



Early Level ideas to introduce RSHP learning at home

Topic	Activity
Families and Friendships	<ul style="list-style-type: none"> Talk about families Children love to hear stories about you when you were their age and growing up, and about relatives near and far. Particularly at this time when they are unable to see family, it might be a nice opportunity to facetime relatives they haven't seen for a while and they could talk to them about some of your stories. Draw or paint family portraits, family trees or start a family/selfie gallery. https://rshp.scot/wp-content/uploads/2019/08/Our-families-Early-Level.pdf Some ideas to get you started https://happyhooligans.ca/self-portrait-kids/ 
	<ul style="list-style-type: none"> Write and send a letter to people we miss at the moment Lovely creative idea from www.starcatchers.org.uk Writing and sending a letter together is not only creative, but also gives you the space to talk together about feelings. Plus it's a great way to help children stay in touch with loved ones! Check out more fun, creative ideas to engage little ones without a lot of kit, stress, nor pressure to 'achieve' anything from 'Wee Inspirations' www.starcatchers.org.uk/weeinspirations/
Feelings and making choices	<ul style="list-style-type: none"> Ask and talk about feelings – not only when your child is excited or happy, but also when they are a bit worried or unsure. Your child might not have all the words to explain why they feel something, but you can help them recognise how in their body (or in their tummy) they feel in different circumstances. www.bbc.co.uk/cbeebies/watch/feeling-better-songs-playlist#playlist Books for reading together In my heart by <i>Jo Witek</i> A book of feelings encouraging children to explore and reflect upon a whole range of feelings. Read with The Story Time Family https://youtu.be/xlfLgHBWYx4 Make a 'Coping Chart' Together create a list of activities (<i>talk to someone, read a book, draw/paint, watch favourite movie, have a snack, bake, build an obstacle course</i>) they can choose from to help them deal with difficult feelings like sad, frustrated, angry, scared, boredom.
Looking after living things	<ul style="list-style-type: none"> Look after plants, vegetables or pets At home you can grow and look after plants or vegetables, as well as have pets that children have some responsibilities for when it comes to their care The life cycles of animals - The butterfly www.bbc.com/bitesize/articles/zttckqt Visit a zoo online https://www.edinburghzoo.org.uk/webcams/panda-cam/ Make your own bird feeder. More great ideas on facebook @ourscottishcanals 
	<p>For more ideas and information take a look at https://rshp.scot/wp-content/uploads/2019/08/Learning-at-Home-Early-Level-information-for-parents-and-carers.pdf</p>

First Level (P2, P3, P4) ideas to introduce RSHP learning at home

Topic	Activity
<p>Families and Relationships</p>	<ul style="list-style-type: none"> <p>Talking about families Children love to hear stories about you when you were their age and growing up, and about relatives near and far. Particularly at this time when they are unable to see family, it might be a nice opportunity to facetime relatives they haven't seen for a while and they could talk to them about some of your stories</p> <p>Our Families. All our families are different. Draw or paint family portraits, family trees or start a family/selfie gallery. Listen to Scratch Garden Families Song https://youtu.be/ZcpZKXPnbZs. More ideas at https://rshp.scot/first-level/#myfamily; https://www.funlittles.com/back-to-school-art-for-kids-mixed-media-family-portraits/</p> <p>Talking about trusted adults. Talk and identify the adults in your child's life who love and care for them, who support them and would help if they are ever worried or concerned. Hand of support Draw an outline of a hand and use each finger to represent a trusted adult in their life who they would go to if they needed help, if they were worried or scared example Mum, Dad, Gran, teacher, Sister.</p>
<p>Feelings and making choices</p>	<p>Life is a little upside down right now. Helping your child to find ways to relax and cope is important to help their mind and body switch off from their worries. Here are a few ideas, some of these things are things you might be already doing but others might be new:</p> <ul style="list-style-type: none"> <p>Write and send a letter to people we miss at the moment Lovely creative idea from www.starcatchers.org.uk Writing and sending a letter together is not only creative, but also gives you the space to talk together about feelings. Plus it's a great way to help children stay in touch with loved ones!</p> <p>Draw, write, imagine your happy place For more activities or tools to help children feel better when they are feeling anxious, scared or sad check out www.childline.org.uk/toolbox/calm-zone</p> <p>Make a coping toolbox Encourage your child to fill a box/bag with things which remind them of good times or will help them feel better. Examples: Photos, drawings, a gift which someone has given them, a sachet of hot chocolate, a bath bomb, a list of activities they can do to relax: Cuddle a teddy, watch their favourite DVD, take 10 deep breaths etc. If you don't have a box or container your child can find a special place in their room to put the items or simply list/draw on the toolbox activity below. Check out https://www.partnershipforchildren.org.uk/what-we-do/childrens-wellbeing-activities-for-teaching-staff-and-families.html</p>



- **Feeling safe and happy online**

Talk to your child about what they are accessing online and how it makes them feel, and reassure them to always speak to you or a **trusted adult** if they see or hear something online that upsets them.

Keep up to date with parental controls on all your devices and change WiFi passwords regularly.

Great easy to read **parents and carers helpsheet** from www.thinkuknow.co.uk can be found here for [primary](#)

Also check out these quick 15 minute **online safety activities packs for children aged 4-5**

www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/early-years/ .

And **for children aged 5-7** www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/5-7s



Growing up, my body, the baby's story
(how human life begins, pregnancy and birth)

Spending more time together might mean having more questions or conversations about growing up, differences in our bodies or about how life begins.

Children are naturally curious. They are especially curious about their bodies and, about where they came from and how they were made. You have probably already been asked: *where do babies come from? Or Why do you pee sitting down?*

They really want to know. It's best to be as straightforward as you can.

Here are a few ideas to support these conversations, some of these things are things you might be already doing but others might be new:

- **Keep talking...**

Talking with your child regularly and in an open way helps them prepare for things like body changes during puberty

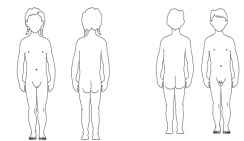
- **Body parts and words**

In school the words we use for private body parts are penis, vulva, bottom and nipples. We do this because if children have the correct words it means we all understand each other. This keeps them safe. And they learn that these words are just parts of their bodies, they shouldn't be embarrassed

Try using these words at home when you want to talk about private parts, like in the bathroom or getting dressed.

Try including them in the song 'Head, shoulders, knees and toes'. Singing can make it feel easier and the words just fit in with the rest of the body parts.

Try a fun activity using the words and a body outline check out <https://rshp.scot/first-level/#mybody>



- **The Pants Rule.** Children love this way to learn about private parts. Have a look here: <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/>

- **Talk with no words'**

Have fun trying to communicate/tell each other something without talking. Use your body, hands and facial expressions to express - yes, no, hello, goodbye, I like that or I don't like that.

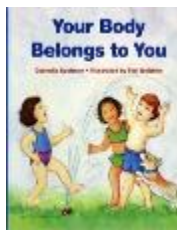
- **Reading together**

Books can be great for having readymade answers to questions about bodies. Here are some books you can check out online:



Usborne lift the flap Questions and Answers about my Body by Katie Daynes.

This Lift-the-Flap book contains the answers to many questions that curious children have about their bodies. You can see inside the book here <https://www.youtube.com/watch?v=K8-3J5nONYI>



Your body belongs to you by Cornelia Spelman

In simple reassuring language this book talks about an important message we want to teach our children, being touched is their choice and the importance of talking to a trusted adult if they are ever worried. You can read along with the book here

https://www.youtube.com/watch?v=OSrwYszgtKE&feature=emb_logo



Usborne flip – flap How are babies made? by Alistair Smith

Discover how a baby forms inside its mother. Lift the flaps on the pages to see the baby changing as it grows and grows.

You can see inside the book here

<https://www.youtube.com/watch?v=Ux0z-5qGWf8>



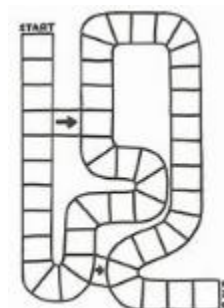
How did I begin? By Mick Manning and Brita Granstrom

An introduction to the facts of life for young children that follows the story from conception to birth of a baby.

