



My Body Says No! — Lesson Plan

Grade: Pre-K–2 | Duration: 40–50 minutes | CASEL Domain: Self-Awareness

Objective: Students will learn to recognize body signals, practice saying no assertively, understand that boundaries apply to all relationships, and know that their no can never be traded for a reward.

Essential Question: *"Why is your body's "no" always worth listening to — and why can't anyone put a price on it?"*

Materials: The personalized story, Paper and crayons, Body outline templates, Stickers (for marking body signals)

Vocabulary: Body Signals, Boundaries, No, Autonomy, Safe, Trusted Adult, Respect, Hug, Permission, Consent

ANTICIPATORY SET (5 MIN)

Ask: "Has your tummy ever felt squeezed before something happened? Has your body ever pulled AWAY from something before you decided to?" Discuss: "Your body knows things before your brain does. Today we're learning to listen."

DIRECT INSTRUCTION (15 MIN)

Read aloud. Pause at body signals: have children put hands on their own tummies. Pause at the parent repair. Emphasize: no is a complete sentence, and it applies to EVERYONE. The bribery moment is crucial — discuss why "your no has a price" is a dangerous lesson.

GUIDED PRACTICE (10 MIN)

Body Signals Map (identify where you feel yes vs. no). The No Practice role-play scenarios.

INDEPENDENT PRACTICE (10 MIN)

Complete the Body Signals Map. Write: "My body says no when _____ and I will listen because _____."

CLOSURE (5 MIN)

Class pledge: "My body is mine. My no is mine. My no can't be bought." Create the Alternatives Chart together.

ASSESSMENT

Can children identify where they feel body signals? Can they say no assertively? Exit ticket: "My no is important because _____."

DIFFERENTIATION

Support: Provide pre-labeled body outlines. Practice no-saying with a puppet or stuffed animal first.

Extend: Write a "Body Autonomy Guide" for younger students. Role-play: What do you do if someone doesn't respect your no? (Tell a trusted adult.)

HOME CONNECTION

Send home the Body Signals Map. CRITICAL: Include the message that honoring a child's physical boundaries at home builds the muscle for more serious safety situations. Never bribe past a no.