



Lesson 2

Sunny People and Stormy Behaviors

Being Kind and Respectful

Presenter Overview:

Grades 1-2

By talking openly with youngsters about what constitutes healthy, respectful family and social relationships, we set behavioral expectations, which helps children better recognize aggressive and exploitive behaviors. Knowing about such behaviors, practicing assertiveness, and asking for help from a Trusted Adult are covered in upcoming lessons.

Most children are NOT sexually abused. However, about 1 in 4 girls and 1 in 20 boys report experiencing childhood sexual abuse before age 18 (Finkelhor et al, 2015). Nine in 10 children who are sexually abused are abused by someone the child and family personally knows - and often trusts. Notably, 1 in 3 children who are sexually abused are abused by another child, usually an older/stronger child or teen (Finkelhor, 2012).

To maintain a balanced perspective, we assure children that most people are kind, safe and protective of children. Of course, there are exceptions, and weather provides a wonderful analogy.



Faith Formation

Just as the weather changes, people can be “sunny one day, stormy the next.” St. Paul is a good example: he was all about the storm at first. He did not just persecute Jewish Christians, he hunted them down. After his conversion experience, the Son came out for him. We have been told and shown by Jesus’ example, the specific conditions by which we should live. It is up to us to “walk as a child of the light.”
“...thus says the Lord, who created you...and formed you... I have called you by name: you are mine.” Isaiah 43:1

Closing prayer:

*Loving and gracious God,
 help us to remember to always think first and stay safe.
 Help us to be pure of heart.
 And this we pray in Jesus’ name. Amen.*

Key Points:

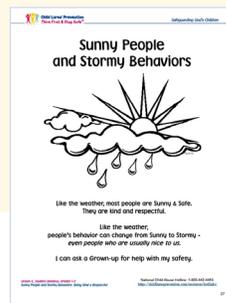
- Be kind and respectful to one another.
- Like the weather, most people are sunny and safe.
- Like the weather, people’s behavior can change from sunny to stormy.
- Both grown-ups and kids sometimes use *Stormy Behaviors*.
- *Stormy Behaviors* are used by people we know and like.
- If someone uses *Stormy Behaviors*, we can ask for help.
- Grown-ups can help us stay safe from *Stormy Behaviors*.

Vocabulary:

Kindness, respect, caution, tornado, blizzard, hurricane, safe, not safe, unsafe

Props and Activities:

1. Images of sunshine and lightning.
2. Grades 1-2 PowerPoint (PPT), Slides #4-8
3. Class Activity, p. 8
4. Student Handout, *Sunny People/Stormy Behaviors*, p. 27



Student Handout



PowerPoint Slides 4-8

End of Lesson Presenter Checklist

- _____ Review [Lesson Recap](#) with students.
- _____ Distribute [Student Handout, Sunny People and Stormy Behaviors](#) for children to color, p. 27
- _____ Review and send home with students.
- _____ Suggest students share and practice their [Class Activity](#) at home with their families.

Finkelhor, D., Turner, HA., Shattuck, A., & Hamby, SL., (2015). Prevalence of Childhood Exposure to Violence, Crime, and Abuse: Results From the National Survey of Children’s Exposure to Violence. *JAMA Pediatrics - The Science of Child and Adolescent Health*. 2015 Aug;169(8): 746-54. doi: 10.1001/jamapediatrics.2015.0676.

Finkelhor, D. (2012). *Characteristics of Crimes Against Juveniles*; Crimes Against Children Research Center, University of New Hampshire.

Teaching Lesson 2

 Discussion and Activities

Quick Review: In our last lesson, we learned - and let's all say this together: *"Our brains are the most powerful computers in the world."* We can program our built-in computers with information, and train our brains to *Think First and Stay Safe.*

Today we'll talk about how people are like the weather: Most people are sunny and safe. But just like the weather, people's behavior can change from sunny and safe to stormy and unsafe. Let's learn more.

1. What is your favorite kind of weather for playing outside?
(Student responses, i.e. Sunny and warm, cold and snowy, cool and rainy, hot and sticky.)
2. What kind of weather is safest?
Warm and sunny with clear blue skies.
But not too hot, right? And with sunscreen! During this program, we'll say that sunny weather is safest.
3. What kind of people do we like best?
Most of us like nice, "sunny" people.
How do nice, sunny people behave?
(Show PowerPoint Slide #4)
They are friendly and kind.
They smile and help others.
They help keep kids safe.
4. What are some things we can do to be kind and respectful to one another? *(Show PPT Slide #5)*
- *Say "please" and "thank you."*
- *Give someone a compliment (say kind words).*
- *Share and take turns fairly.*
- *Ask for permission to use others' belongings.*
- *Ask permission before touching someone.*

These are all great examples of how people behave in healthy families and friendships! Everyone deserves to be treated with kindness and respect.

