

THE KIP CREW LEARNS ABOUT BODY BOUNDARIES

THEY ALSO DISCUSS GOOD AND BAD SECRETS.
YOUR HELP IS NEEDED!



Suojellaan Lapsia
Protect Children



Soca, Waaba, Tuka and Maco talk about the various body parts and their important functions.

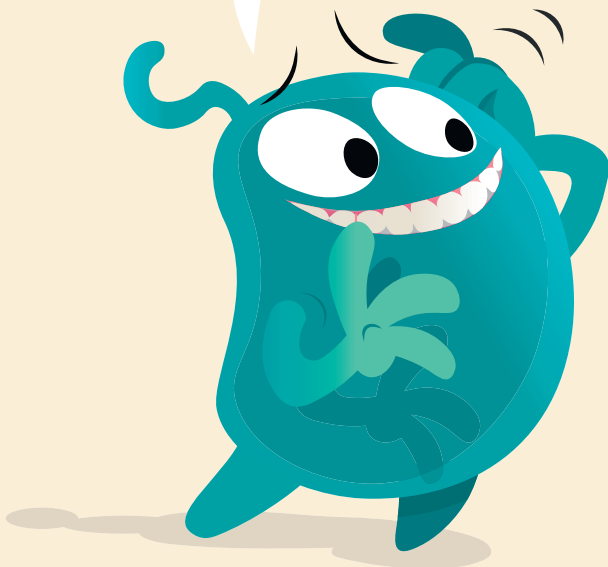


My tentacle is lovely and curly. It helps me sense things.



I have three legs. They help me run and win competitions!

My head is an important body part because that is where my brain is. My brain helps me learn new things.



My hands are super important because I can construct many great structures with them.



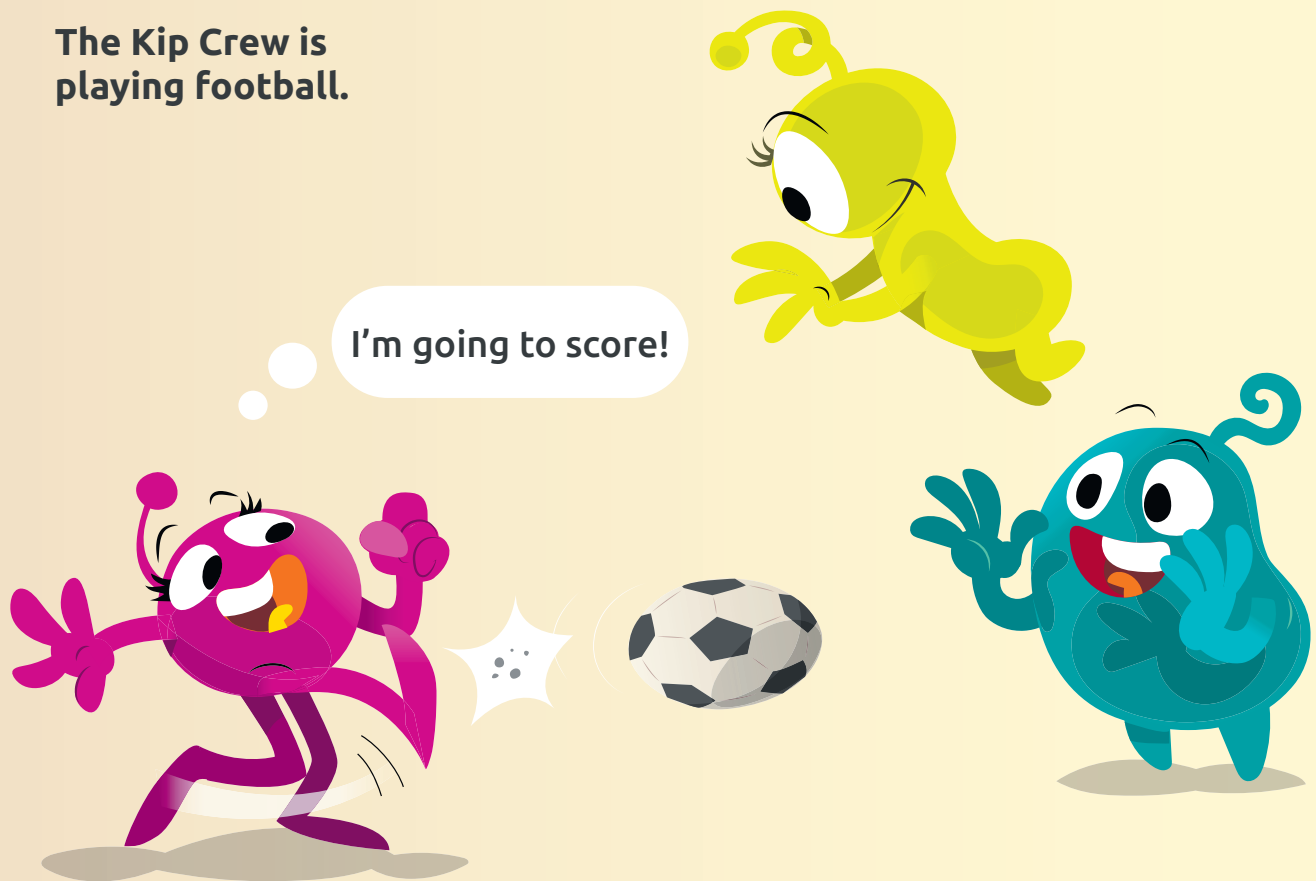
My body is small and dainty. I can easily find great hiding places.



