

My Amazing Body

Lesson plans for children with physical care needs

BARNARDOS
CYMRU



Lesson Plan	Activity	Type of Activity	Resources
<p>This is my body (For children with physical care needs)</p> <p>Aim: To help children who require physical care to learn about their bodies.</p> <p>Objectives</p> <ul style="list-style-type: none"> • The children will learn that they have different parts of their bodies. • The children will learn that some parts of their bodies are covered with clothes and some aren't. • The children will learn that different parts of their bodies may look different, feel different and move differently. • The children will learn that their bodies are amazing and they will look at the things they can do with their bodies. • The children will also think about what help they may need with different parts of their bodies and for different activities. 	<p>Activity 1: My body</p> <p>Take a picture of the child: sit alongside the child and name some of the parts of the body that you can see on the picture.</p> <p>(Use methods that would be the most suitable for the individual child, depending on their communication and language)</p> <p>Using a pencil drawing of a similar age child name parts of the body that may be under clothing.</p> <p>(Again use methods that would be appropriate for that child).</p> <ul style="list-style-type: none"> • The learning here is around public and private parts of the body: To help distinguish between public and private we may say the parts of our bodies that we show and the parts of our bodies that we cover up with clothes. • It may be helpful to cut out some pictures of clothes to be placed over the pencil drawings to help illustrate this point further. <p>Activity 2: Parts of my body</p> <p>Use pictures of parts of bodies. Choose these beforehand, according to the child. For example: Hands, feet, noses, mouths, eyes, ears, bottoms, breasts/genitals (according to the sex of the child).</p> <p>Help the child to think about how each of these look different, move differently (or don't move), and how they may feel differently. You may be able to use a feather or something gentle on appropriate parts of the child (like their hands and noses) to illustrate how it feels for them. Help the child to note the differences in the feelings – 'this feels nice on your hand, but tickly on your nose', for example.</p>	<p>Each activity may be broken down into smaller parts, depending on the needs of the child. They may also be repeated over time and may become part of the child's routine.</p> <p>It may therefore help if parents are involved in these activities.</p> <p>Pictures of body parts (these may be cartoon images or photo images depending on the understanding of the child).</p>	<p>Photo of child.</p> <p>Pencil drawing depicting naked child of the same sex.</p>

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<p>My changing body (For children with physical care needs)</p> <p>Aim: To help children who require physical care to learn about puberty and body changes.</p> <p>Objectives</p> <ul style="list-style-type: none"> • The children will learn that parts of their bodies may start/may have started to look and feel different. • The children will learn about genitalia in more depth. • The children will learn about puberty. 	<p>Activity 5: Learning about intimate parts of my body</p> <ul style="list-style-type: none"> • It may be helpful to link in with the school nurse around this, to ensure that you are giving the correct information. The important part is that the children understand that different parts of their bodies do different things. <p>Between the ages of 9 and 12 years start introducing more detail regarding a child's genitals, bottoms, breasts. Use different methods depending on the child, eg pictures, books, social stories.</p> <p>For boys</p> <p>They learn about the penis. Talk about what it does, what it might feel like for them. It can be soft or hard, and it may feel differently when it is either. Introduce the concept of penises producing ejaculate.</p> <p>They will need to understand that they have testicles. Talk about what these are and how they might look and feel.</p> <p>Introduce other body changes, such as body hair, muscles etc.</p> <p>For girls</p> <p>They learn about genitals and breasts. Help the child to understand that there is a distinction between her anus, vagina and urethra. You may need to use a picture for this to help them to understand.</p> <p>Introduce periods. Include the different aspects of periods, including how they feel, what they look and smell like. Think about issues such as period pains, bloating and emotional changes, so that the child knows what to expect when they start having periods.</p>	<p>You can use a range of resources and activities for this learning. Think about how the child learns best. Refer to factual information.</p>	<p>Books/information resources that illustrate body parts of boys/girls.</p>

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<p>Self-touch</p> <p>Aim: To help children to learn about self-touch, feelings and rules.</p> <p>Objectives</p> <ul style="list-style-type: none"> • The children will learn that parts of their bodies may feel good to touch. They will learn about the associated changes to their bodies when they touch themselves. • The children will learn that there may be nice and not nice feelings. • The children will learn that there are rules around this. 	<p>Activity 6: Touching myself</p> <p>NB: It may be that you have already started to talk about this with the child during the last section. If this has already been covered, then move on to activity 7, Rules for self-touch.</p> <p>For boys</p> <p>Following on from the last sessions, boys will understand that their penises will go hard sometimes and will feel different. This lesson is about what happens when he touches his penis. You can introduce the word masturbate and explain what this means. Using social stories or pictures help boys to understand that when they touch/rub their penis it may go hard and feel nice. The boys can learn that this may lead to ejaculation.</p> <p>For boys who wear nappies, it may be that they have not been able to understand what is happening if they can't see their penis. Or they may wish to touch their penis when their nappy is removed.</p> <p>Parents/carers may need to allow the young person to explore the feeling they have in their genitals during bath-time.</p> <p>It may be necessary to help boys to understand about hygiene around self-touch. They also need to know how to communicate nice feelings and not nice feelings. You may use emojis for this or picture cards to denote happy feelings or sore/hurt feelings. This may help the care-giver to understand why the child is seeking to touch themselves on each occasion.</p>		<p>It may be that you have to create resources for that child or use picture cards to denote parts of the body.</p> <p>Use feelings cards/emojis.</p>

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