

Lesson 1

- **PSHE**
- **Relationships and Sex Education**
- **3 Lessons**

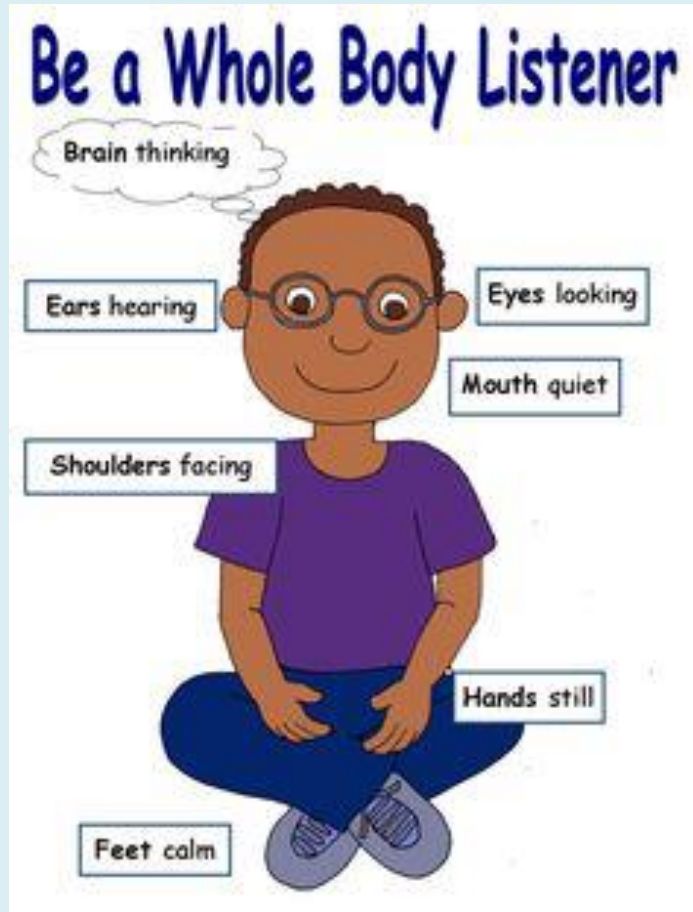
- **Year R**



Can you name all the parts of your body, including the personal and private parts of your body?



GROUND RULES




- How can we make sure we feel safe and valued in these lessons?


Sing a song together about our bodies.


All of Me


by Jessica McDonald


My hands are for clapping 

My arms can hug tight 

My fingers can snap 

Or can turn out the light 

My legs are for jumping 

My eyes help me see 

This is my body, 

And I love all of me!

created by Play Learn Love
clipart from mycutegraphics.com

I've Got A Body Words

I've Got a body, a very busy body,
And it goes everywhere with me!

And on my body, I've got some hands,
And they go everywhere with me!

*

With a clap, clap here, clap, clap there,
Clap, clap, clap, clap everywhere!

I've got a body, a very busy body,
And it goes everywhere with me!

(repeat with stamping feet, nodding head, clicking
tongue, ssshhing lips, blinking eyes etc.)



