

K: Sexual Growth and Body Image

Educational Aims

- *Identify the parts of the body of girls and boys*
- *Give examples of what you can feel and express with your body*

Children will:

- *Learn about all parts of the body and their functions*
- *Learn the names of private parts for boys and for girls, inside and outside the body*
- *Learn why it is important to take care of your body (Ex: bath, brush teeth, exercise, eat well, etc.)*
- *Learn about the five senses (sight, hearing, smell, taste and touch)*
- *Learn about emotions and how they can be experienced in your heart, mind and in your body (I can feel happy in my heart, express it with a hug, and feel it as a smile)*
- *Discuss how you can have pleasant and unpleasant feelings (ex: a hug, push, etc.)*
- *Helping children learn when and how to communicate that they need help*

Activity: *talking about body parts inside and outside the body*

Teacher can:

- *Ask students if they have any questions about the human body?*
- *Read a book about the human body*
- *Use a situation that occurs in the class as a starting point of discussion*
- *Use an activity as a starting point (Ex: visit from hygienist, school nurse, etc.)*

- *Use a silhouette of a body and place all body parts (words with visuals) on silhouette in the correct place*
- *Ask which body parts are similar, different*
- *Discuss the purpose of sexual organs (elimination (ex: urinating), and reproduction (The story of how the egg meets the sperm)).*
- *How can you take care of your body?*
- *Why is it important to take care of your body*