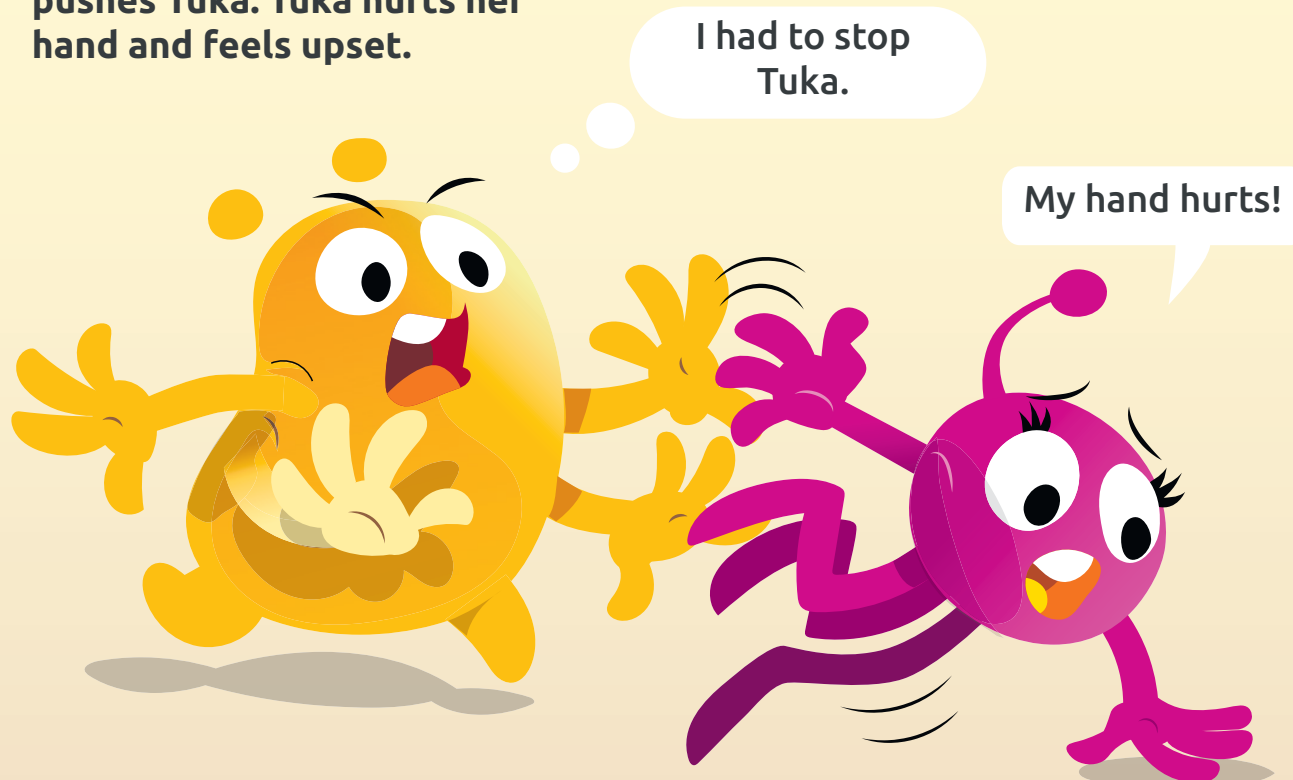
We are about to help the Kip Crew. Before we start, spend a moment to think about your own body parts and their important functions. Draw or write about them here on this page. You can draw about one or several body parts.



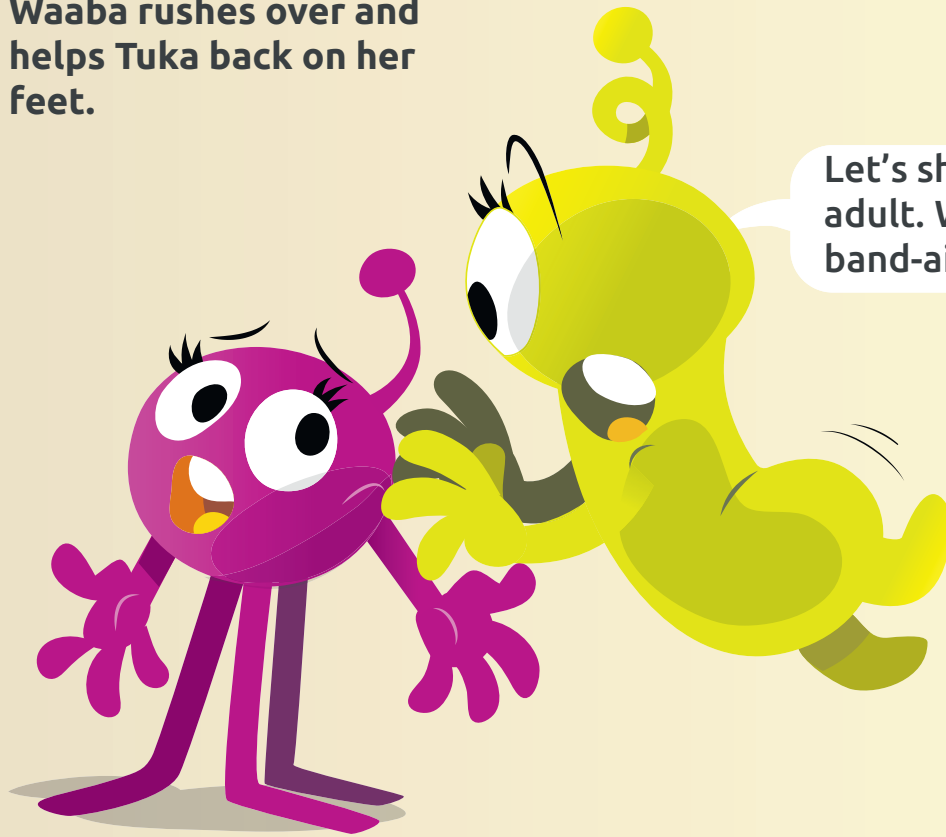
The Kip Crew is playing football.



Maco gets annoyed and he pushes Tuka. Tuka hurts her hand and feels upset.



Waaba rushes over and helps Tuka back on her feet.



Let's show your hand to an adult. We can put a band-aid on it.

Maco understands that he was wrong to hurt Tuka. He apologizes to Tuka. Soon they are happily playing again.



