

My Body is Me! is an upbeat, rhyming picture book, aimed for 3-6 year-olds, written by Rachel Rooney and illustrated by Jessica Ahlberg. It introduces children to the workings of the human body, and celebrates similarities and differences while challenging sex stereotypes. It also aims to promote a positive self-image and foster self-care skills. The text is inclusive for children with physical or sensory disabilities.

Lesson Plan

Introduce the lesson. For example: Today we are going to be talking about bodies. Ask children what they already know about their bodies to find out what they already know and understand. Read My Body is Me! to familiarise children with the text. Read it again, this time encouraging them to join in with the repeated refrain, alongside chosen actions.

Follow Up Activities

How Do Our Bodies Work?

Play games such as 'Simon Says' e.g. Simon says touch your nose. Sing songs such as 'Head Shoulders Knees and Toes' and 'Hokey Cokey'. Talk about the senses. Ask questions such as What does our nose help us do? What do we taste with? Think about different body actions. Can they name body parts and describe what they do? For example: Hands clap, heads nod, toes wiggle etc. Older children may be able to name some internal body parts and describe their function. For example: the brain helps you think, bones help you move, the heart pumps blood etc.

Similarities & Differences

Look at the characters in the book. Ask pupils to describe ways they differ from each other. They might note hair styles, skin tone, age or height. They might notice others in the book who have a plaster cast, wear glasses, have a cochlear implant, or use a wheelchair. They may also point out sex differences (based on inference or from the named characters on front endpapers). Ask questions such as 'Is there anyone in the book who looks or acts a bit like you?' Explain there are ways that we are similar & different which can't be seen. We all have different likes, dislikes and skills and this is part of what make us unique - our personalities.

Look at the activities and actions of the children in the book. Ask: What activities / games / colours do you like best? Who likes to get muddy? Who likes playing football? Who enjoys dressing up? What do you pretend to be? Emphasise that both boys and girls can engage in any or all of these things.

Self -Care

Talk to the children about the ways we keep ourselves healthy. This may include: healthy eating & drinking, exercise and sleeping, teeth cleaning and hand washing. Discuss the ways we can stay safe and protect our bodies. For example, sun safety, clothes for different weathers, helmets and knee pads, road safety.

Download and print out Jessica Ahlberg's My Body is Me worksheets.

Curriculum Considerations

Early Years Foundation Stage

The Statutory Framework for the EYFS (January 2024) Personal, Social and Emotional Development states children should:

Show an understanding of their own feelings and those of others (ELG: Self-Regulation)

Show sensitivity to their own and to others needs (ELG: Building Relationships)

Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices (ELG: Managing Self)

Development Matters in EYFS

PSED (Self Confidence & Self Awareness): Children are confident to try new activities, and say why they like some activities more than others. They are confident to speak in a familiar group, will talk about their ideas, and will choose the resources they need for their chosen activities.

Physical Development (Health & Self Care): Children will know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.

