



# Oak Park Our Whole Lives

## K/1st Grade: Winter 2018

Classes take place at Oak Park Friends School, located at 1192 S. Cuyler Ave., Oak Park.

### Family Information Meeting<sup>1</sup> (required, choose one):

Tuesday	1/16	6:30-8:30 pm
Wednesday	1/17	6:30-8:30 pm

*Location of family information meeting TBA.*

Date	Time	Class
Sun 1/21	3-4:45 pm	Our Wonderful Bodies, Part 1 ( <i>Parents are expected to stay for the first 30 min.</i> )
Sun 1/28	3-4:15 pm	Our Wonderful Bodies, Part 2
Sun 2/4	3-4:15 pm	Healthy Bodies, Safe Bodies
Sun 2/11	3-4:15 pm	Families
Sun 2/25	3-4:15 pm	Families and Feelings
Sun 3/4	3-4:15 pm	Babies and Families
Sun 3/11	3-4:15 pm	Birth of a Baby
Sun 3/18	3-4:45 pm	Parent/Child Celebration! ( <i>Parents expected to attend.</i> )

*Parents are welcome to attend any and all sessions if they choose! Participants are expected to attend all sessions in order to build and maintain group trust and cohesion. We understand that the unexpected happens, but please plan to be there for every session.*

The OP-OWL K/1st grade curriculum consists of 8 workshops on a variety of subjects. Each workshop begins with a "re-entry" with a song and a sharing about what has happened to the kids since the last session.

The book *It's Not The Stork*, by Robie M. Harris, is given to all participants and used as a reference for many questions and topics.

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<sup>1</sup> Childcare available by request.



# Oak Park Our Whole Lives

## K/1st Grade Program: Winter 2018

### **Our Wonderful Bodies, Part 1** *(Parents expected to attend for at least the first 30 min.)*

This session starts with an activity with children and parents making a timeline of the child's life so far. We also write the ground rules together. (30 min) Parents may stay after that, or leave for the rest of the session. This session builds on children's knowledge about the parts of their bodies.

### **Our Wonderful Bodies, Part 2**

This session extends the previous discussion, names the female and male genital parts, looks at gender constancy, and explores gender roles.

### **Healthy Bodies, Safe Bodies**

This session helps children learn ways to keep their bodies healthy and safe and includes sexual abuse prevention strategies.

### **Families**

This session invites children to learn about many different family groupings and arrive at a definition of family.

### **Families and Feelings**

This session looks at family feelings and the mixed emotions that children feel when their families change.

### **Babies and Families**

This session explores how families nurture babies emotionally and physically and how babies enter families through birth or adoption.

### **Birth of a Baby**

This session presents alternative stories of conception: version one explains that the sperm and egg join together to start a new life; version two extends the explanation to include sexual intercourse. Both stories present conception and birth in the context of starting a new life and expressing human love.

### **Celebrations** *(Parents especially encouraged to attend this session.)*

This final session affirms the many ways that families celebrate joyous occasions throughout their lives. We close with a "birthday party" for everyone!