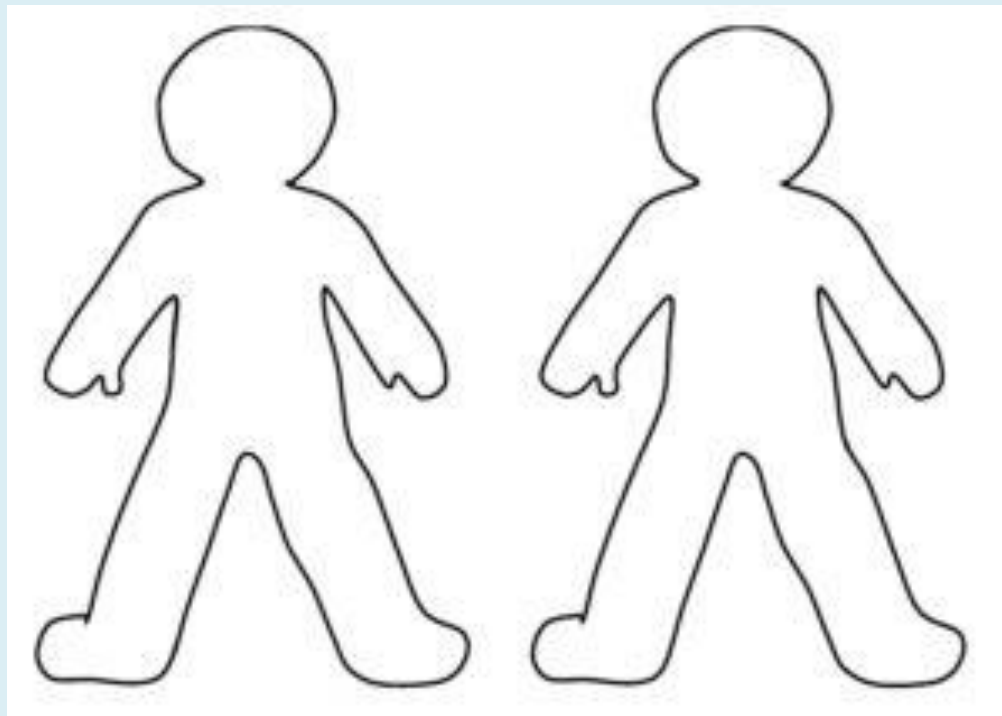
**How many
different parts
of your body
can you name?**



Draw around 2 children's bodies on big paper.

Most boys' bodies

Most girls' bodies



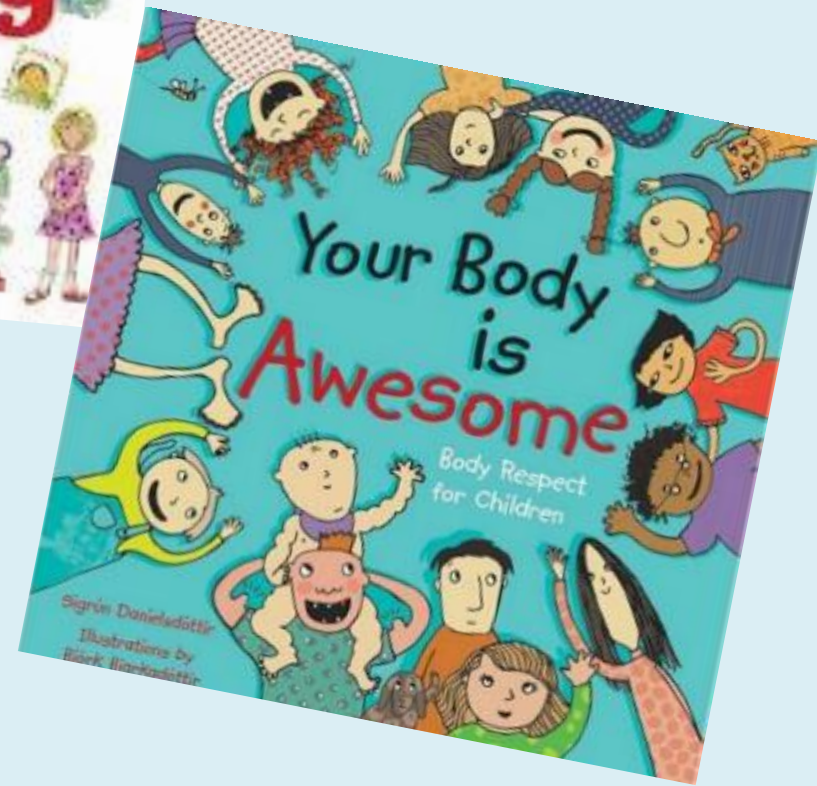
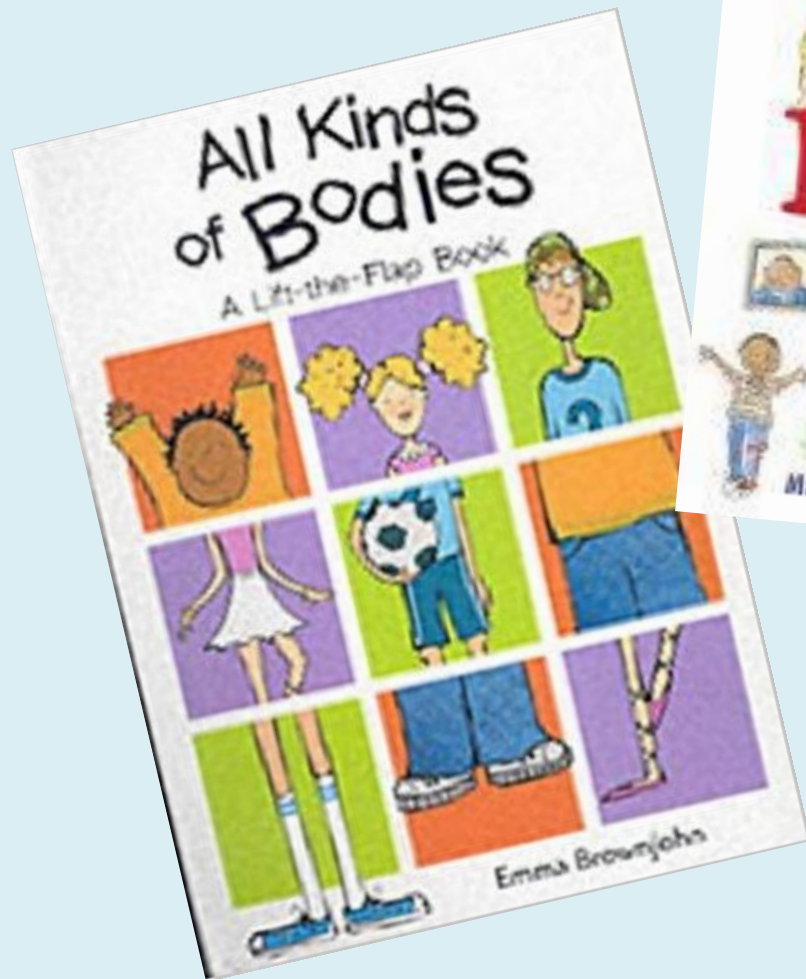
**Can you put the body part labels
in the correct places?**

