



# Oak Park Our Whole Lives

## K/1st Grade: Winter 2020

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

### Family Information Meeting (required, choose one):

Sunday	1/12	3-5 pm
Tuesday	1/14	6:30-8:30 pm

*Child care available upon request.*

### Regular sessions:

Sunday	1/26-3/29 (no class on 2/16, 3/22)	3-4:15 pm
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Date	Time	Class
1/26	3-4:45 pm	Our Wonderful Bodies, Part 1 ( <i>Caregivers are expected to stay for the first 30 min.</i> )
2/2	3-4:15 pm	Our Wonderful Bodies, Part 2
2/9	3-4:15 pm	Healthy Bodies, Safe Bodies
2/16	3-4:15 pm	Families
2/23	3-4:15 pm	Families and Feelings <i>*No class on 3/1</i>
3/8	3-4:15 pm	Babies and Families
3/15	3-4:15 pm	Birth of a Baby <i>*No class on 3/22, 3/29</i>
4/5	3-4:45 pm	Parent/Child Celebration! ( <i>Caregivers expected to attend.</i> )

*Caregivers 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.*



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### K/1st Grade Program: Winter 2019

The OP-OWL K/1st grade curriculum consists of 8 workshops on a variety of subjects. 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.

#### **Our Wonderful Bodies, Part 1** (*Caregivers expected to attend for 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) Caregivers 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** (*Caregivers 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!