

Teacher's Notes

My Body is Me! is an upbeat, rhyming picture book, aimed for 3-6 year-olds, written by Rachel Rooney and illustrated by Jessica Ahlberg in consultation with Transgender Trend. It introduces children to the workings of the human body, and celebrates similarities and differences while challenging sex stereotypes. It also aims to promote a positive self-image and foster self-care skills. The text is inclusive for children with physical or sensory disabilities.

Lesson Plan

Introduce the lesson. For example: *Today we are going to be talking about bodies.* Ask children what they already know about their bodies to find out what they already know and understand.

Read **My Body is Me** to familiarise children with the text.

Read it again, this time encouraging them to join in with the repeated refrain, alongside chosen actions.

Follow Up Activities

How Do Our Bodies Work?

Play games such as 'Simon Says' e.g. *Simon says touch your nose.*

Sing songs such as 'Head Shoulders Knees and Toes' and 'Hokey Cokey'.

Talk about the senses. Ask questions such as *What does our nose help us do? What do we taste with?*

Think about different body actions. Can they name body parts and describe what they do? For example: *Hands clap, heads nod, toes wiggle* etc.

Older children may be able to name some internal body parts and describe their function. For example: *the brain helps you think, bones help you move, the heart pumps blood* etc.

Similarities & Differences

Look at the characters in the book. Ask pupils to describe ways they differ from each other. They might note hair styles, skin tone, age or height. They might notice others who have a plaster cast, wear glasses, have a cochlear implant, or use a wheelchair. They might also point out sex differences (based on inference or from the named characters on front endpapers). Ask questions such as *Is there anyone in the book who looks a bit like you?*

Explain there are ways that we are similar & different which can't be seen. We all have different likes, dislikes and skills and this is part of what make us unique - our personalities. Look at the activities and actions of the children in the book (many of whom challenge sex-role stereotypes).

Ask: *What activities / games / colours do you like best? Who likes to get muddy? Who likes playing football? Who enjoys dressing up? What do you pretend to be?* Emphasise that both boys and girls can engage in any or all of these things.

Self - Care

Talk to the children about the ways we keep ourselves healthy. This may include: healthy eating & drinking, exercise and sleeping, teeth cleaning and hand washing.

Discuss the ways we can stay safe and protect our bodies. For example, sun safety, clothes for different weathers, helmets and knee pads, road safety.

Download and print out Jessica Ahlberg's *My Body is Me* worksheets.

Curriculum Considerations

Early Years Foundation Stage

The Statutory Framework for the EYFS (March 2017) states that children should: *'know some of the things that make them unique, and can talk about some of the similarities and differences in relation to friends or family.'*

(Understanding the World: People and Communities: 30-50 months)

'They know other children don't always enjoy the same things, and are sensitive to this. They know about similarities and differences between themselves and others.'

(Understanding the World: People and Communities: 40-60 months)

'Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.'

(Physical Development: Health and self-care: 40-60 months.)

KS1 National Curriculum Science

The guidance states *'The principal focus of science teaching in key stage 1 is to enable pupils to experience and observe phenomena, looking more closely at the natural and humanly constructed world around them.'*

Pupils should *'find out about and describe the basic needs of animals, including humans, for survival (water, food and air).'*

'describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.'

KS1 SEAL Materials: *'Encourage children to think about themselves, recognise what they like and dislike, identify and to respect the differences and similarities between people.'*