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# All About You and Your Body

## Teacher's Notes

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# All About You and Your Body



## All About You and Your Body

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Suitable for: **Ages 3+**

Explore themes of: ✓ Your amazing body ✓ Diversity ✓ Taking care of your body

Subject Checklist: ✓ Literacy ✓ PSHE ✓ Science

Objectives: Celebrate all the amazing things bodies can do; know that all bodies are different; understand what a body needs to stay healthy.

*The following lesson is based on activities taken from the All About You and Your Body book. The book contains many other brilliant activities that children can do to understand their bodies and how to look after them. This lesson can be used as a whole class or small group session. It's adaptable to your and your learners' needs.*

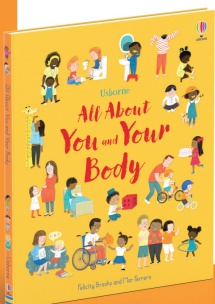
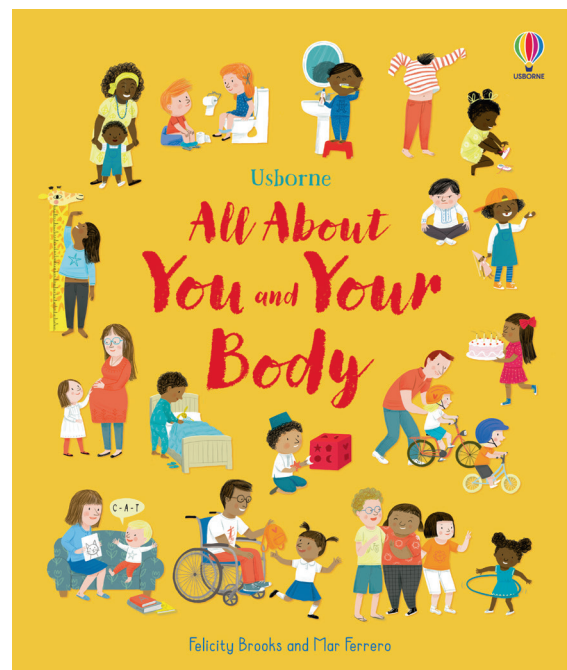
These resources were developed for Usborne by Shapes for Schools.



### About the Book

*All About You and Your Body*

Young children will enjoy this lively look at all the incredible things the human body can do, what it needs to stay healthy and how to look after it. The wide-ranging topics such as senses, germs, feelings, exercise, food, sleep and toothcare are all brought to life by the delightful illustrations. There's a celebration of different body shapes and sizes and information about why bodies look different including skin colour, disability, hair type and age. The book also explores how bodies grow and change as children get older.



# Activity 1:

**Objectives:** Celebrate all the amazing things bodies can do; understand that all bodies are different and special; think about what your body needs to stay well.

Read the spread 'Our Amazing Bodies' on pages 4–5. Now, sort the picture cards below into two groups:

## Picture cards for sorting

 <p>sleep</p>	 <p>make friends</p>	 <p>sing</p>	 <p>communicate</p>
 <p>dance</p>	 <p>cry</p>	 <p>eat and drink</p>	 <p>wee and poo</p>
 <p>throw and catch</p>	 <p>count</p>	 <p>play</p>	 <p>clap</p>

Things I could do when I was a baby	Things I've learnt to do

Look how many things you've learnt to do since you were a baby! Isn't it incredible that your body has learnt so many new things? Can you think of something else you can do now that you couldn't do when you were a baby? Perhaps you can swing on the swings, brush your teeth or paint a picture?

Take it in turns to mime something that you enjoy doing. Can your group guess what it is?

Your amazing body can do so many things!



## Activity 2:

Read the spread 'All Bodies are Different' on pages 12–13.

Remember: Our bodies are all different.  
No two bodies are exactly the same.  
Isn't that amazing?



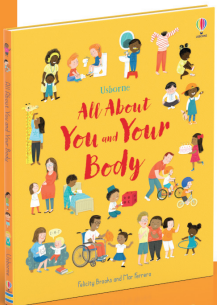
- Look at the two children who are eating ice cream. What is the same about them? Can you see any ways in which they are different?
- Can you spot two children with a cuddly toy? What is the same about them and what is different?
- What about the two children who are going to drink orange juice?
- Just like each of the people in the picture, there's nobody quite like you! All bodies are special. What is special about your body?



# All About You and Your Body



Draw a picture of your brilliant body in the space below.



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# All About You and Your Body



## Activity 3:

Your body is incredible and it does so much! But what does your body need to be healthy, happy and well? Read about the seven things a body needs on pages 14–15:

Something to drink  
Fresh air  
Good food  
Exercise and play  
Thinking and learning  
A safe place  
Lots of sleep

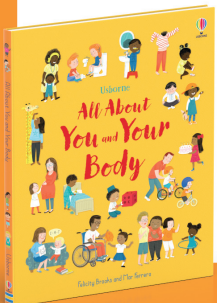
- As a class, think of an action for each one! When your teacher names one, can you do the action?
- What have you done today to look after your body?
- What do you think you could do during the rest of the day to help take care of your body?

### Looking After My Body: Diary Challenge!

Why not keep track of how you look after your body over the course of one week? You could do this individually, or together as a class.

For each day in the diary, tick off one of the columns when you feel that you've done something to look after your body in the relevant category. Make a note of things you have done.

Keep your diary for as many weeks as possible. Try to add more ways of looking after your body!



## Looking After My Body: Diary Challenge!

	Something to drink	Fresh air	Good food	Exercise and play	Thinking and learning	A safe place	Lots of sleep
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							