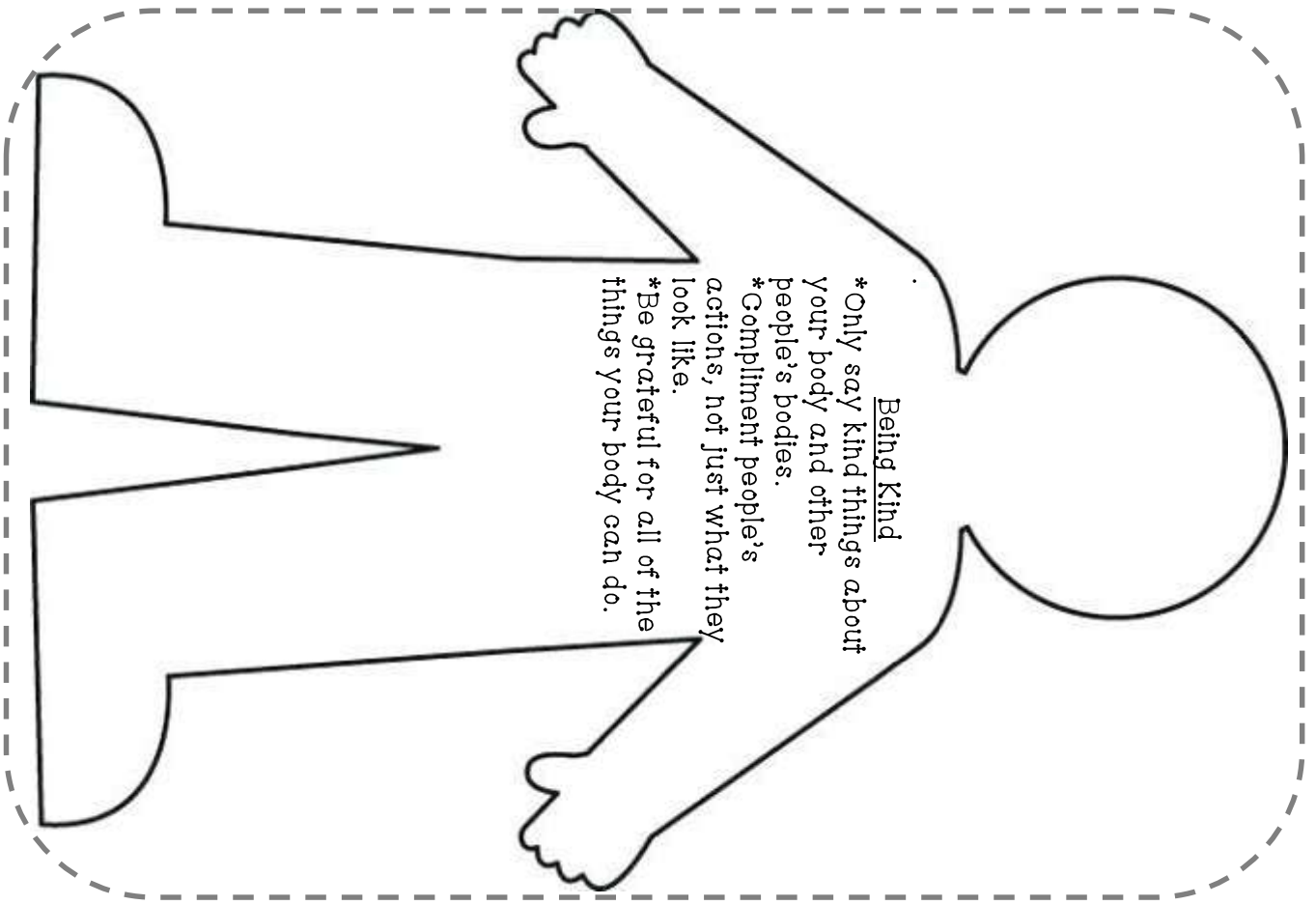
Caring for Bodies

- \*We should eat healthy food.
- \*We should exercise.
- \*We should wash and keep our bodies clean.
- \*We should dress modestly.



