

# Foundation Relationships and our bodies

## Different stages of life



baby

child

adult

Changes e.g starting school, having a baby brother or sister, transition to Year 1



## Parts of the body

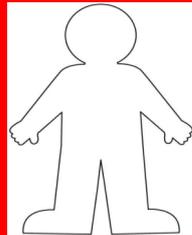
Including:

Head

Eyes

Ears

Mouth



## Transition to Year 1



## Respecting our bodies



E.g under-wear rule, consent

### Useful websites/books to help you talk to your child:

Boys and Girls by Lynwen Jones—a book about the differences between boys and girls

[www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule](http://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule)

# Foundation

## Relationships and our bodies

### Lesson 1 — sharing:

- What sharing is.
- Why sharing is a good thing.
- How sharing can help others.

### Lesson 2 — changes from babies to adults:

- How humans change from babies, to toddlers, children, teenagers and adults—focused on physical abilities.
- What changes have happened in their life e.g. starting school.

### Lesson 3— respecting our bodies:

- Labelling the main parts of the body.
- Watch the NSPCC PANTS song to learn which body parts are private.

### Lesson 4— body parts:

- Labelling the parts of the body—using heads, shoulders, knees and toes.

### Lessons 5 & 6—transition to Year 1:

- Looking ahead to Year 1, including chance to ask questions.
- Completing One Page Profile for new teacher.
- Looking back on their memories of Foundation Stage.

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