



Bal Bharati
PUBLIC SCHOOL

Sector-21, Noida, G.B. Nagar

SAFE CIRCLE-GOOD TOUCH

BAL SABHA ACTIVITY REPORT

CLASSES: PRE SCHOOL & PRE PRIMARY

DATE: 10 MAY 2023

MY SAFE CIRCLE

The "Safe Circle-Good Touch" activity was conducted with Pre School and Pre Primary children on 10th May 2023. The aim of the activity was to promote their understanding of appropriate and inappropriate physical contact. The activity aimed to empower children with the knowledge and skills to recognize and respond to various types of touch. By engaging in age-appropriate discussions and activities, the children were encouraged to develop a sense of personal boundaries, body autonomy, and the ability to differentiate between safe and unsafe touch.





The facilitator started the activity by singing a song on "Safe Circle-Good Touch". She further discussed personal boundaries and explained to the children that our body belongs to us. The terms "Good Touch" and "Bad touch" were introduced in simple language using an age-appropriate visual aid(video). After watching the video, the children were encouraged to practice saying "NO" to any unwanted touch and seek help from a trusted adult. The facilitator then motivated the children for the follow-up activity and asked them to draw a big circle using a crayon on an A4 sheet and paste pictures (which they had brought from home) of their trusted adults in that circle. The children were able to make a safe circle for themselves and could identify their trusted adults.

Learning Outcomes:

- The children were able to demonstrate and understand the concept of good Touch and Bad Touch through their active participation and correct identification during discussions and activities.
- The activity helped empower the children to recognize inappropriate touch and reinforced the importance of setting boundaries.
- The children showed increased confidence in saying "NO" to unwanted touch and seeking help from trusted adults.