Which parts of the body are private and personal?

**We
keep
these
parts
inside
our
pants.**



Share a book about bodies...





Circle Time



**I love my
body
because...**

**I love my
body
because...**

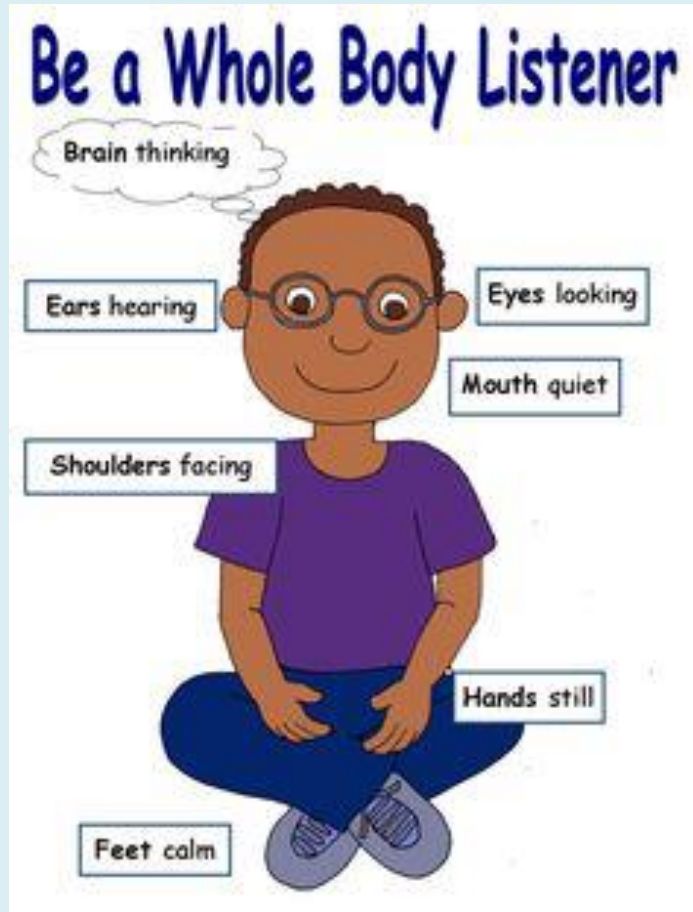


Lesson 2

- Can you tell me what you need to grow?
- Why do we need friends to help us grow?