I'm sorry I hurt you, Tuka.

Let's continue our game!

THE KIP CREW'S TIPS FOR PRACTISING HOW TO SET BODY BOUNDARIES



If Tuka is sometimes ashamed or scared, she uses her body to help her manage and imagines being a superhero. She straightens her back and looks up. She then places her hands firmly on her hips. This pose makes her feel more confident.

NO!

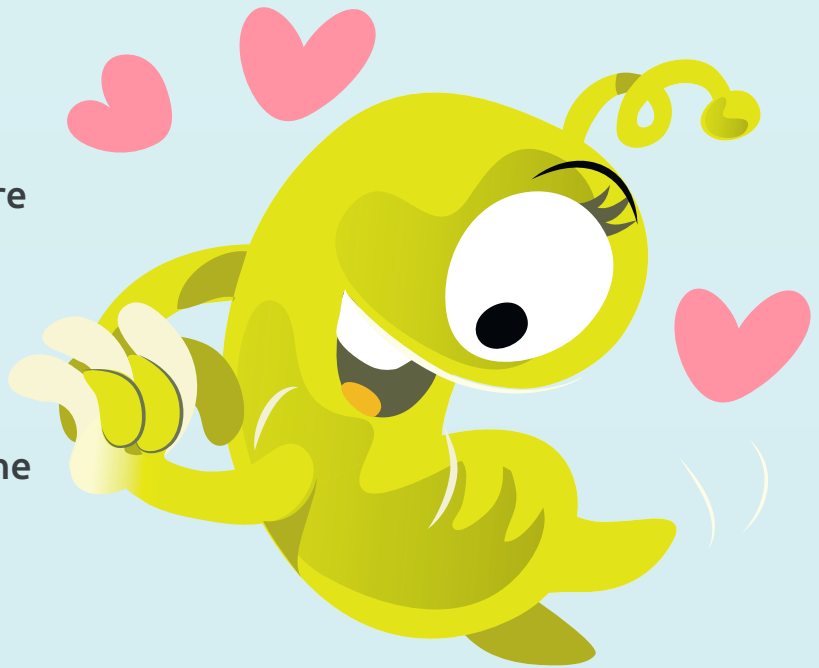


If someone touches you in a way that feels bad or wrong, Soca's tip is to say NO!, to leave and to tell trusted adults about what happened.



A good touch makes you feel safe, and it's never a secret.

Waaba knows that it's important to take good care of your body. She likes outdoor activities, she exercises and eats healthy foods. We can also take care of our mind. When Waaba stands in front of the mirror, she tells herself: "I am important, and my body is great!"



Maco guides the other Kip Crew members: "If someone shows me weird or unpleasant pictures or videos on their digital device, or if they ask me to send them pictures of me, I always tell trusted adults about it."



LET'S PLAY WITH THE KIP CREW!

Cut out the characters. Attach them to sticks or toilet paper rolls to make stick dolls. Play with them and have them use their different body parts. Have the characters think of ways to practise setting body boundaries. Remember to tell the Kip Crew that all body parts are important and that everyone has the right to say NO, when the situation feels uncomfortable or unsafe.

The Kip Crew wishes all children a happy playtime!



