



Our Bodies Are Special and Private

Cara Holditch



In a bright and sunny classroom, Ms. Boldt and Ms. Amber gather the children on a colorful rug for a special circle time. Bennett, Isabella, and Bryndle sit cross-legged with curious eyes, ready to listen to an important story about their amazing bodies.



Ms. Boldt smiles warmly and tells the class that every person's body is a special gift that belongs only to them. Levi and Archer look at their hands and feet, realizing how wonderful it is to have a body that can run, jump, and play all day long.



Ms. Amber holds up a colorful illustration of a child wearing a bright swimsuit at the beach. She explains that the parts of our bodies covered by a swimsuit are very special and are called our private parts.



Grayson and Landen learn that these parts are called private because they are not for everyone to see or touch. Just like a secret treasure, these parts stay tucked away under our clothes to keep them safe, clean, and protected.



Ms. Boldt explains the Private Rule, which means we keep our private parts covered when we are around other people. Jed and Aubrey nod their heads, understanding that keeping these areas private is a way of taking good care of ourselves.



The children talk about their personal bubbles, which is the comfortable space right around their bodies. Isabella practices stretching her arms out wide to show how big her own personal bubble is, making sure everyone has enough room to feel safe.



Ms. Amber gently mentions that sometimes grown-ups like parents or doctors might need to see or touch those private areas to help us stay healthy or clean. She explains that this is only for helping and should always be done with kindness and permission.



Bennett and Bryndle practice using their strong, brave voices to say No if someone tries to touch them in a way that feels uncomfortable. Ms. Boldt reminds them that their feelings are very important and they should always listen to what their bodies are telling them.



If anyone ever makes them feel worried or confused about their bodies, the children learn to tell a trusted adult like a teacher or a parent right away. Ms. Boldt and Ms. Amber promise to always listen and help keep every child in the class safe and happy.



The lesson ends with happy smiles and a sense of pride as the children go back to their play centers. Archer, Levi, and the rest of the class feel powerful and smart knowing how to respect themselves and protect their special bodies.