



PLAYFUL, GENTLE BODY SAFETY
LESSONS AND SONGS FOR CHILDREN AGED 3-5



Little Learners

My Body
is
My Body



♥ Learning to be safe, strong and confident! ♥





Introduction for Teachers, Parents & Carers



A playful, gentle body safety programme for children aged 3–5.

Little Learners has been created to introduce these important life lessons in a way that is gentle, positive and age appropriate.

Through songs, little stories, movement and simple activities, children begin learning body safety in ways they can understand and remember.



Lesson Goals (Ages 3–5)



My body is my body.



Private parts are private.



It is okay to say “NO”.



My feelings matter.



I can tell a safe grown-up.

★ Why this book matters ★

- Young children learn best through music, repetition and play.
- Early learning helps children build confidence, language and awareness.
- Simple, positive messages are easier for young children to remember.

Gentle Reminder for Adults



Keep the sessions light, calm and reassuring.
Use simple language, songs, movement, repetition and trusted adult support.
The aim is to help children feel safe, confident and supported.





♥ Look who came to visit today! ♥
It's **Melody** the Singing Butterfly
and **Georgie** the Safeguarding Bear!



♥
Hello everyone,
I'm **Melody**.
Today we are
going to sing,
wiggle, flap, stomp,
and learn songs
about being
safe and strong!



♥
Hello everyone,
I'm **Georgie** the
Safeguarding Bear.
I'm here to help you
learn how to keep
your body safe.
Let's start learning
together!

♥ Are you ready to learn, sing and have some fun? ♥

Today we are going to learn about our bodies!

Do you know that your body is very special?

It is the only body you have and it belongs to you!

Be Kind

Be Safe

Be Brave

Be You

★ We have lots of different parts to our body ★



Hair



Ears



Legs



Feet



Eyes



Mouth



Arms



Hands

We are all different, and that makes us special!

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...and we also have
private parts.

Your private parts are where your
underpants or swimsuit covers.



Private
parts are
covered by
your
swimsuit.



Private
parts are
covered by
your
swimsuit.

Private parts are private —
and your body belongs to you.



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These are the only times
when someone would touch
your **private parts**:



1

When you are young, your mommy, daddy, or the person who looks after you will have to wash your private parts, but as you grow bigger you will learn how to wash your own body.



2

If your private parts are sore, mommy or daddy or your carer might have to put medicine there.



3

If you are sick or sore, the doctor might have to touch your private parts, but a parent or someone that cares for you will always be with you as well.



You should always feel safe and comfortable.
If you are ever unsure, always tell a safe adult.



My Body Is My Body

[Chorus]

It's my body, My body
Nobody should hurt me
Because my body is my body for me
It's my body, My body
And nobody should hurt me
Because my body is my body for me

[Verse 1]

I've got two hands to feel, And two eyes to see
And two ears to hear what you're telling me
I've got two strong legs to take me where I go
And I've also got some private parts that I don't wanna show

[Chorus]

It's my body, My body
And nobody should hurt me
Because my body is my body for me
It's my body, My body
And nobody should hurt me
Because my body is my body for me

[Verse 2]

I've got hair on my head
I want you to see
And a little belly button in the middle of me
I have a cute little nose, and ten little toes
And I've got a mouth to tell you what I want you to know

[Chorus]

It's my body, My body
And nobody should hurt me
Because my body is my body for me
It's my body, My body
And nobody should hurt me
Because my body is my body for me

[Outro]

Yes, my body is my body for me



Join in with
Georgie's
Dance Moves!



I Am Special

♥ A song about self-worth, compassion and confidence ♥



Hello little friends!
Can you put
your hand on
your heart?



Can you
feel it beating?
That's your
one-of-a-kind heart.



This song reminds us that
we are special, just as we are.



We can use kind words.



We can help others.



We can share.

Kind choices help hearts feel happy. ♥



Things That Make Me Special



Everyone has things that make them special.
Can you tell us something about you?



Something
I am good at...

Draw or tell us!



Something that
makes me happy...

Draw or tell us!



Something kind
I can do...

Can you think of something?



There is
only one
YOU!



That makes
you very
special!



I Am Special



Be Kind ❤️

Be Safe 🍀

Be Brave 🧡

Be You 🧡

Join in with
Georgie's
Dance Moves!



[Verse 1]

The words I say when I start my day
Help me feel good in every way
I'll speak with love and I will be
A friend to myself you'll see

[Chorus]

I am special you are too
We all matter me and you
Kindness grows when we all share
Smiles and love everywhere

[Verse 2]

When I make mistakes I'll understand
And try again that's the plan
Learning helps me grow each day
Being kind shows me the way

[Chorus]

I am special you are too
We all matter me and you
Kindness grows when we all share
Smiles and love everywhere

[Verse 3]

Be kind and you will see
It starts with being kind to me
My heart and my mind so happy
That's the way it's meant to be

[Chorus]

I am special you are too
We all matter me and you
Kindness grows when we all share
Smiles and love everywhere

[Repeat Chorus]



Georgie's
Treehouse

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My Feelings Matter



Your feelings are important.
Happy feelings help us know
what we like to do.
Worried feelings tell us
it's time to talk to a safe grown-up.

