

Introduction (5 minutes)

Welcome to our lesson on "Introduction to My Body and Private Parts"! This is an exciting and interactive learning experience designed specifically for 5-year-olds. As we begin this journey of discovery, we want to spark your curiosity and enthusiasm for learning about your amazing body.

Body Parts (15 minutes)

Our body is made up of many different parts, each with its own unique function. Let's learn about some of the main body parts:

- Head
- Eyes
- Nose
- Mouth
- Ears
- Torso
- Arms
- Legs

Private Parts (15 minutes)

Private parts are the parts of our body that are not meant to be shared or touched by others. These include our genitals, buttocks, and breasts. It's essential to keep our private parts safe and respect others' boundaries.

Personal Hygiene (15 minutes)

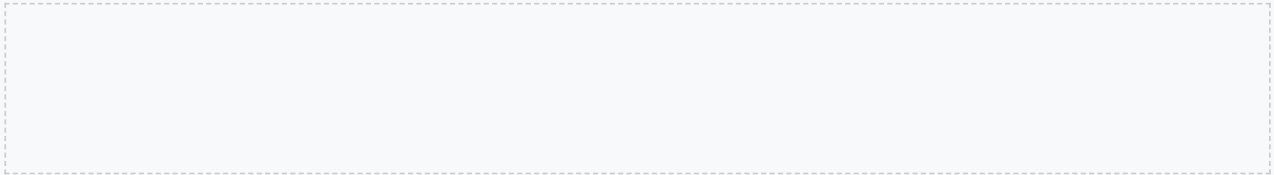
Good hygiene habits are crucial for maintaining good health and preventing the spread of illnesses. Let's learn about some essential hygiene practices:

- Washing our hands regularly
- Brushing our teeth twice a day
- Taking a bath or shower regularly
- Using the bathroom properly

Boundary Awareness (15 minutes)

Boundary awareness is about respecting others' personal space and boundaries. Let's learn about some ways to respect others' boundaries:

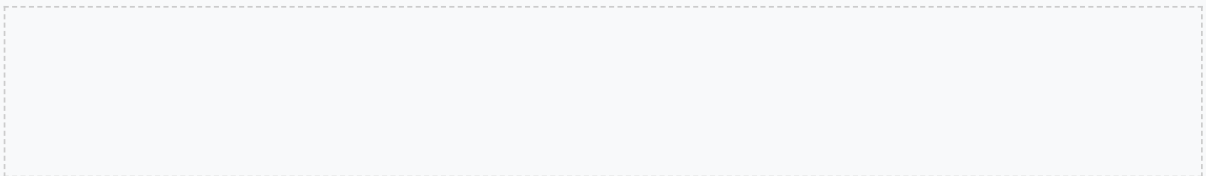
- Asking for permission before touching someone
- Saying "no" or "stop" when we don't want to be touched
- Respecting others' private parts



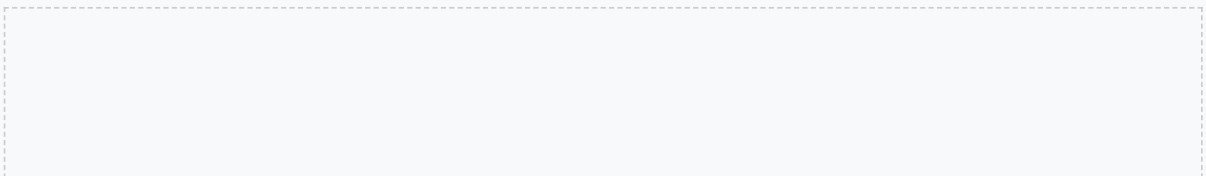
Activity 1: Body Parts Scavenger Hunt (10 minutes)

Find and identify different body parts in the pictures below.

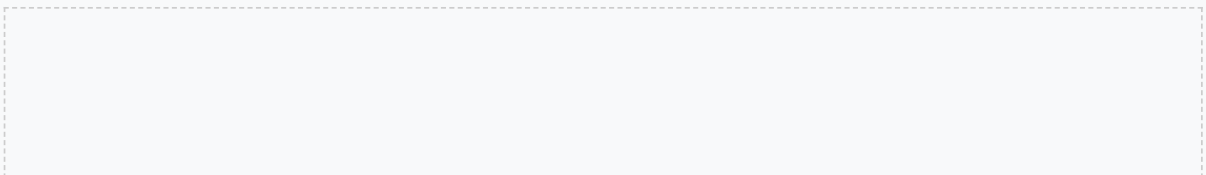
1. What is the name of the body part that we use to see?



2. What is the name of the body part that we use to hear?



3. What is the name of the body part that we use to smell?



Activity 2: Private Parts Sorting Game (10 minutes)

Sort the following body parts into two categories: private parts and non-private parts.

- Genitals
- Eyes
- Buttocks
- Mouth
- Breasts
- Nose

Activity 3: Personal Hygiene Quiz (10 minutes)

Answer the following questions:

1. Why is it essential to wash our hands regularly?

2. How often should we brush our teeth?

3. What is the importance of taking a bath or shower regularly?

Activity 4: Boundary Awareness Role-Play (15 minutes)

Act out the following scenarios and discuss what we should do in each situation:

1. A friend wants to hug you, but you don't want to be hugged.

2. Someone is touching your private parts without your permission.

3. You want to touch someone's private parts, but they say no.

Conclusion (5 minutes)

In conclusion, our body is an amazing and unique part of who we are. It's essential to take care of our body, respect others' boundaries, and practice good hygiene habits. Remember, you have the right to say "no" and set boundaries, and it's okay to ask for help when you need it.

