

A Hug lesson plan

This lesson plan was designed to help you introduce consent to your children. The book "A Hug" is intended for children as young as two years old, and the following lesson plan is suitable for, and can be adapted for, pre-k to 2nd grade students. For parents, teachers and school counselors, this lesson works well as a one-one activity, and as a group session.

Learning objectives:

Students will learn about consent, understanding their rights to saying no to unwanted hugs and touches. Students will practice reading comprehension and social skills.

What you'll need:

- The book "A Hug"
- Coloring pages for "A Hug"
- Crayons/markers

Lesson:

- Read to students - "A Hug" by Nicola Manton
- Ask questions throughout regarding what they think is happening in each illustration. "How are the characters feeling?" "What happened to make them feel this way?"

Discussion:

- When the story is finished, ask the children to think about whether or not they like hugs. In what situations do they like hugs? In what situations do they not? Continue this discussion to explore situations when they've felt that they had to give someone a hug but they didn't really want to (a friend, a relative). How did that make them feel? For younger children offer a vocabulary board to help them express how they felt: uncomfortable, unheard, loved, shy, angry, sad, happy... How would they have preferred the situation to play out?
- Guide the conversation to introduce the alternatives mentioned in the book. Ask what their preferences would be for when they don't want to give a hug. It's important to be polite and acknowledge people, whilst also respecting their bodily autonomy. Ask them to write down or say their preference - fist bump, blow kisses, hand shake, high five, head nod, waving... see if they other suggestions to add.

Role play:

If you're working with groups you can have them pair up. Allow each child to have a chance at role playing saying no to an unwanted hug, then practice implementing their preferred greeting.

Activity:

Let students pick from the coloring sheets to complete.