(Note to teacher: Have students participate in the grade-appropriate *Class Activity*. See yellow box, p. 8.)

5. Let's think about the weather again.
(Display image of sunshine, then lightning.)
Is it possible for a nice, sunny day to suddenly become a stormy day? *(Show PPT Slide #6)*
Yes.
6. Can people's behavior change like the weather? *Yes.*
Can a person's sunny behavior turn stormy, like when the weather outside sometimes changes from sunny to stormy? *(await responses.)*...even if we've known the person to be sunny for a long time?
Yes.

7. Sometimes, people who are usually nice to us can change their behavior in a bad way and do things we don't like. We call these *Stormy Behaviors*. What are some examples of stormy behaviors?

(Show PowerPoint Slide #7)

- *Taking something without permission.*
- *Tickling someone, even when told to stop.*
- *Hitting, punching or kicking someone.*
- *Touching someone when asked not to.*
- *Walking in on private bathroom time.*

Can grown-ups **and** kids use Stormy Behaviors? *Yes.*
Even grown-ups and kids we know and really like? *Yes.*

8. Raise your hand if you'd like to share with the class how *Stormy Behaviors* can make a person feel?
Worried, confused, sad, hurt, scared, mad, unsafe, other.

Is it okay to treat someone badly or make them feel scared? *No.*

Are these behaviors ever okay? *No.*

We know these behaviors make us feel bad. Would we want to make someone else feel bad? *No.*

9. Now, let's think about outside weather again. Do we have storms every day? *Student Answers.*
No, we don't have storms every day -- but we do need to know what to do when storms happen.

For example, would we continue playing on the playground if a lightning storm suddenly started? *No.*
We use caution to avoid danger.

What are some ways we can stay safe during a lightning storm?

- *Stay indoors.*
- *If outside, stay away from tall trees.*
- *Lie down on the ground.*

- Would we ride a bike during a tornado? *No.*

- Would a grown-up drive during a blizzard? *No.*

- Would we go on a picnic during a hurricane? *No.*

Right, we would not do any of these activities in stormy weather. We would go indoors to stay safe.

10. Now let's use our built-in computers and think: If we can take steps to stay safe from stormy weather, can we also take steps to stay safe from *Stormy Behaviors*? *(Show PPT Slide #8)* *Yes.*
11. During this program, we'll be learning how to *Think First & Stay Safe* from *Stormy Behaviors*.

Most of the time, grown-ups are here to help us stay safe. But if a grown-up is not with us, or they are using *Stormy Behaviors*, what built-in tool can we use to help us stay safe? Here's a hint: It's between our ears!

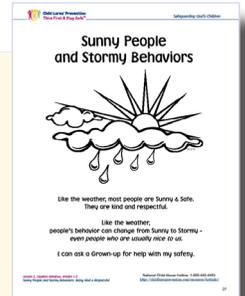
Our brain.

Teaching Lesson 2, cont.

12. Let's review: Most of the time, is the weather sunny or stormy? (Display images of sunshine/lightning.)
Sunny and safe.

And, like the weather, most people behave how?
(Wave picture of sunshine.)
Most people use sunny and safe behaviors.

- Distribute and Review Student Handout, *Sunny People and Stormy Behaviors*, p. 27
- Review Faith Formation and Closing prayer, p. 6
- Review Lesson Recap, below.



Class Activity

Grade 1: Sunny Weather or Stormy Weather? Have students look out the window (or recall what the weather was like when they came into school.)

Is the weather outside Sunny or Stormy today?

If sunny, have each student name one thing they like to do outside in sunny weather.

If cloudy, students can still name one thing they like to do outside in sunny weather.

If stormy, have each student name one thing they like to do inside during stormy weather.

(Read, bake, color, pray, draw, play an instrument, watch a movie, play board games etc.)

Grade 2: The Power of Words: Have each student tell the class how they feel when someone:

1. Says something nice to them. "I feel..." (i.e. happy, smart, proud, creative.)
2. Says something mean to them. "I feel..." (sad, hurt, scared, worried.)
3. Says something mean about someone else. "I feel..."(sorry for them, sad, scared.)
4. Does something kind for them. "I feel..." (i.e. special, pleased, joyful, glad.)

Discuss the power of words and how they make us feel. Remind students that mean words can hurt others, so it's always best to say and do kind things.



Lesson Recap: Sunny People and Stormy Behaviors; Being Kind & Respectful

- Be kind and respectful to one another.
- Like the weather, most people are sunny and safe.
- Like the weather, people's behavior can change from sunny to stormy. Both grown-ups and kids sometimes use *Stormy Behaviors*.
- *Stormy Behaviors* are used by people we know and like.
- If someone uses *Stormy Behaviors*, we can ask for help.
- Grown-ups can help us stay safe from *Stormy Behaviors*.



Presenter's Notes: