



Wellbeing Curriculum
Year 1 Term 1

Our school's vision for our Wellbeing Curriculum is that children are able to keep themselves physically, mentally and emotionally safe and healthy, throughout their lives. They will do this by developing the skills and knowledge they need to make informed choices, build healthy & positive relationships and by knowing where to seek help when it is needed.

If you have any questions or concerns about any aspect of the Wellbeing Curriculum please contact the Wellbeing Lead, Mr Wheeler, through the school office for further information, clarification and support.

This term we will be learning...

- To explain what we like/dislike and why
- To recognise what makes us special
- To identify our strengths
- To explain what makes them unique
- To recognise some similarities/differences with others
- To use the correct vocabulary to name body parts including external genitalia

Points to note– Celebrating Differences

When we are teaching about similarities and differences we are mindful to be equally enthusiastic about all contributions made. Children are likely to share something that they are very proud of and we need to reaffirm this. We will teach the children about giving and receiving compliments through role play activities.

The difference and diversity of our classes will be celebrated with bunting that we will display in the classroom.

Children will be reminded throughout that we are all special and unique, and that it is never ok to be unkind to someone because they are different in any way. At Glenleigh Park we are proud to be ourselves, and bullying is not tolerated. Please encourage your child to make sure they talk to adults in school if somebody is unkind so that the situation can be dealt with straightaway.

If your child needs help and support these websites have information that can help...

<https://www.childline.org.uk/>

Our Key question for this term is...

What is the same or different about us?

Points to note– Naming Body Parts

During these lessons the children will learn and use the correct names for different parts of their body. This will include external genitalia, and the children will learn to become

confident using the correct terminology of

Bottom, Penis, Testicles and Vulva. We

recognise that children may have other family names for these body parts, but it is important that they know the correct scientific names and are able to use these without

embarrassment. We need children to realise this is no different to using words like

'shoulder' or 'knee' to talk about their bodies.

The children will also view the NSPCC

'Pantasaurus' video and be reminded of the message about which parts of their body are private and what this means.

At all times, Staff will ensure they maintain a safe and secure learning environment and follow their class 'Ground rules' to make sure all children feel happy and comfortable to take part in the lessons. As always, safeguarding is

at the heart of what we do and the school policies for safeguarding will be followed and any comments made by children that could be possible safeguarding issues will be reported.

Key Vocabulary we will learn and use...

Differences, Similarities, Unique

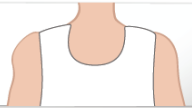
Bottom, Vulva, Penis, Testicles

Draw around 2 children's bodies and match each label below to the correct body part.

Neck



Shoulders



Chest



Spine



Bottom



Vulva



Ankles



Nostrils



**Penis and
Testicles**



Shins



Chin



Knees



Eyebrows



Thighs



Toes



Lips



Elbows



Fingers



These are the labels that children will use to name different parts of the body and place on an outline of a person.