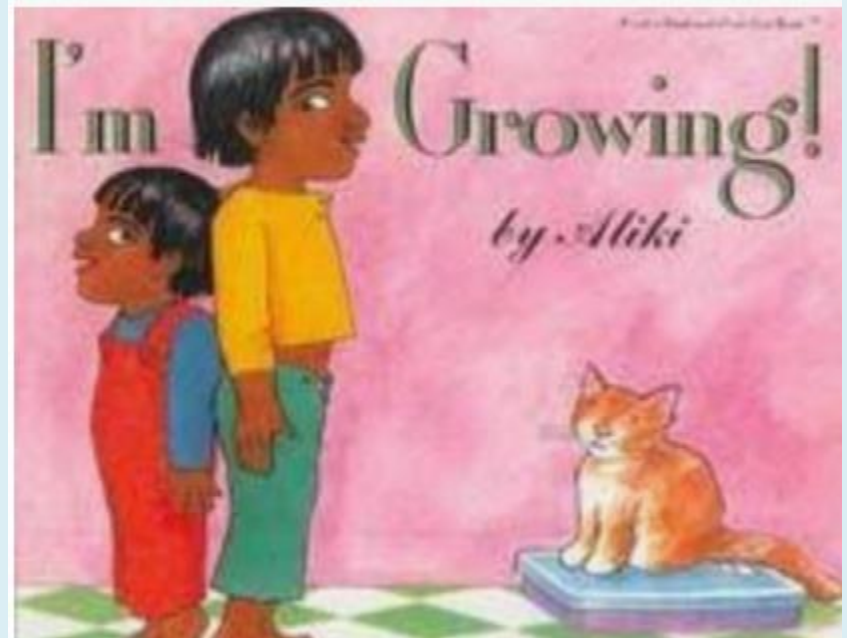
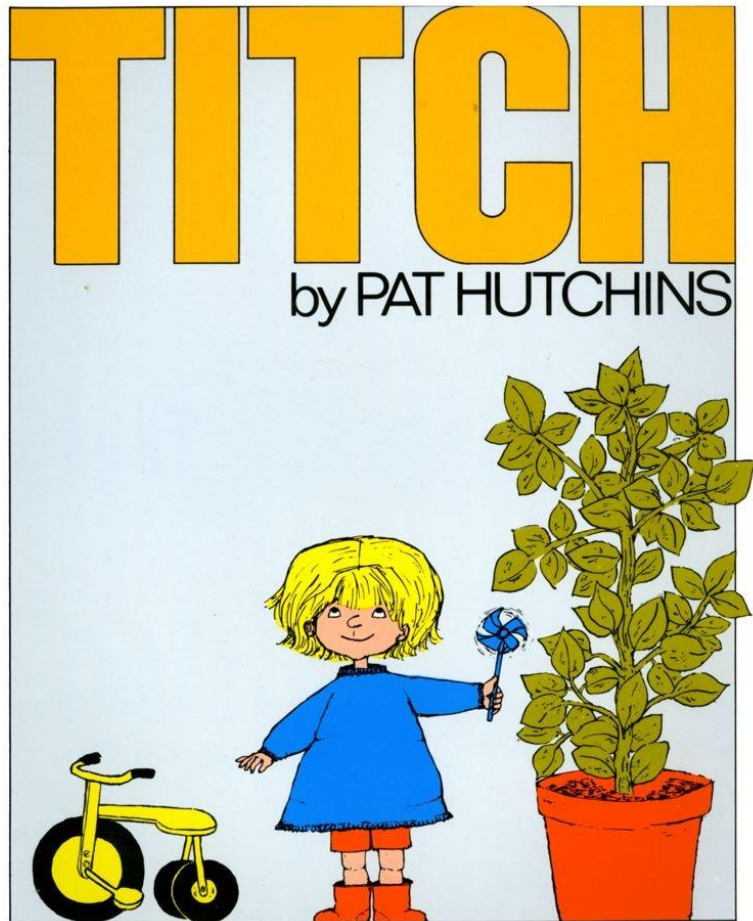


GROUND RULES



- How can we make sure we feel safe and valued in these lessons?

Share a story about growing up.



What did Titch's plant need to grow?