For more ideas and information on our Health and Wellbeing learning called **Relationships, Sexual Health and Parenthood Education** take a look at <https://rshp.scot/wp-content/uploads/2019/07/RSHP-Learning-at-Home-First-Level-information-for-parents-and-carers-1.pdf>

Second Level (P5, P6, P7) ideas to introduce RSHP learning at home

Topic	Activity
<p>Families and Relationships</p>	<p>Families and relationships Coronavirus is affecting everyone's life and it can be an incredibly tough time for families as we all learn to adapt to being together at home more. There's no doubt all relationships are being faced with new challenges but times like these can also provide opportunities for your child/children to learn and understand more about relationships, safety, growing and being a parent/carer. This is part of their Health and Wellbeing learning called Relationships, Sexual Health and Parenthood education. https://rshp.scot/wp-content/uploads/2019/07/Learning-at-School-Second-Level-information-for-parents-and-carers-3.pdf</p> <p>Here are a few ideas to support relationship building, some of these things are things you might be already doing but others might be new:</p> <ul style="list-style-type: none"> • Play We are never too old to play. You may already have a favourite family game or you spend time designing one together. You don't need anything impressive; just a dice, some buttons or small toys for counters. You can make any shape or size with boxes. In each of the boxes add a challenge (give a compliment, do a dance from fortnite), task (do a chore, sing a song, floor is lava) or action (move back two spaces, miss a turn) • Make a 'Coping Chart' for everyone in the household Together write or draw a list of activities (<i>talk to someone, read a book, draw/paint, watch favourite movie, have a snack, bake, screen/online time, I need time on my own</i>) they can choose from to help them deal with difficult feelings like sad, frustrated, angry, scared, boredom. This great tool and more can be found at; https://www.partnershipforchildren.org.uk/what-we-do/childrens-wellbeing-activities-for-teaching-staff-and-families.html • Dealing with arguments/fallouts with family or friends <ul style="list-style-type: none"> ○ Try and imagine it from the other side ○ Find someone who can help you to get talking – a peacemaker. ○ Listen. Pay attention to what the other person is saying so you can understand. ○ Tell them how you feel. ○ Have a laugh – see the funny side. ○ Accept that you might both have been right – being able to disagree is an important part of a relationship • Find space to breathe You may have already seen these ads from www.parentclub.scot on TV a gentle reminder for us to be kind to ourselves and take a breather https://youtu.be/nB8NSPNnS64
<p>Feelings and making choices</p>	<p>At this age an important area for learning is about helping children to be safe, to recognise and trust their feelings, and to remember who to go to if they need to talk or get help.</p>



At home you could encourage them to try some of these things:

- **Find freedom**

When you're not able to see friends or go out you can feel trapped. It can help to notice the freedom you do have, even if it's much smaller than you're used to.

It might be that you can choose to go to a different room, look out of the window, connect with friends online or set up a video call with relatives.

- **Make a senses drawer**

Make a space in a cupboard or drawer for things that will help you when you're experiencing difficult feelings. Choose things with a noticeable smell, taste, feel, colour or that make a noise. You could include shampoo or soap to smell, a mint to taste, a fluffy sock to touch, a brightly coloured drawing or wrapping paper to look at or a plastic container with beads or dried pasta in to shake.

These great tools and more can be found at <https://www.childline.org.uk/toolbox/calm-zone>

- **Create a feelings diary**

Our feelings diary

You will need

A feelings diary can help your child to identify feelings and help them understand that feelings change.

To spend time talking about one or two feelings your child has had each day, if they have difficult feelings (nervous, lonely, sad or frustrated), tell them that it's okay to feel like this and completely normal, especially because of everything that is happening.

Use the pictures from the 'Feelings Chart' on the following page to help children to come up with ideas.

	Today I felt <small>(name a feeling)</small>	Today I felt <small>(draw a picture)</small>	One thing that made me happy <small>(draw or write a picture)</small>
Monday			

Try gentle breathing exercise

Complete a finger breathing exercise. Calmly breathe in and out, as you trace up and down your fingers.

This great tool and more can be found at;

<https://www.partnershipforchildren.org.uk/what-we-do/childrens-wellbeing-activities-for-teaching-staff-and-families.html>

Learning about being safe

Online safety

- **Talk to your child** about what they are accessing online and how it makes them feel. You can help your child learn about what information to share and not to share. For example: *keep personal information private; don't tell people online where you live or the school you go to. Never take a photo of you and send it to a stranger, even if they ask. Photos are also private).*
- **Always let them know that they can speak to you or a trusted adult** if they see or hear something online that upsets them.
- **A great new resource for children to look at is www.mindyertime.scot.** It was developed by children and young people looking at positive side of social media, play, screen time and sleep, body image and where to go for support if need help

Also check out these great **online safety home activities packs** that you can do together. They only take about 15 minutes

<https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/8-10s/>
<https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/11-13s/>

- **As parents keep up to date with parental controls** on all your devices and change WiFi passwords regularly. Great easy to read **parents and carers helpsheet** from www.thinkuknow.co.uk can be found here [primary](#)

- **Talking about consent**

Consent means when we ask for and receive (or not) a person's permission to do something. Learning to recognise situations where they feel nervous or worried, we will help them to trust what we will call their 'belly voice', that feeling of nervousness or worry if someone asks them to do something they do not want to do.