Every feeling
is okay.
Feelings help
us to understand
ourselves!



Activity = Show your faces:

Happy



Worried



Uncomfortable



Excited



Ask:



Which face says:
"I like this"?



Which face says:
"I don't like this"?



It's good to notice how we feel. Our **feelings** can help us know when something doesn't feel **right**.





Can You Tell What The Face Is Saying?



Look at each face.
How do you think they are feeling?



What is this face
saying?



What is this face
saying?



What is this face
saying?



What is this face
saying?

There are no
right or wrong
answers!



We all have
feelings, and
that's OK!



Sometimes we feel happy, sometimes worried,
sometimes uncomfortable and sometimes excited.
All of our feelings are **important!**



♥ We Can Ask ★

My feelings can help me know what feels right for me.



When we want
to hug someone,
we can ask first.

Yes!

No thank
you.

or

Can I
have a hug?



★ Both answers are okay. ★

What Can We Do?



Say Stop



No
thank
you.

Say "No thank you"



Move away



Go tell
a safe grown-up

Sometimes something
doesn't feel right inside.
That feeling is important.



A game that
feels too rough.



A tickle that
won't stop.



A hug when
you don't
want one.



Someone
standing too
close.

Feelings Come and Feelings Go

Feelings Come and Feelings Go

Sometimes I feel happy,
Sometimes I feel sad,
Sometimes I feel like singing,
Sometimes I feel mad.

Feelings come,
And feelings go,
They are part of me,
This I know.

I can clap when I'm happy,
I can cry when I'm sad,
I can stomp my feet
When I'm feeling mad.

Feelings come,
And feelings go,
They are part of me,
This I know.

If my feelings feel too big,
And I don't know what to do,
I can tell a safe grown-up,
They will listen too.

Sometimes I feel happy,
Sometimes I feel sad,
Sometimes I feel like singing,
Sometimes I feel mad.



Feelings are
part of me.



Georgie's
Treehouse

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Join in with
Georgie's
Dance Moves!



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Who Can Help Me?



Georgie Says:

Sometimes we all need help.

Maybe we feel:

-  worried
-  sad
-  confused
-  uncomfortable

When that happens,
we can talk to a
safe grown-up.



Melody Says:

Safe grown-ups
care about us.

-  They listen.
-  They help.
-  They want us
to be safe.



Key Phrase
**I can tell a
safe grown-up.**



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What Is A Safe Grown-Up?



A safe grown-up is someone:

-  who listens to me
-  who helps me
-  who cares about me
-  who wants me to be safe



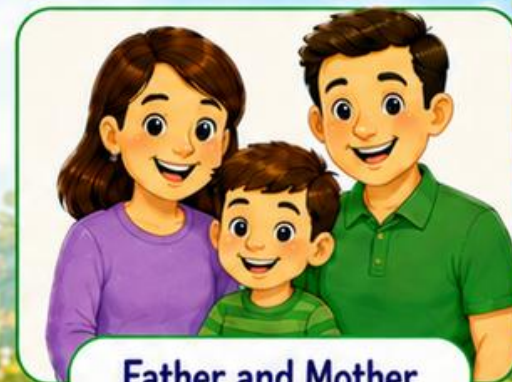
Activity: Point to the people who could help you



Teacher



Grandparents



Father and Mother



Aunt



Uncle



Doctor



Trusted Carer

I Can Tell a Safe Grown-up



Safe
grown-ups
listen
and care.

I can tell a safe grown-up, I can tell a safe grown-up.
If I'm worried, if I'm sad, I can tell a safe grown-up.

[Verse 1]

If I have a little worry,
Or something feels wrong,
I can tell a safe grown-up,
They'll help me to be strong

[Chorus]

I can tell a safe grown-up, I can tell a safe grown-up.
If I'm worried, if I'm sad, I can tell a safe grown-up.

[Verse 2]

Mum or Dad can help me
Grandparents can too
Aunties, Uncles, Teachers
They will listen too

[Chorus]

I can tell a safe grown-up, I can tell a safe grown-up.
If I'm worried, if I'm sad, I can tell a safe grown-up.

[Verse 3]

If I still need more help
I can tell once more
I'll keep telling safe grown-ups
Until someone helps for sure.

[Chorus]

I can tell a safe grown-up, I can tell a safe grown-up.
They will listen. They will care.
I can tell a safe grown-up.



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Join in with
Georgie's
Dance Moves!



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Say **NO** To Secrets!

We say
NO to
secrets!

Let's learn the "Say NO To Secrets" rule.

Secrets can make us feel
sad or **unhappy**
so always

Tell a safe grown-up.