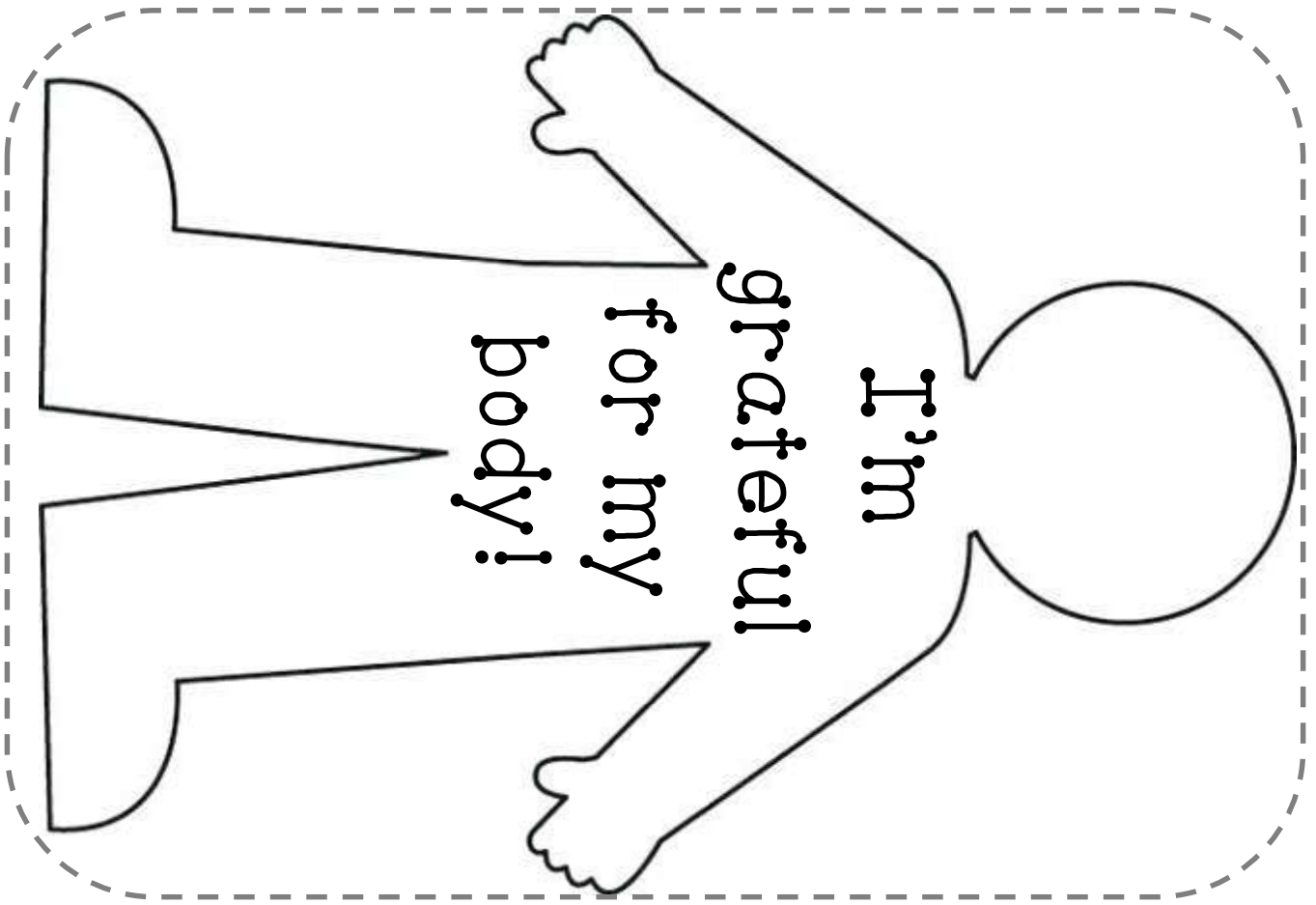
Keeping Safe

- \*Say "no" to things you are uncomfortable with.
- \*If someone hurts you, ask for help. Keep asking until you feel safe.
- \*If anyone asks you to keep a secret, tell an adult.
- \*Learn body part names.
- \*No one can touch your private parts (parts that are covered up by a swimsuit).
- \*Don't be scared to ask any questions you have.
- \*Don't read, watch, or listen to anything with bad messages about bodies.



Being Kind

- \*Only say kind things about your body and other people's bodies.
- \*Compliment people's actions, not just what they look like.
- \*Be grateful for all of the things your body can do.



I'm  
grateful  
for my  
body!