

LEARNING HEART TO HEART

Grade 4: Foundations for Safety and Respectful Relationships

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WELCOME TO UPENDO PRIMARY SCHOOL

This storybook is about learners in Grade 4 at Upendo Primary School, a school like many others in Kenya.

Upendo Primary is a busy and friendly place. There are classrooms where learners study together, a playground where they run and play during break time, and shady trees where learners sometimes sit and talk with their friends.

At Upendo Primary, teachers help learners learn new things every day. They also help learners understand how to treat others with kindness, respect, and care. Most days at school are happy. Learners learn, laugh, play games, and help one another. But sometimes school can feel confusing or difficult. Learners may disagree, feel upset, or face situations that do not feel safe or comfortable.

The stories in this book show how children can make safe choices, treat others with kindness and respect, and ask for help when they need it.

MEET AMINA AND BRIAN

In this storybook you will meet two friends from Grade 4 at Upendo Primary School.

Amina enjoys reading, drawing, and helping others. She likes sitting under the big tree during break time and sharing ideas with her friends. Sometimes she feels shy, but she tries to make good choices even when things feel difficult.

Brian loves playing football and making his friends laugh. He enjoys being with his classmates and helping others during games and group activities. Brian is learning when to speak up, when to listen, and when to ask an adult for help.



You will also meet some of their classmates. Like many learners, they sometimes need support from friends and teachers. Sometimes the friends face situations that are confusing, upsetting, or unfair. Together they learn how to make safe choices, respect others, and ask for help when something does not feel right.

Their teachers guide them, answer their questions, and help them learn how to solve problems in safe and respectful ways.

OUR STORIES

In the following pages you will read different stories about Amina, Brian, and their friends at Upendo Primary School.

Each story shows a situation that learners may face at school or in their daily lives.

Sometimes the characters must make a choice.

Sometimes they must ask for help. Sometimes they learn how their actions affect others.

After each story, you will see a short lesson that reminds us of the important idea from the story.

- As you read, think about:
- What happened in the story
- How the characters felt
- What you would do in the same situation

Let us begin.

STORY 1: ASKING PERMISSION AND ACCEPTING "NO"

AMINA AND BRIAN LEARN TO ASK FIRST

Amina was sitting under a tree near the classroom. She was drawing carefully in her exercise book. Brian walked over and looked at Amina's picture. "It looks nice", he said.
Then Brian reached out his hand as if he wanted to take the drawing.

Amina quickly pulled her book closer to herself. She did not look happy. Brian stopped immediately. He remembered what the teacher had taught the class about asking for permission before touching or using something that belongs to another person.

"I am sorry," Brian said. "May I please look at your picture? And may I sit with you?"
Amina looked at her drawing. She was still working on it carefully.
"I am sorry, Brian," she said quietly. "Not right now. I want to finish first."

Brian felt a little sad. But he said, "That is okay. I understand"
He moved away. Then he waited for Amina to finish drawing.



After a few minutes, Amina finished her drawing. She smiled and looked up at Brian.
“I am done now,” she said. “You may come and sit with me.”
Brian smiled back. “Thank you for telling me,” he said.

The two friends sat together under the tree and talked happily.
Both of them felt respected and comfortable.
Brian realised that asking first and respecting another person’s answer helps everyone feel safe and valued.

Let’s Talk About it

1. What did Brian do before joining Amina?
2. What would have been wrong if Brian had taken the drawing without asking?
3. What showed respect in this story?
4. What can we learn about respecting other people's choices?

