



The Nest Program for

HEALTHY CHILDHOODS

For Grades 3rd – 5th

The Nest Program for Healthy Childhoods focuses on understanding what it means to be kind and help others, develop good friendships, and understand and respect appropriate boundaries.

Educators and students engage in interactive activities that build community, foster emotional awareness, and promote safety by helping students recognize and respond to risky situations.

Focuses On:

- ✓ Positive Relationships & Learning to say and hear 'no'
- ✓ Expressing Emotions, regulating and communicating
- ✓ Recognizing risky situations & Safety Planning

Highlights

- ✓ Advances social and emotional learning at age-appropriate levels
- ✓ Meets all 8 national health education standards
- ✓ Easy Implementation

LESSONS OVERVIEW

Eight 45-Minute Lessons

1 Laying the Foundation

The foundation for an effective classroom environment is laid out, making expectations around student behavior clear, and beginning to engage students in community building activities. Collaboratively, students generate classroom agreements that center on participation, listening, and respect.

2 Feelings

Students are introduced to vocabulary associated with emotions and emotional expression. By learning to distinguish and name different feelings, students begin to develop a vocabulary to enable them understand and explore their own experiences and develop the capability to perspective-take.

3 Similarities & Differences

The concept of diversity is introduced in a series of activities in which students explore what makes them both similar and different from each other, and what that means. This lesson also provides students with the opportunity to continue to practice and build on their emotion-associated vocabulary, while exploring what it means to be a friend, and what it means to take a friend's perspective.

4 Body Boss

It is established to students that they are the bosses of their own bodies. The concept of "OK" and "NOT OKAY" actions are also introduced, and students continue to practice their "feeling word" vocabulary by reflecting on their experiences. Students learn about their own intuition, and how to pay attention to it. Students are introduced to the "Yell Go Tell" strategy.

5 All About Consent

Students explore the ways that they negotiate consent (or permission) in day-to-day relationships, for example by sharing with friends or saying no when they do not want to do something. Messages about intuition and the "yell-go-tell" strategy are reinforced and we introduce safety planning.

6 Being Kind On & Offline

Students learn about how to stay safe online, including safeguarding personal information, and avoiding risky online spaces. Even if all or most of the student participants do not have access to the apps, sites, and materials discussed, these important conversations lay a foundation for future positive and safe usage of online spaces.

7 Promoting Positivity

Students engage in a series of games and activities that allow them to review content from previous lessons, while also integrating it and drawing connections between different lessons.

8&9

Capstone Project

The Nest Curriculum for Positive Relationships is designed to cultivate students' safety skills and connectedness. As a culminating exercise, lesson 8 reinforces and extends students' connections to their communities. Gratitude has been shown to be connected to a plethora of positive outcomes; this lesson adds the tool of gratitude to students' repertoire.