



# Oak Park Our Whole Lives

## K/1st Grade Schedule Winter 2022

**Family Information Meeting—Choose One. (Required, meets on Zoom)**

Tuesday	1/18	6:30-8 pm
Wednesday	1/19	6:30-8 pm

**Regular sessions:**

Sunday	1/23 - 3/13	2:45-4 pm
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*All classes take place at Oak Park Friends School, located at 6300 Roosevelt Road, Oak Park.*

**Session Topics**

1/23	Session 1	Our Wonderful Bodies, Part 1 <i>Note that this class is 2:45-4:30. Parents are expected to stay for the first 30 min.</i>
1/30	Session 2	Our Wonderful Bodies, Part 2
2/6	Session 3	Healthy Bodies, Safe Bodies
2/13	Session 4	Families
2/20	Session 5	Families and Feelings
2/27	Session 6	Babies and Families
3/6	Session 7	Birth of a Baby
3/13	Session 8	Parent/Child Celebration! <i>(Parents expected to attend for the whole session.)</i>

*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.*

*Covid policies: **Vaccinations required for all students and facilitators.** All participants should be masked whenever they are in the building. Please share with us if your child tests positive for covid. If there has been exposure we will notify close contacts and/or pause the class until it is safe to resume. Because of this, dates of the sessions are subject to change.*

**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. Siblings are welcome too!)*

This final session affirms the many ways that families celebrate joyous occasions throughout their lives.

*Last modified on: 11/23/2021*