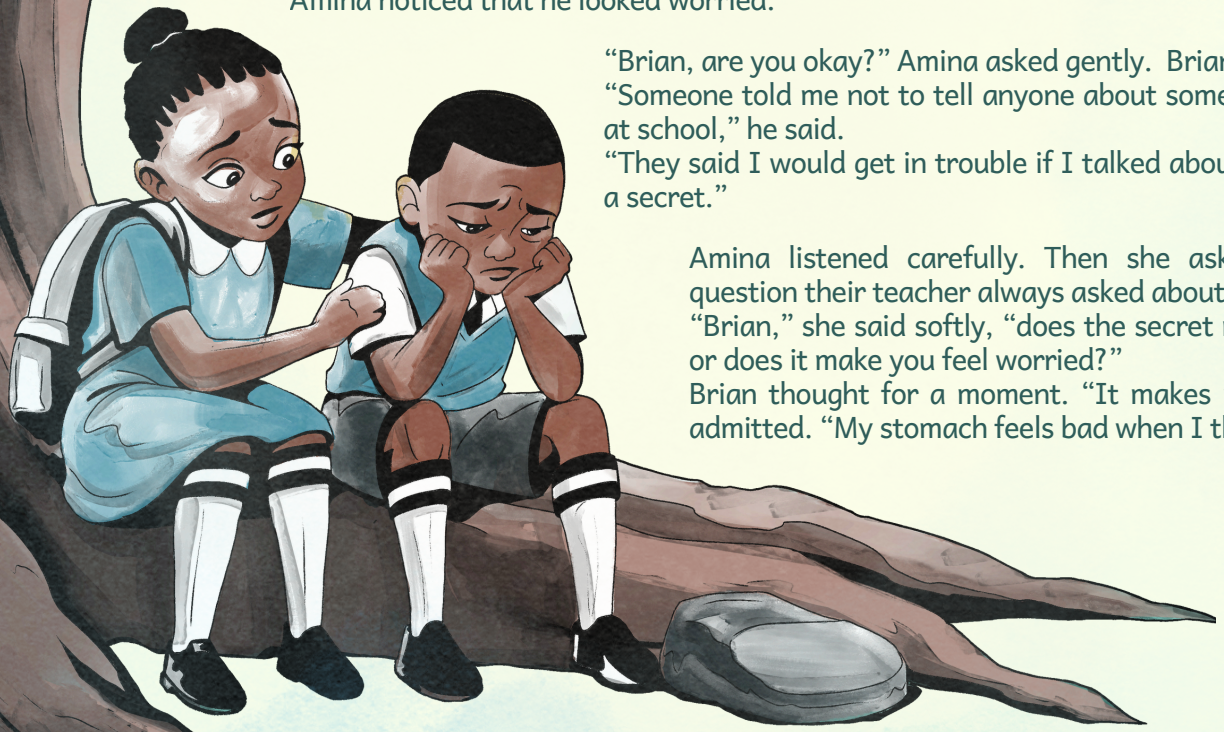
Great Discovery

- Respect means asking before using or touching something that belongs to another person.
- Listening when someone says no shows kindness and respect.
- Everyone deserves to have their choices respected.
- Respectful choices help friendships grow.

STORY 2: SAFE AND UNSAFE SECRETS

A Secret Should Not Feel Scary

During break time, Brian and Amina were sitting under the big tree near their classroom. Some children were playing nearby. Others were talking in small groups.
Brian was very quiet. He was not playing like he usually did.
Amina noticed that he looked worried.



"Brian, are you okay?" Amina asked gently. Brian looked down.
"Someone told me not to tell anyone about something that happened at school," he said.
"They said I would get in trouble if I talked about it. They said it was a secret."

Amina listened carefully. Then she asked Brian the same question their teacher always asked about secrets.
"Brian," she said softly, "does the secret make you feel happy, or does it make you feel worried?"
Brian thought for a moment. "It makes me feel worried," he admitted. "My stomach feels bad when I think about it."

Amina replied. “When a secret makes us feel scared, worried, or unsafe, it is not a safe secret,” she explained. “Safe adults should never ask children to keep secrets that make them feel afraid.”
Brian thought for a moment. “It makes me feel worried,” he said.
Brian looked up. “So I don’t have to keep it?”

“No,” Amina said. “Secrets that make us feel bad should be shared with an adult who can help.”
Brian took a deep breath. “I think we should tell a teacher,” he said.
Amina smiled. “Yes,” she said. “We do not have to handle this alone.”

The two friends walked together towards the staffroom.
Their class teacher listened carefully as Brian explained why the secret had made him feel worried.
The teacher thanked Brian for speaking up.
“You did the right thing,” the teacher said. “Children should never keep secrets that make them feel scared or unsafe.”
The teacher then helped make sure the situation was handled safely.

As they walked back to class, Brian felt calmer inside.
He realised that speaking to a trusted adult can help children stay safe when something feels wrong.

Let's Talk About it

1. Why did the secret make Brian feel worried?
2. Why was this not a safe secret?
3. What good choice did Brian make?
4. Why is it important to speak up when something feels wrong?