What did the children in the stories need to grow?



We also need special people in our lives to help us grow a happy, healthy mind.

We need people to...



hug



laugh with



chat to



play with

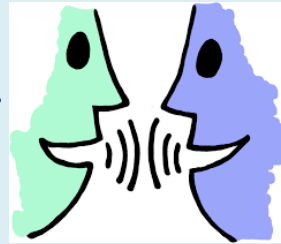
Practise saying things that can help your friendship to grow...

Can I join in?

Can I hold your hand?

Would you like a turn?

Can I have a hug?



Shall we play together?

Shall we see who else would like to play?

Watch and sing along with the Together Song



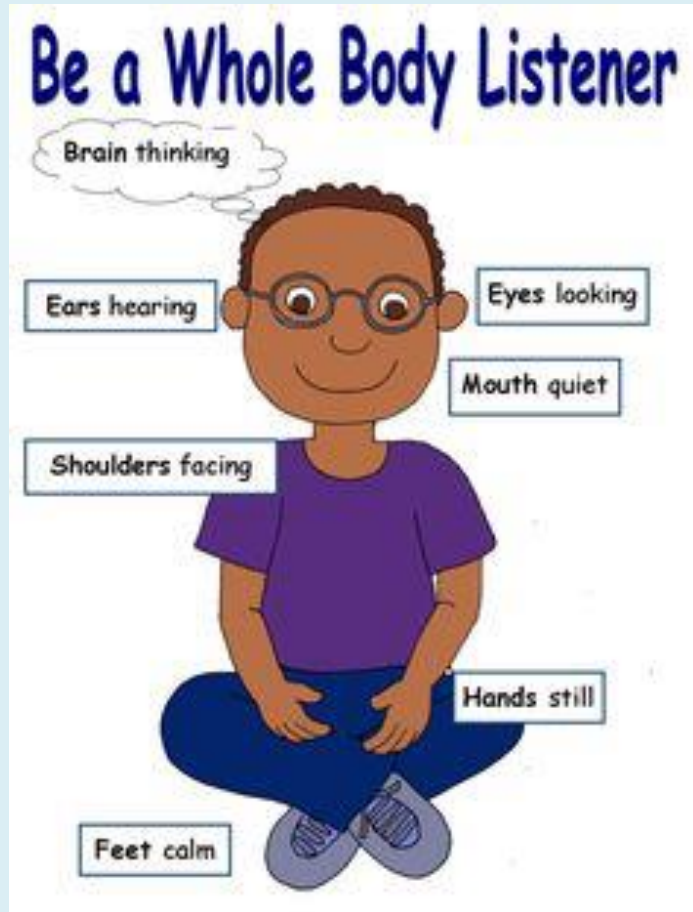
<https://www.youtube.com/watch?v=lldmkrJXQ-E&list=RDlldmkrJXQ-E&t=75>

Lesson 3

Do you know how to look after yourself at school?