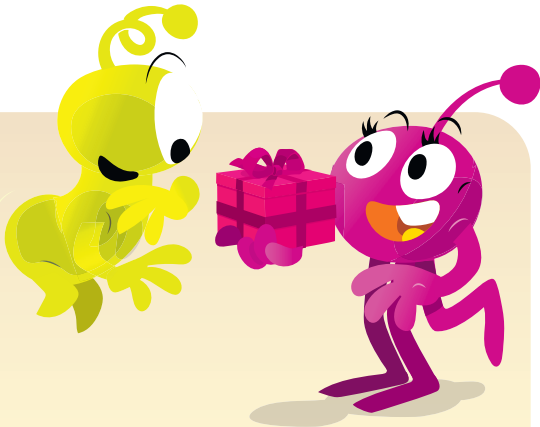




SECRETS TO KEEP AND TO SHARE

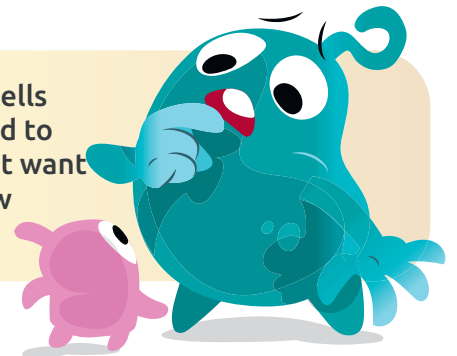
Good secrets are ones we can keep. There is no need to tell anyone about them because they don't hurt others, they are usually nice surprises that others hear about later. Bad secrets are ones we need to share. They might worry or scare us, or they might make us feel ashamed. They need to be always shared with as many adults as needed until you get help.

The Kip Crew is wondering whether these secrets are good ones which can be kept or bad ones that they should share with trusted adults. Connect each of the pictures with a line to the good or bad secret.



Tuka has bought Maco a birthday present and she tells Waaba about it. Tuka asks Waaba not to tell Maco about the secret.

The little creature tells Soca that he is afraid to go home. He doesn't want anyone else to know about it.



Soca has received weird pictures on his phone, and they make him feel ashamed. The person who sent them sounds angry when they say that Soca cannot tell anyone about the pictures.

**GOOD
SECRET**

**BAD
SECRET**



Maco has done a great job building a new structure. He wants to keep it a secret and only show it to others once it's completed.