Great Discovery

- Safe secrets do not make children feel scared, worried, or unsafe.
- Speaking up when something feels wrong is a brave choice.
- Trusted adults help children stay safe.
- Asking for help can prevent problems from becoming bigger.

STORY 3: TRUSTED ADULTS

Getting Help Feels Better

Brian and Amina stopped outside the staffroom. Brian's heart was beating fast. "What if the teacher is busy?" Brian asked quietly. "Brian, are you okay?" she asked. Amina looked at him kindly. "We can still try," she said.

They knocked on the door. Inside, Teacher Mary looked up and smiled. "Hello, Brian. Hello, Amina." Brian took a deep breath. "Teacher, we need help," he said.

Teacher Mary listened carefully while Brian explained what was worrying him. She did not interrupt him or make him feel rushed. When Brian finished, she said, "Thank you for telling me. You did the right thing by asking for help."

Brian felt a warm feeling inside.

Later that day, Teacher Mary helped Brian talk to the school counsellor. The counsellor listened carefully and spoke kindly to Brian."We will help you," the counsellor said.

After school, Brian told his mother what had happened. His mother hugged him tightly. "I am proud of you for speaking up," she said. Brian realised that the adults around him wanted to help keep him safe.



The next day, Brian and Amina sat under the big tree again.
“I feel better today,” Brian said.
“What helped?” Amina asked.
“Telling,” Brian replied. “And knowing there are adults who help.”
Amina smiled. “That is why asking for help is important,” she said.

Brian realised that speaking to trusted adults can help children feel safer, supported, and less alone.

Let’s Talk About it

1. **Who did Brian ask for help?**
2. **Why was it important for Brian to share his worries?**
3. **What showed that the adults cared about Brian?**
4. **How can asking for help make a difficult situation better?**

Great Discovery

- **Trusted adults listen, care, and help children stay safe.**
- **Asking for help is a brave and responsible choice**
- **No child should carry serious worries alone.**
- **Support from trusted adults can help children feel safer and stronger.**

STORY 4: BEING A HELPER

BRIAN NOTICES SOMETHING

It was break time. Learners were playing, talking, and lining up near the water tap. Amina was skipping rope with some girls. Brian stood in line at the water tap. He was waiting for his turn to drink water.

As Brian waited, he noticed Baraka sitting alone near the wall. Three other classmates were standing nearby, laughing and calling him rude names. Baraka kept looking down at the ground and did not say anything. Brian felt worried for him.
"This does not feel right," Brian thought.
He remembered what the teacher had taught the class. A good helper notices when someone may be getting hurt and tells a trusted adult when something is wrong.

Brian walked over to Amina. "That boy looks upset," he said quietly. "I think he needs help."
Amina agreed. "Let us tell a teacher," she said.

The two friends did not laugh. They did not argue. They did not join in the teasing. Instead, they went to their class teacher and told her what they had seen.

The teacher quickly walked over to Baraka and spoke to him gently. She made sure he was safe and comforted him. Then the teacher spoke firmly to the other learners about their behaviour.
"Calling people hurtful names and leaving them out is wrong," she said. "School should be a safe place for everyone."
The teacher reminded the learners to treat others with kindness and respect.

Later, Baraka saw Brian and Amina sitting together under a tree. Slowly, he walked over to them.
Amina smiled kindly. “You can sit with us,” she said.
Baraka smiled a little and sat down beside them.

Brian felt happy that Baraka was no longer alone. “We did the right thing by getting help,” Brian said.
“I am glad we told the teacher,” Amina replied. “That is what good helpers do.”

Brian realised that helping safely means noticing when someone is hurt, being kind, and getting help from trusted adults when needed.



Let's Talk About it

1. What happened to Baraka during break time?
2. Why do you think the other learners' treatment of the boy was wrong?
3. How did Brian and Amina help?
4. How did their actions make a difference for Baraka?

Great Discovery

- Kind people notice when others are hurting.
- Helping safely means getting support when someone needs help.
- Small acts of kindness can make a big difference.
- Everyone deserves to feel included, respected, and cared for.

STORY 5: DIGITAL FRIENDSHIP AND SAFETY

BEING SAFE ONLINE

One Friday after school, Amina walked home with her friend. They laughed and talked about their favourite games.

At home, Amina helped her mother with housework. Later, her mother allowed her to use the phone for a short time. Amina watched a learning video and played a small game. Then a message appeared. The message asked for her name and the name of her school.

