

About this topic

The It's My Body unit explores choices that children can make about looking after their bodies. The lessons look at key areas where children can make safer choices: their body, sleep and exercise, diet, cleanliness and substances. Children will learn facts about each of these areas and learn strategies to manage them. The message of choice and consent runs through the unit and children are encouraged to get help from trusted adults when necessary.

Key Learning

1. My Body, My Business

2. Active and Asleep

3. Happy Healthy Food

Children will learn how to make healthy choices about what they eat and

4. Clean as a Whistle

5. Can I Eat It?

6. I Can Choose

Children will learn that they can choose to keep my mind and body

Key Questions

How much sleep do you need?

Why is exercise good for you?

What do you do if you are unsure if something is safe to eat or drink?

What are germs and why is it important to keep clean?

Which types of food are healthy and which should be eaten as an occa-



Home / Wider Learning

Home Learning (optional activities)

Sleep Diary: In this activity, children will keep a log of when they go to sleep, when they wake up and their bedtime routine. Children are encouraged to share their log with other children.

Cupboard Sorting: In this activity, children are encouraged to take the food out of a cupboard and sort it into 'everyday' food and once a week foods. Children should also put the food back carefully into the cupboard afterwards. Children will complete the activity sheet and bring it back into school to share