Learning about consent now helps children to grow in self-confidence, respect others and be protected from harm. Children will build their skills and confidence to be able to say both yes and no by talking, playing games and learning from positive role models.

Here are a few ideas:

- **My senses**

Begin the conversation by doing this lovely activity focusing on our senses Smell/Sight/Hearing/Touch/Taste.

Make a list of things you like under each sense for example the smell of muffins, looking at the sea, touching a feather, hearing people laughing, tasting ice- cream.

Once complete you could do another list of all the things you don't like under each senses.

Talk about how our senses are the first thing we use to decide if we like or don't like something.



- **Consent for kids** watch this short video together

<https://www.youtube.com/watch?v=h3nhM9UIJjc> and talk about what it says;

My body is my body. It belongs to me. I am the boss of my body.



Growing up, their bodies, how human life begins, pregnancy, birth and being a parent/carer.

Children at this age are curious. They are really interested in how people get on, learning about their bodies and will have questions about sex.

Learning about puberty - it is important all children learn not only about personal hygiene and physical changes, like what happens to their hair, skin, body shape, breasts, smell, periods (menstruation), erections and wet dreams but also about the changes they can experience in their mood and relationships with others.

We understand that it might be a wee bit embarrassing for some of us to talk about some of these things at home, but the more you talk the easier it gets.

Remember it's best to be as straightforward as you can be, you don't need to know everything and you can always say;

'That's a really good question'

I don't know, let's check the answer together by looking at <https://rshp.scot/second-level/>

Here are few ways to talk or useful resources to share:

- **Now and then**

Talk about how their bodies have changed since they were a baby. Look at old photos; talk about your experience/memories and how normal change is. It happens to everyone at some point.



- **Feelings, Emotions or Mood**

People use different words like **feelings** or **emotions** or **mood** to describe how a person feels at times. When your body changes with puberty, you might feel things more strongly, or your feelings can change quickly. You might hear people say that with puberty you get moody or have mood swings. Everyone experiences it differently. The most important thing is to talk about it and explore what coping strategies work for you.

- **What is puberty?**

Puberty is the time in your life when your body begins to change. Some changes you can see. Some changes happen inside your body. You can't see these. You can have stronger emotions and new feelings.

- **“When will puberty happen to me?”**

This is one question children often ask. Puberty changes happen over several years. Usually between the ages of 9 and 16. Some changes in your body might be happening now, some will happen later. This is different for everybody.



All the changes that happen during puberty are caused by chemicals in your body. These chemicals are called Hormones.

When your body is ready to begin puberty, your pituitary (say: pit-TOO-uh-ter-ee) gland (a pea-shaped gland located at the bottom of your brain) releases these special hormones. Depending on whether you're a boy or a girl, these hormones go to work on different parts of the body.

Stress that there is no rush when it comes to puberty, everyone is different and unique, but for some children talking about it before it happens can help them prepare for the changes and not feel as scared.

- **Listen** without judgement as they are more likely to come to you when they are worried or curious about something rather than going online.
- **If they do want to find out more online here are some really good places to signpost them to (they can be useful for us adults too ☺):**



Booklet - 4 You, Growing Up – What's it all about?

Picture booklet exploring changes in your body, feelings and relationships. Appropriate for P6/P7 but you will know best what stage you child is at.

Download at -

<https://www.nhs.uk/Livewell/puberty/Documents/4youmarch2010nonprinting.pdf>



Childline have some great online information, games and ideas for children and young people.

<https://www.childline.org.uk/info-advice/you-your-body/#explore>



www.HeyGirls.co.uk

Supporting free period products and education in schools.
Great information on periods <https://www.heygirls.co.uk/education/fact-file/>
Also have developed resources [aimed specifically at boys](#), and run a [campaign for Dads](#), to make sure that everyone can talk about periods.

Amaze junior brings parents age-appropriate relationships, sexual health and parenthood information and fun videos to share with your child

Have a look here <https://amaze.org/jr/>

For more information and links to books take a look at <https://rshp.scot/wp-content/uploads/2019/09/Learning-at-Home-Second-Level-information-for-parents-and-carers.pdf>