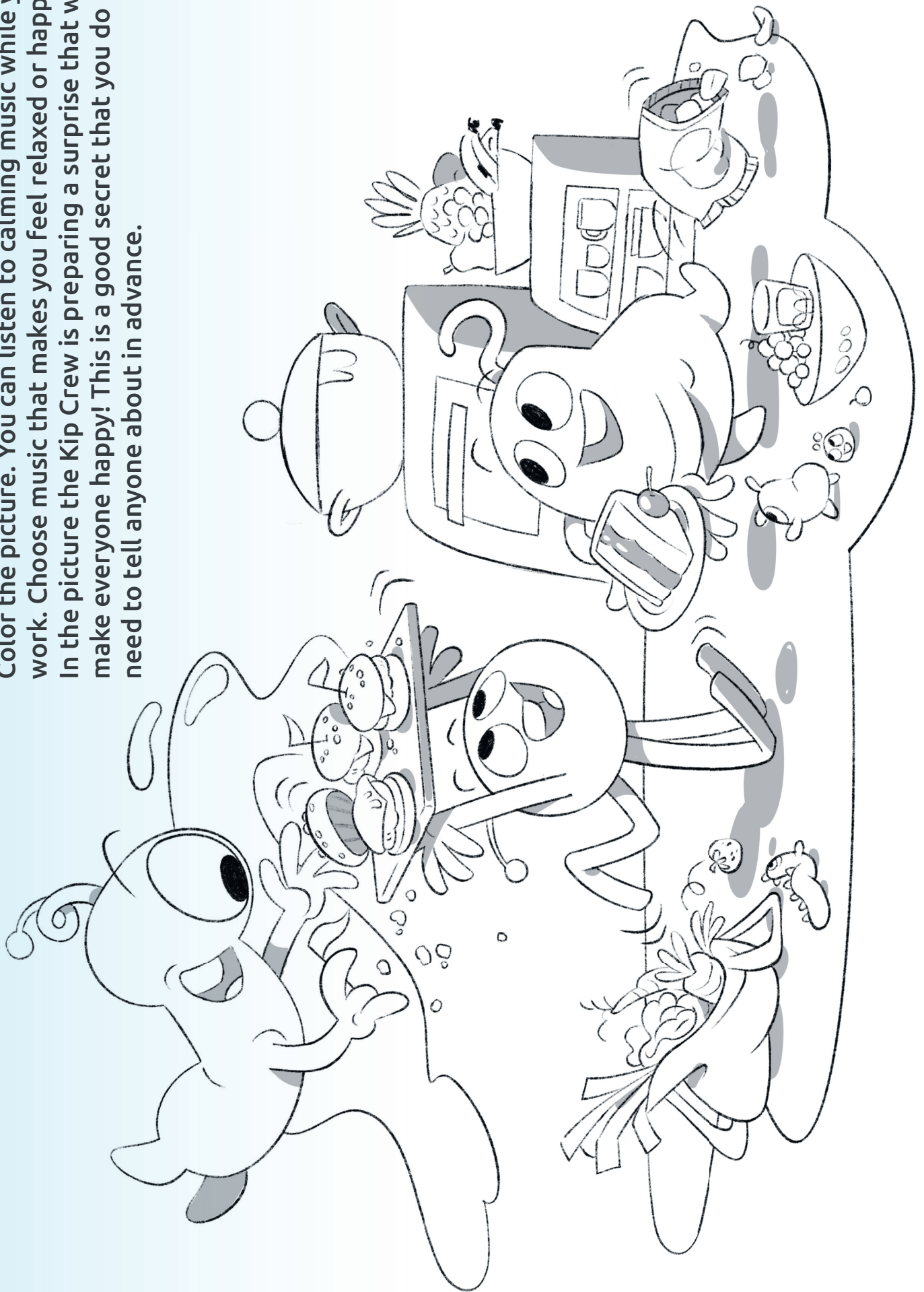


Waaba tells Tuka that she fancies someone. Tuka promises not to tell anyone about Waaba's secret.





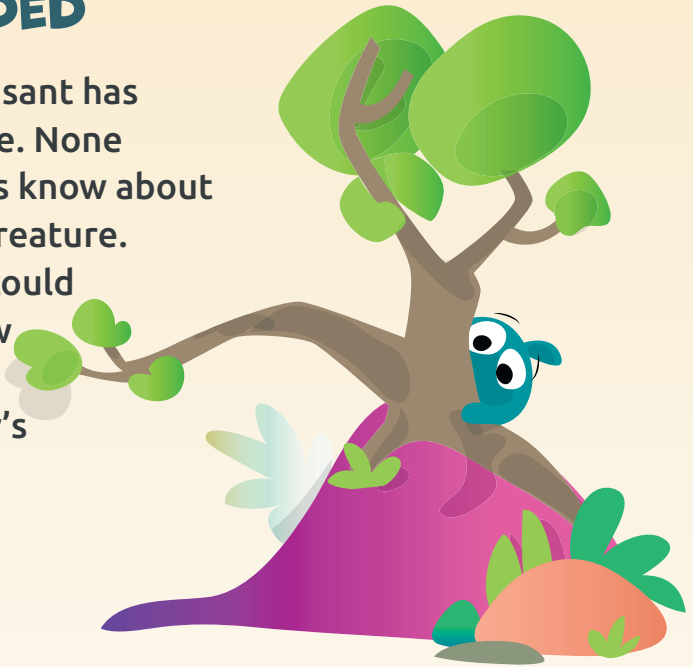
Color the picture. You can listen to calming music while you work. Choose music that makes you feel relaxed or happy. In the picture the Kip Crew is preparing a surprise that will make everyone happy! This is a good secret that you do not need to tell anyone about in advance.





YOUR HELP IS NEEDED

Something strange and unpleasant has happened to this little creature. None of the trusted friends or adults know about the heavy secret of the little creature. Draw or write about how you could comfort the little one, and how the little creature could get help. You can use the Kip Crew's advice as a help.



This activity booklet is targeted for 4–9 years old children. Children can work on it by themselves or with an adult. The story and the activities give an opportunity for children to think about body boundaries. An adult is there to listen, and to help with possible worries caused by the topic. It is important for children to learn that we all have different, equally valuable bodies. It is also important for children to know what to do if someone violates their body boundaries. Every child has the right to body peace.



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