Lesson 1

- PSHE
- Relationships and Sex Education
- 3 Lessons
Can you name all the parts of your body, including the personal and private parts of your body?
• 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!

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, sssshing 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...

1. *All Kinds of Bodies: A Lift-the-Flap Book* by Emma Brownjohn
2. *The Great Big Body Book* by Mary Hoffman and Ras Asquith
3. *Your Body is Awesome: Body Respect for Children* by Signis Daniellotti, illustrated by Beck Boxstadter
I love my body because...