**RSHP Resources Early level with linked Experiences and Outcomes**

**I recognise that we have similarities and differences but are all unique.**

**HWB 0-47a**

**I am aware of my growing body and I am learning the correct names for its different parts and how they work.**

**HWB 0-47b**

**I am developing my understanding of the human body and can use this knowledge to maintain and improve my wellbeing and health.**

**HWB 0-15a**

[My Body](https://rshp.scot/wp-content/uploads/2019/08/My-Body-Early-Level.pdf)

– [**My body**](https://rshp.scot/wp-content/uploads/2019/07/My-Body-Prop.pdf)  **(Diagram can be used but Uist Primaries agreed Early level vocabulary list must be used)**

**I am learning what I can do to look after my body and who can help me.**

**HWB 0- 48a**

**I am learning about respect for my body and what behaviour is right and wrong. I know who I should talk to if I am worried about this.**

**HWB 0-49a**

[My Body Belongs to Me](https://rshp.scot/wp-content/uploads/2019/08/My-Body-Belongs-to-Me-Early-Level.pdf)

**I recognise that we have similarities and differences but are all unique.**

**HWB 0-47a**

**I recognise that each individual has a unique blend of abilities and needs. I contribute to making my school community one which values individuals equally and is a welcoming place for all.**

**HWB 0-10a**

[Unique, Similar and Different](https://rshp.scot/wp-content/uploads/2019/08/Unique-Similar-and-Different-Early-Level.pdf)

**I know that there are people in our lives who care for and look after us and I am aware that people may be cared for by parents, carers or other adults.**

**HWB 0-45a**

[Our Families](https://rshp.scot/wp-content/uploads/2019/08/Our-families-Early-Level.pdf)

– [**Our Families (Slides)**](https://rshp.scot/wp-content/uploads/2020/06/Our-families-Activity-slides-June-2020.pptx)

[People Who Help and Look After Me](https://rshp.scot/wp-content/uploads/2019/08/People-who-help-and-look-after-me-Early-Level.pdf)

– [**People Who Help and Look After Me (Slides)**](https://rshp.scot/wp-content/uploads/2020/06/People-who-help-and-look-after-me-Slides-June-2020.pptx)

**I am aware of and able to express my feelings and am developing the ability to talk about them.**

**HWB 0-01a**

[Asking Questions, Making Choices, Saying Yes/Saying No](https://rshp.scot/wp-content/uploads/2019/08/Asking-questions-making-choices-saying-yes-saying-no-early-consent-messages.pdf)

**I am aware of how friendships are formed and that likes, dislikes, special qualities and needs can influence relationships. HWB 0-44a**

**I understand positive things about friendships and relationships but when something worries or upsets me I know who I should talk to. HWB 0-44b**

**I am aware of the need to respect personal space and boundaries and can recognise and respond appropriately to verbal and non-verbal communication. HWB 0-45b**

[Friends and Friendship: Helping Others](https://rshp.scot/wp-content/uploads/2019/08/Friends-and-Friendship-Early-Level.pdf)

**I recognise that each individual has a unique blend of abilities and needs. I contribute to making my school community one which values individuals equally and is a welcoming place for all.**

**HWB 0-10a**

**I understand that people can feel alone and can be misunderstood and left out by others. I am learning how to give appropriate support.**

**HWB 0-08a**

[Playing Together, Being Kind](https://rshp.scot/wp-content/uploads/2019/08/Playing-together-Being-kind-Early-Level.pdf)

**I am learning what I can do to look after my body and who can help me.**

**HWB 0-48a**

**I am aware of the need to respect personal space and boundaries and can recognise and respond appropriately to verbal and non-verbal communication**

**HWB 0-45b**

[Personal Space and Privacy](https://rshp.scot/wp-content/uploads/2019/08/Personal-Space-and-Privacy-Early-Level.pdf)

**I am learning about respect for my body and what behaviour is right and wrong. I know who I should talk to if I am worried about this.**

**HWB 0-49a**

**I know that there are people in our lives who care for and look after us and I am aware that people may be cared for by parents, carers or other adults.**

**HWB 0- 45a**

[When I Feel Sad or Upset](https://rshp.scot/wp-content/uploads/2020/12/When-I-feel-sad-or-upset-Early-Level.pdf)

– [**When I Feel Sad or Upset (Activity prop)**](https://rshp.scot/wp-content/uploads/2019/08/When-I-feel-sad-or-upset-Activity-prop.pdf)

**I am learning about where living things come from and about how they grow, develop and are nurtured.**

**HWB 0-50a**

[Looking After Plants and Animals](https://rshp.scot/wp-content/uploads/2019/08/Looking-after-plants-and-animals-Early-Level.pdf)

**I am learning about where living things come from and about how they grow, develop and are nurtured.**

**HWB 0-50a**

**I am able to show an awareness of the tasks required to look after a baby.**

**HWB 0-51a**

[Pregnancy and Looking After a Baby](https://rshp.scot/wp-content/uploads/2019/09/Pregnancy-and-Looking-after-a-baby-Early-Level.pdf)

– [**Baby timeline (Activity prop)**](https://rshp.scot/wp-content/uploads/2019/09/Pregnancy-and-looking-after-baby-Baby-timeline-Activity-Prop.pdf)