

Session 2: Heads, Shoulders, Knees and Toes



What happens in the sessions?

The first part of this session involves children moving around and exploring the movements their bodies can make by taking part in a story about Freddy Teddy and Mollie the Cat, who take a morning walk. The rest of the session helps children realise how wonderful their unique, God-given bodies are. The session also briefly discusses, in an age-appropriate way, that privates are private.

What do children learn?

- That their bodies are good and made by God
- The names of the parts of the body (not genitalia)

Suggested Home Activity

This session **does not** teach children names for genitalia, but does reinforce the message that privates are private, and hugging and kissing is only for family members. You might like to discuss this further with your child.

As your child is getting dressed/having a bath etc, test them on their knowledge of body part names. You might even like to help them draw a life size outline of themselves (by asking them to lie on the paper to be drawn around) and have them add features, clothes, labels for body parts etc.)

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