



Body Safety Week

19-23 October

At Explorers, we believe every child deserves to feel safe, respected and empowered.

This week, we are proud to deliver our Body Safety Program, with age-appropriate experiences designed to help children build confidence, understand their bodies and learn how to stay safe.

Pre-Verbal Children

Dramatic Play with Dolls/Soft Toys

Enhancing children's understanding of being gentle, consent and respecting others through dramatic play and role modelling.

Verbal Children

My 5 Safe People

Creating individual posters and discussing who children can reach out to if they feel unsafe or unhappy.

Pre-Verbal Children

Explore Feelings Through Storytelling

Reading familiar and favourite stories featuring characters with a range of emotions. Explore feelings expressed by words, tone of voice and body language.

Verbal Children

Explore the Power of Their Voice

Reading and discussing Say Something by Peter H. Reynolds, encouraging children to explore feelings, self expression, listening, bravery and respect.

Pre-Verbal Children

Dance to action songs like "Sleeping Bunnies"

Enhancing children's spatial awareness and body autonomy, and strengthening their ability to respond to external cues for self regulation.

Verbal Children

Speak Up and Be Heard

Learning how children can share worries and ideas through discussion and art.

Pre-Verbal Children

Explore Simple Auslan Signs

Learning simple sign language to express needs and engage in both verbal and non-verbal communication.

Verbal Children

Explore Feelings and Emotions

Reading and discussing I Feel the World by Zanni Louise and Dr Ameika Johnson, helping children recognise, express, understand and manage their emotions.

Pre-Verbal Children

Educators Reflection

Educators observe cues on what the children have learnt and enjoyed, using these insights to guide future learning experiences.

Verbal Children

Secrets vs. Surprises

Reading Secrets and Surprises by Jayneen Sanders, learning the difference between secrets and surprises.

What is Body Safety?

Body safety teaches children about body autonomy and how to recognise and respond to unsafe situations. Key ideas include:

- Body ownership and boundaries
- Safe and unsafe touch
- Feelings and emotions
- Trusted adults
- Secrets vs. surprises

Like healthy eating, body safety is a life skill — the earlier children learn, the more confident they'll be in speaking up and protecting their rights.

This week, children will explore these ideas through age-appropriate experiences that build confidence, understanding and the power of their voice.

Register for our free
Body Safety Webinar
Tuesday 20 October
7:30pm–8:30pm AEST



Through stories, songs, movement, art and group discussions, children learn that their voices matter, their feelings are important and their rights are respected.