

Teaching About Secrets

A Guide for Teachers



Pairs with Sunny's Tale: When Secrets Are Scary — for classroom read-alouds, ages 5–7.

Purpose

This lesson helps children ages 5–7 understand the difference between fun, safe secrets and unsafe secrets that should always be shared with a trusted adult.

Key Messages

- Children should never keep secrets that make them feel scared, confused, or uncomfortable.
- There is a difference between a surprise and a secret.
- Telling a trusted adult is brave and safe.
- Children are never in trouble for telling.

In the classroom: Read Sunny's Tale aloud, then use the companion Discussion Questions and Printable Worksheet to reinforce these key messages. Keep the tone empowering, not scary — the goal is confidence, not fear.