

Title: My body

Level: Early Level

Code: EL1

**Links to Curriculum for Excellence**

Experiences/Outcomes	Benchmarks
<p>I recognise that we have similarities and differences but are all unique. HWB 0-47a</p> <p>I am aware of my growing body and I am learning the correct names for its different parts and how they work. HWB 0-47b</p> <p>I am developing my understanding of the human body and can use this knowledge to maintain and improve my wellbeing and health. HWB 0-15a</p>	<ul style="list-style-type: none"> Identifies body differences and similarities. Describes how bodies change as they grow. Identifies body parts using correct names, for example, penis, testicles, vulva and nipples.

Learning Intentions

- Children can accurately name and locate a variety of body parts.
- Children explain why keeping clean is important.
- Children can explain basic hand cleaning and dental care routines.

Success criteria

- I know my body changes as I grow
- I know that external body parts have names
- I am beginning to know that some parts of my body are private
- I understand that there are differences between boys and girls
- I know why keeping clean is important and how to take responsibility for some of this.

Connecting with home

Information for parents and carers is provided at each Level on the RSHP site. For information for parents/carers about Early Level learning go here: <https://rshp.scot/early-years/> Some of the suggested activities include links with home. Books suggested for use in the centre/school could also be for lending.

Key words/vocabulary

- | | | |
|------------------|-----------|-----------|
| • Adult | • Girl | • Penis |
| • Arm | • Grow | • Same |
| • Body | • Hand | • Scrotum |
| • Bottom | • Head | • Similar |
| • Boy | • Knee | • Testes |
| • Child/children | • Leg | • Toes |
| • Different | • Mouth | • Unique |
| • Ears | • Nipples | • Vulva |
| • Eyes | • Nose | |

ACTIVITIES

Learning can be planned or take place in what we might call those spontaneous ‘teachable moments’ when children and educators are playing and chatting or a particular event happens. Of course we can create those teachable moments too, and so there are suggestions here about how books, play and other activities can support RSHP learning at Early Level.

Songs and rhymes

Introduce a topic or project all about the body. To start, have some fun with songs and rhymes about the body. Things like: *The Skeleton Dance* (the one that goes ‘The knee bones connected to the....’) https://youtu.be/Pbl4BNkAg_U
Head, Shoulders, Knees and Toes
Hokey Cokey (You put you left arm in....)

Create life size drawings and label body parts

Have children work together and draw round one of the group. Have fun decorating and adding features. Name and label parts of the body that everyone can see when dressed.

Private parts of the body

Explain that some parts of our body are private. Private means they belong to you and you don’t show them to other people – your parent or carer might see them when you have a bath/shower or if they help you to get dressed. These are the parts of the body covered by our underpants. Use the outline body drawings to first name all the body parts that children have already identified you can see when dressed. Then name and label vulva on the girls drawing and penis and scrotum/testes on the boys drawing. Ask the children if they use other words for vulva or penis – acknowledge them all. (Of course there might be some giggles – as a key learning point is to learn and use agreed terms do not worry about the laughter). Talk about differences between girls and boys bodies, naming penis and vulva.

Using key words: This is a suggested text that you might use when explaining these words.

Nipples: Both boys and girls have nipples. When a girl grows, she will develop breasts. If a woman has a baby, then she can breast feed her baby; the baby would get milk from its mum’s nipples. Sometimes people ask, “so, why do boys have nipples?” Boys have nipples because all life begins as female. So, if the baby that is growing inside mum becomes a boy, he will still have nipples.

Penis: Boys have a penis. When a boy has a pee, it comes out of his penis.

Scrotum and testes: This is the sack of skin that hangs under the boy’s penis. Inside there are the little balls that we call testes.

Vulva: Girls have a vulva. When a girl has a pee, it comes out of her vulva. (N.B. If a child uses the word vagina to describe this part, you can respond with: *Sometimes people use the word vagina, but the vagina is actually just the bit inside the girl. So, if you are a girl, the bit you see between your legs when you look at your body is your vulva.*

Keeping clean

Explain that keeping clean is important so that you can keep healthy. If you don't keep yourself and your things clean, then germs can grow and make you ill. Explore with the children what parts of their body they need to keep clean – and how?

Handwashing

Health Protection Scotland have produced a range of materials to support learning. Find the Children's Pack here:

<http://www.washyourhandsofthem.com/children's-pack.aspx>

The Children's Pack is full of ideas and materials to encourage children to make hand washing part of their everyday routine. The pack has been designed specifically for use by children between the ages of three and six and is supported by materials available from this website. The pack is downloadable and includes:

- Posters featuring a cartoon character called Handy to encourage regular hand washing
- Reminder stickers of Handy for placing around toilets and classroom sinks
- Some ideas to help make hand washing part of the school day and to raise children's awareness
- A fun reward chart that can be filled out when children wash their hands. (This can be photocopied or downloaded and given out to pupils each week)
- Stickers of Handy to reward children for washing their hands - these could be given out at the end of each week
- A cartoon DVD featuring Handy to help explain why, when and how hands should be washed.

Toothbrushing

Childsmile is offered in every Nursery and in some P1 classes.

More here: <http://www.child-smile.org.uk/professionals/index.aspx>

This toothbrushing diary can help children and parents/carers think about the importance of oral health http://www.child-smile.org.uk/uploads/documents/4352-MyToothbrushingDiary3_6.pdf

Make posters about handwashing and toothbrushing.

Make posters that remind children to wash hands and brush teeth to take home.

More on Childsmile

Childsmile has NHS staff in each area, find yours here: <http://www.child-smile.org.uk/contacts/coordinators.aspx>

Information for parents and carers on Childsmile: <http://www.child-smile.org.uk/parents-and-carers/index.aspx>

BOOKS FOR READING TOGETHER OR BORROWING

These books provide opportunities to talk about the themes of interest, they could be used with a class or group, reading to pairs or individual children to support and back-up key learning. Parents could be encouraged to read them at home too.

My body: Usborne Very First Words (Board Book)

Felicity Books

ISBN 9781409535331

This is an illustrated introduction to an important and popular subject for the very young. It includes names for parts of the body, the senses, clothes, things we can do, and what our bodies need to stay healthy.

Lift the flap Questions and Answers about my body

Katie Daynes

ISBN 9781409562108

This Lift-the-Flap book contains the answers to the many questions that curious children have about their bodies, including 'How do I smell?' 'What makes me burp?' 'Why do I need to wash my hands?' 'Why is blood red?' and many more. The book is filled with entertaining and informative illustrations to help to answer all kinds of body questions that young children ask, in a friendly and simple way. Includes over 60 flaps to lift.