Amina stopped and looked at the phone for some time. She felt unsure. She remembered what her teacher had taught the class about staying safe online. Children should never share personal information with strangers on phones, tablets, or computers. Amina did not reply to the message. Instead, she walked straight to her mother and showed her the phone.

Her mother looked at the message carefully.
“You did the right thing," she said. “We do not share personal information online with people we do not know.”
Then her mother blocked the sender, so no more messages could be sent.

The next Monday, Amina was walking to school with her friend, Zawadi.
Zawadi said, "Someone sent me a bad message on the phone"
Amina listened carefully. “You should tell an adult,” she said. “We should not reply to mean messages.”



Later that day, the teacher spoke to the class about being kind and safe online.
The teacher reminded the learners never to share personal information online and never to keep unsafe online messages secret from trusted adults.
She also explained that sending hurtful or unsafe messages to others is wrong.

Amina felt proud that she had made safe choices and helped her friend get support.
She realised that being safe online means protecting personal information, avoiding unsafe messages, and speaking to trusted adults when something feels wrong.

Let's Talk About it

1. Why did Amina feel unsure about the message?
2. What made the message unsafe?
3. What wise choice did Amina make?
4. What can we learn from Amina's choices online?

Great Discovery

- Personal information should not be shared with strangers online.
- Wise choices help keep children safe online.
- Trusted adults can help with online problems.
- Being careful online helps protect ourselves and others.

STORY 6: APOLOGIES AND FIXING FRIENDSHIPS

SAYING SORRY AND CHANGING BEHAVIOUR

During breaktime, Brian and his friends stood near the water tap. Zawadi walked past them. She was holding her exercise book. Suddenly, she tripped on a stone and almost fell! Her book dropped to the ground. Some classmates laughed at her. Brian laughed too.

Zawadi quickly picked up her book. She looked embarrassed and upset. Without saying anything, she walked away and sat alone under a tree. After a few moments, Brian stopped smiling. He remembered the look on Zawadi's face when everyone laughed at her. He started to feel bad inside.

Later in class, Brian and Zawadi were paired together during group work. Brian felt bad, but he knew he needed to speak honestly.

"I laughed when you fell," Brian said softly. "That was wrong. I am sorry," he said. "I should not have laughed at you."

Zawadi looked at him. "It hurt my feelings," she said.
"I understand," Brian said. "Next time, I will help."



Later that day, Brian helped Zawadi carry her books as they walked outside after class. Zawadi smiled a little. Brian realised that saying sorry means more than just words. It means understanding how someone feels, changing your behaviour, and choosing to be kinder next time.

Let's Talk About it

1. Why did Zawadi feel upset?
2. Why was Brian's behaviour hurtful?
3. How did Brian show that he wanted to make things right?
4. How can an apology help repair a friendship?

Great Discovery

- Everyone makes mistakes, but mistakes can be corrected.
- A real apology includes changing our behaviour.
- Kindness helps rebuild friendships.
- Taking responsibility for our actions shows respect for others.

STORY 7: WHAT IS VIOLENCE?

VIOLENCE IS NEVER A JOKE

During breaktime, Brian and Amina stood near the classroom door talking quietly. Some big boys from the upper classes stood nearby. They were surrounding a younger boy named Amani. They pushed Amani's school bag and called him bad names. Amani looked down at the ground. He looked very frightened and sad.

Amina felt worried. “That is not right”, she thought.
Brian remembered what their teacher had taught them. When someone is being hurt or frightened, learners should get help from a trusted adult instead of trying to handle the situation alone.



Brian ran to get the teacher on duty. The teacher came outside and went to the boys. “What is happening here?” she asked.
The boys said, “We were just joking.”

The teacher shook her head. “Jokes do not hurt people,” she said. “Calling people bad names, frightening them, and pushing their things is not okay.”

She helped Amani pick up his school bag and checked that he was alright.

The teacher spoke seriously to the older boys about their behaviour and reminded them that all learners must feel safe and respected at school.

Amina and Brian stood beside Amani for a few minutes so he would not feel alone. Slowly, Amani began to look less frightened.

