

RECEPTION

LESSON 4: My Body, My Choices

Learning Intention

To understand that everyone likes different kinds of touch and that we can say what feels okay or not okay for our body.

Learning Outcomes (Child facing)

I can say when I like something and when I don't.

I can show a kind way to say "no thank you".

I know that some people like hugs and some people don't

Resources

Reception lesson 4 social story

Ezza the Elephant puppet or toy

A second puppet or soft toy 'Huggy the Bear' (e.g., a very cuddly character)

Activities

1. Circle Time Agreement

Remind children of our rules for circle time: look at the speaker, listen carefully, take turns, gentle hands when passing Ezza. Pass Ezza around quietly.

2. Feeling Faces

Ask the class to practice putting different feelings on their faces. Each child makes a mask by covering their faces with their hands. Start this session with the feeling 'happy, on the count of three the group uncover their 'happy' faces. Gently shake off those faces and repeat with the feelings 'shy' and 'uncomfortable' (you may need to model this: shoulders up and leaning back slightly).

Ask, "What might make someone feel uncomfortable?" Accept their ideas and maybe add some suggestions: when someone sits too close to us; when someone hugs us but we don't want to be hugged.

3. Storytime – Ezza and the Too-Much Hugger

Use the 'Reception lesson 4 social story', Ezza and another puppet (e.g., Huggy the Bear, who LOVES hugging).

RECEPTION. LESSON 4: My Body, My Choices cont.

4. Questions After the Story

What did Huggy like to do? How did Ezza feel when Huggy hugged without asking? What did Ezza say? Was Ezza being rude when she said no to the hug? What can we do if someone wants to hug us and we don't want to?

Misconception to watch: Children may think refusing a hug is rude. Explain that saying no thank you is a clear and kind way to tell someone what you don't like.

5. Practicing “Yes Please / No Thank You”

Ezza used words to say, “No thank you”. Ask the class if they can think of ways to say yes or no without using words. Model some examples. Shaking or nodding the head, putting a hand out to say no or crossing our arms and looking uncomfortable. Practice these actions as a class.

In pairs or small groups, support children to role play using simple practice phrases:

- “Can I sit next to you?”
- “Can I hold your hand?”

Children practise replying:

- “Yes.” / “Yes please.”
- “No.” / “No thank you.”

6. Huggy the Bear Circle Talk

Explain that Huggy the Bear wants to practice asking if people want a hug. Explain that the children can decide if they want a hug from Huggy and they can tell Huggy using the words or actions that they just practiced.

Take Huggy to each child in the circle and get Huggy to say, “Do you want a hug?”. Ensure that you give equal praise to all responses. Try to describe what you see, for example you could say “Your body looks like you don't feel very comfortable, so I don't think you want a hug from Huggy today” or “You shook your head to clearly say that you don't want a hug today”

7. Review and Close

Summarise: “Everyone has a body. Everyone likes different types of touch. Some people like to be hugged and some people don't. It's always a good idea to ask someone first. We can say ‘yes’ or ‘no thank you’ and that's okay.”