People might say:



Don't tell.



It's our secret.



You'll get in trouble.



No one will listen.



What can you do



Tell a safe grown-up!



Tell someone.



You can still tell.



Keep telling!

Secrets
that hurt are
NEVER
OK!



It's important to tell someone!

You are **NOT** alone.



Always tell
a safe grown-up.



IS IT A SECRET OR A SURPRISE?

Point to whether it is **SECRET** or a **SURPRISE**.



1



We are having a special party for Mommy's birthday.

SECRET ☐

SURPRISE ☐

2



I want you to come with me, let's not tell Mommy and Daddy.

SECRET ☐

SURPRISE ☐

3



I am going to bake your sister's favourite cake.

SECRET ☐

SURPRISE ☐

4



Let's play a touching game but we must not tell anyone.

SECRET ☐

SURPRISE ☐

Surprises can be fun.

Secrets that make us worried or uncomfortable are **not OK**.



If a secret makes you feel bad, worried, or uncomfortable, say **NO** and tell a **SAFE GROWN-UP**.



Safe adults can help you and keep you safe.



Let's sing the Say No To Secrets Song!



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Say **No** To Secrets



[Verse 1]

No, no, no, no to secrets,
No, no, no, no to secrets,
If someone tells me to keep a secret
I'll tell a safe grown-up.

If someone hurts me and says,
"Don't tell anyone."
I know what I can do...
I'll tell a safe grown-up.

[Chorus]

No, no, no, no to secrets,
No, no, no, no to secrets,
If someone tells me to keep a secret
I'll tell a safe grown-up.

[Verse 2]

Surprises make us smile,
Like birthdays, cakes and fun.
Secrets make us sad,
So we tell someone.

[Bridge]

Tell Mum.
Tell Dad.
Tell Grandma too.
Tell a safe grown-up,
They'll help you.

[Final Chorus]

No, no, no, no to secrets,
No, no, no, no to secrets,
If someone tells me to keep a secret
I'll tell a safe grown-up.



Tell a
safe
grown-up.

Join in with
Georgie's
Dance Moves!



Love
makes us
happy!

Love is gentle and kind.

Love is about caring, sharing, and being kind.
We like to spend time with the people
we love and do happy things together.

Point to something you like doing with people you love.
Can you think of any other things you could do together



♥ Reading books



♥ Playing games



♥ Taking a walk



♥ Drawing



♥ Listening to music



♥ Cooking



♥ Watching TV or movies



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Love Is Gentle



[Verse 1]

Love is gentle
Love is kind
Sing along and you will find
There's so many nice things we can do
To show our love

[Verse 2]

Won't you read me a story
Or let's go out and play some ball
You could help me ride my bike
So I won't fall

[Verse 3]

There are so many things
We can do together
There are so many ways
We can show we care
There are so many times we can tell each other I love you
If you've got some time to share
I'd like to share with you

[Final Verse]

Love is gentle
Love is kind
Sing along and you will find
It's so nice to share these things with you

Let's sing and move! ★

-  Hug yourself
-  Pretend to read a story
-  Roll a ball
-  Pedal like you're riding a bike
-  Flap like Melody
-  Wave like Georgie!



A Little Note for Teachers, Parents & Carers

Helping Little Learners Every Day



Thank you for sharing the **Little Learners Programme** with the children in your care.

Young children learn best when important messages are repeated gently, naturally and often.

You don't need to have long conversations about body safety.

Small everyday moments can make a big difference.



Keep Talking

Ask simple questions such as:

- “How are you feeling today?”
- “Who would you tell if you need help?”
- “What could you do if something didn't feel right?”

Listen

Let children know that they can always talk to you.

Listen calmly, give them time, and let them explain things in their own words.

Respect Their Choices

Whenever possible, give children simple choices about their own bodies – for example, whether they would like a **hug**, a **kiss** or a tickle.

This helps children learn that they can say yes or no, and that their feelings and choices matter.

Keep the Songs Going!

Sing the Little Learners songs together.

Music and repetition help children remember important safety messages in a **positive** and **enjoyable** way.

Remember

Children don't need to remember everything at once. Keep the conversations simple, positive and reassuring, and return to the messages regularly.



More MBiMB Resources



Continue learning with My Body Is My Body

Use the QR codes below to explore more free resources, videos and training.



Little Learners Videos

Watch the songs and movement videos.



MBiMB Website

Explore free body-safety resources and information.



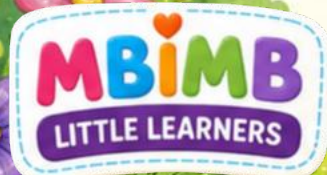
Free Online Courses

Access safeguarding and MBiMB training courses.



Parents & Carers Resources

Find helpful guidance to continue the learning at home.



www.mbimb.org
MBiMB Foundation
Charity Number 1199901

Thank you for helping children learn
to be **safe**, **strong** and **confident**.