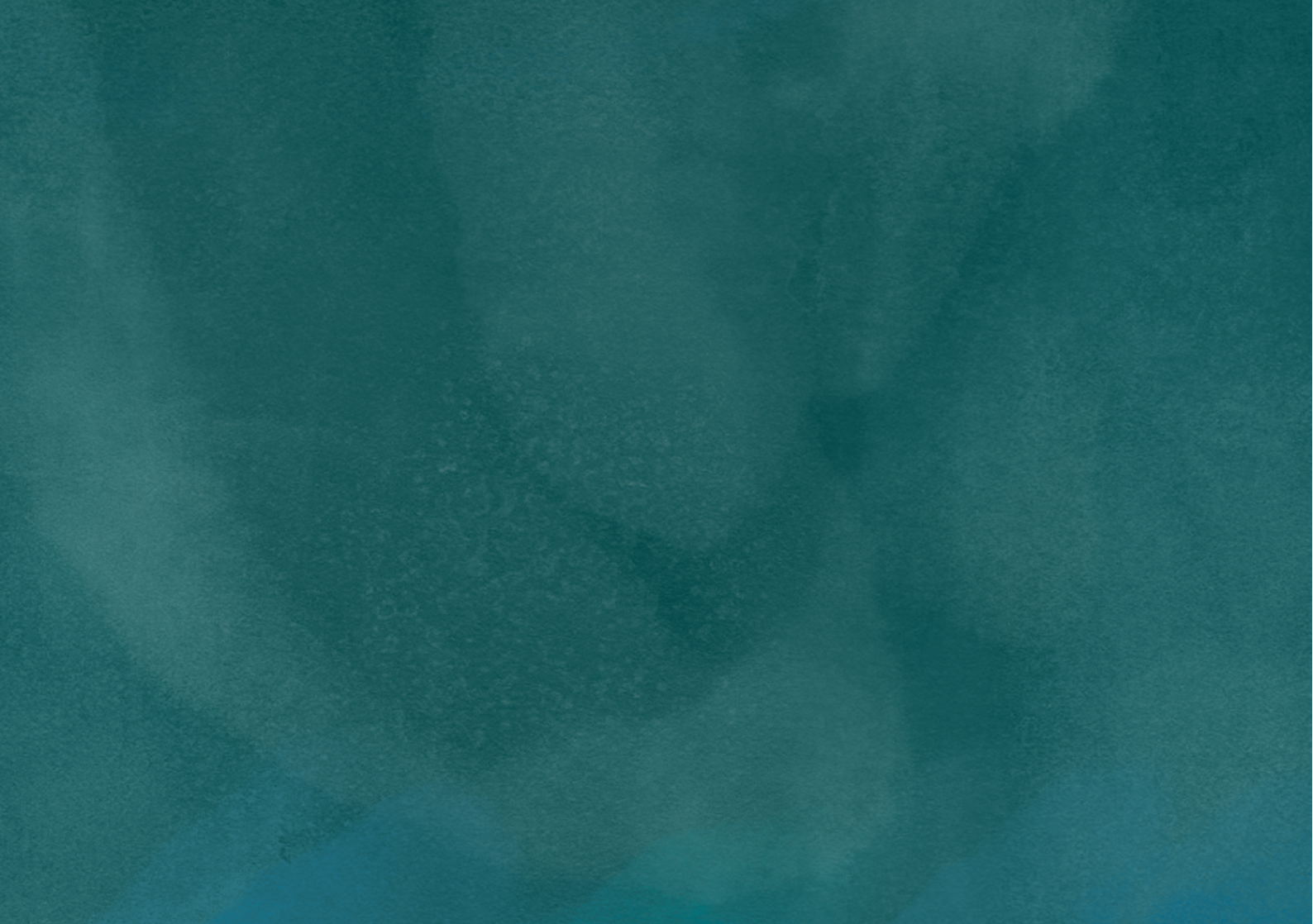
Brian realised that helping safely means noticing when someone is being hurt, getting help from trusted adults, and showing kindness to the person who was harmed.

Let's Talk About it

1. What happened to Amani?
2. Why was the behaviour of the older boys wrong?
3. How did Brian and Amina help?
4. Why is it important for everyone to feel safe and respected at school?

Great Discovery

- Every person deserves to be treated with kindness and respect.
- Hurting or frightening others is never acceptable.
- Supporting others can help them feel safe and valued.
- Safe and caring schools are built through respectful choices



THE END

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YOU SHALL BE MY WITNESSES
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