

Elementary School Activity List

UNIT	SESSION	ACTIVITY	MINS
Unit K - Kindergarten			**200**
K	Session 01: I Love My Body		30
		1: Hokey-Pokey	07
		2: What Can My Body Do?	15
		3: I've Got a Body	08
K	Session 02: Gender Jamboree		30
		1: What is Gender?	07
		2: Sparkle Boy	10
		3: What It Means to Me	13
K	Session 03: Let's Go to the Doctor!		30
		1: Why Do We Go to the Doctor?	05
		2: Betsy Goes to the Doctor	10
		3: Let's Go to the Doctor!	15
K	Session 04: Squeaky Clean		50
		1: It's Brushing Time	05
		2: Hygiene Help!	15
		3: Brush n' Scrub	30
K	Session 05: My Family Tree		30
		1: My Family and Me	10
		2: A Family is a Family is a Family	10
		3: Someone Special to Me	10
K	Session 06: I'm in Charge of My Body		30
		1: Boss of my Own Body	10
		2: Miles is the Boss of His Body	10
		3: Do I Like That?	10
		4: UN|HUSHED Values & Social Justice	30
		5: The Sexualitree	30
		6: Question Box and Closing	05
Unit 1 - 1st Grade			**200**
1st	Session 01: Bits and Bobs		40
		1: Each Bit in its Place	40

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UNIT	SESSION	ACTIVITY	MINS
1st	Session 02: Living Things		40
		1: The Reproduction Song	20
		2: Eggs, and Seeds, and Babies, Oh My!	20
1st	Session 03: Organizing Gender		40
		1: Naming Genders	05
		2: Sorting Genders	15
		3: My Gender	20
1st	Session 04: How to be a Friend		40
		1: How to be a Friend	05
		2: Do Unto Otters	15
		3: Friendship Forest	20
1st	Session 05: What is Bullying?		40
		1: What is Bullying?	15
		2: The Recess Queen	15
		3: The Hula Hoop Challenge	10
Unit 2 - 2nd Grade			**200**
2nd	Session 01: Me and My Friends		40
		1: Let's Talk About Friends!	15
		2: Let's Talk With Friends!	25
2nd	Session 02: What's a Gender?		40
		1: Beginning with Gender	20
		2: Understanding Expectations	20
2nd	Session 03: How Bodies Work		40
		1: Welcome to Earth!	05
		2: Putting the Pieces Together	25
		3: The Final Report	10
2nd	Session 04: Where Do Babies Come From?		40
		1: The Chicken and the Egg	10
		2: Where do Babies Come From?	20
		3: Step by Step	10
2nd	Session 05: I Decide! You Decide!		50
		1: Boundary Charades	30
		2: I Know When to Stop and Go!	20

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UNIT	SESSION	ACTIVITY	MINS
Unit 3 - 3rd Grade			**300**
3rd	Session 01: Crushing It!		50
		1: Welcome and Group Agreements	15
		2: Tell Me How You Feel	20
		3: Find Your Crush	15
3rd	Session 02: Something Nice To Say		50
		1: Bingo Friends	20
		2: Something Nice	30
3rd	Session 03: Bodies and Compassion		50
		1: All About Esteem!	20
		2: You Be the Judge	20
		3: Body Manifesto	10
3rd	Session 04: A Season of Change		50
		1: Puberty Pictionary	30
		2: Puberty Process	20
3rd	Session 05: Sexual Orientation		50
		1: What is a Sexual Orientation?	10
		2: A Few Things to Know	20
		3: Telling a Story	20
3rd	Session 06: Who Can Tell Me What		50
		1: The Meaning of Trust	20
		2: Trusted Resource Roundup	30
Unit 4 - 4th Grade			**300**
4th	Session 01: Anatomy and Physiology		60
		1: Welcome and Group Agreements	10
		2: Sorting Things Out	05
		3: What's On the Outside?	25
		4: What's On the Inside?	15
		5: Question Box and Closing	05
4th	Session 02: Puberty, Periods, & Pimples		60
		1: Question Box	10
		2: Color-changing Rumps	20
		3: Menstruation Station	15
		4: Erection and Ejaculation	10
		5: Question Box and Closing	05

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UNIT	SESSION	ACTIVITY	MINS
4th	Session 03: I've Got a Feelin'		60
		1: Question Box	10
		2: The Good, The Bad, And The Hairy	25
		3: Common Puberty Concerns	20
		4: Question Box and Closing	05
4th	Session 04: Give 'Em Somethin' To Talk About		60
		1: Question Box	10
		2: How We Communicate	05
		3: Communication Styles	15
		4: The Play's The Thing!	25
		5: Question Box and Closing	05
4th	Session 05: Bullying		60
		1: Question Box	10
		2: Standing up to Bullying	10
		3: Building an Upstanding Community	35
		4: Wrap Up	05
Unit 5 - 5th Grade			**300**
5th	Session 01: Feelings, Hormones, & More		60
		1: Welcome and Group Agreements	10
		2: You've got a feelin', I've got a feelin', everyone's got a feelin'	15
		3: Conversations with Myself	15
		4: Introducing My Adult	10
		5: Question Box and Closing	10
5th	Session 02: Saying Yes and Saying No		60
		1: Question Box	10
		2: Questions	05
		3: Responses	25
		4: Second Responses	15
		5: Question Box and Closing	05
5th	Session 03: When Crushes are Crushed		60
		1: Question Box	10
		2: Crushes Being Crushed	20
		3: After a Crushing	25
		4: Question Box and Closing	05

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5th	Session 04: Sexually Transmitted Infections		60
		1: Question Box	10
		2: What is an STI?	05
		3: Operation Pathogenesis!	25
		4: Question Box and Closing	05
05	Session 05: Instafraud		60
		1: Question Box	10
		2: BES Orientation	05
		3: Case 1-Instafraud & Case 2-Fishy Facebook	20
		4: Case 3-Space Sharks!	20
		5: Question Box and Closing	05

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