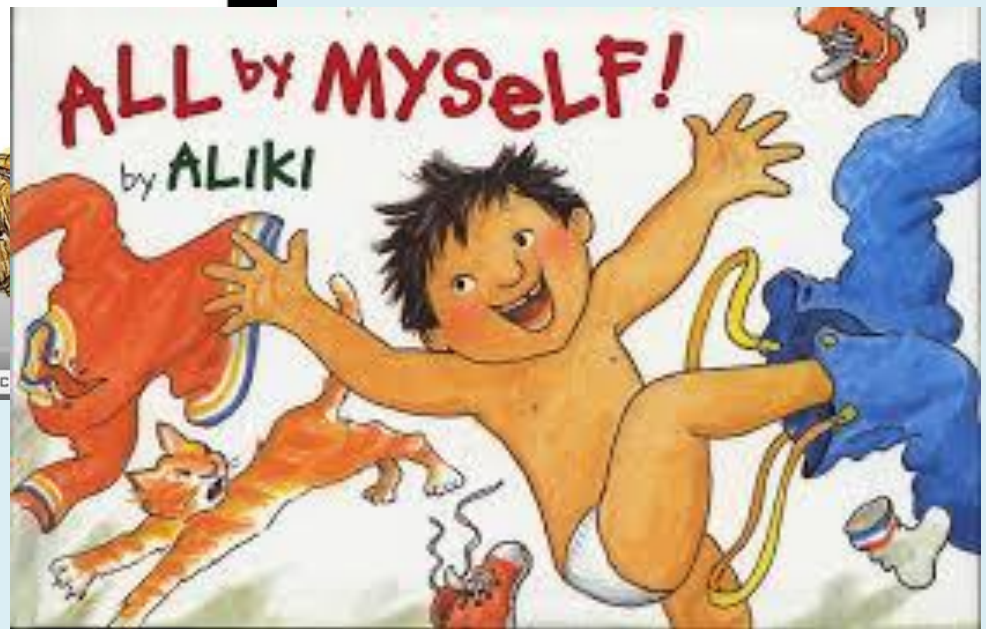
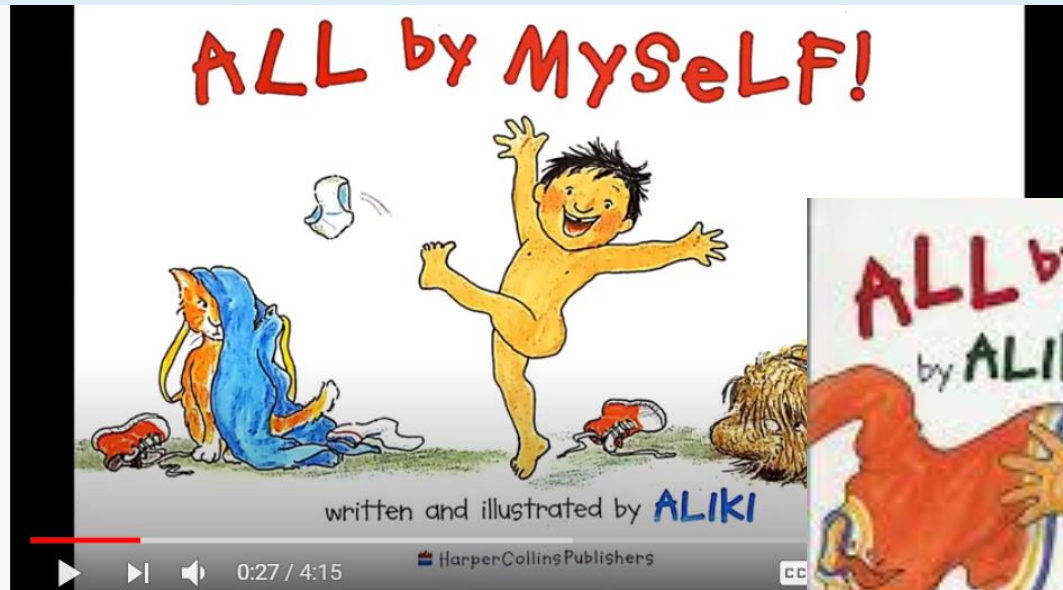
GROUND RULES



- How can we make sure we feel safe and valued in these lessons?

Watch the clip...

Or read the book...





What is the child learning to do all by themselves?



What are we learning to do all by ourselves at school?



Look at photo cards of different skills you are learning to do for yourself.

- Find one that you can do really well and tell a friend about it.

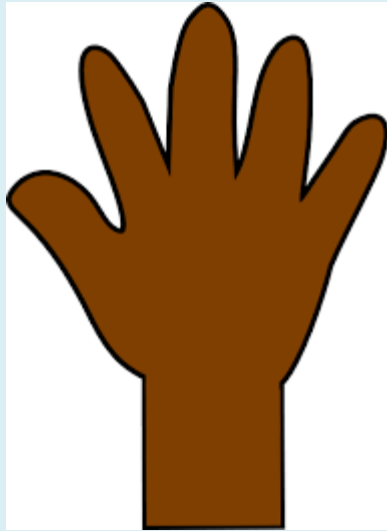


- Find one that you can't do yet and tell a friend about it.



How will you get better at these things?

Who can you ask for help?



Who is on **YOUR**
helping Hand?

How can we help each other?



Let's grow our skills in getting changed for PE!

What can you do on your own?



What can't you do ...yet?

Remember which parts of your body are private and personal when you are changing or going to the toilet.



Watch the Sesame Street Song “All by Myself”

