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

**I am aware of my growing body and I am learning the correct names for its different parts and how they work. HWB1-47b**

My body

Names of parts of my body

* + [**Names of parts of my body (Activity plan)**](https://rshp.scot/wp-content/uploads/2019/08/Names-of-parts-of-my-body-Activity-plan.pdf)
  + [**Names of parts of my body (Slides)**](https://rshp.scot/wp-content/uploads/2019/07/Names-of-parts-of-my-body-Slides.pptx)
  + [**Names of parts of my body (Prop)**](https://rshp.scot/wp-content/uploads/2019/07/Body-Diagram-Prop-1.pdf)

**I am learning what I can do to look after my body and who can help me. HWB1-48a**

**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 1-49a**

**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 1-45b**

Privacy

* Part 1: My body belongs to me
  + [**My body belongs to me (Activity plan)**](https://rshp.scot/wp-content/uploads/2019/08/Part-1.-My-body-belongs-to-me-Activity-plan.pdf)
  + [**My body belongs to me (Slides)**](https://rshp.scot/wp-content/uploads/2020/06/Privacy-Part-1.-My-body-belongs-to-me-Slides-June-2020.pptx)
  + [**My body belongs to me (Prop)**](https://rshp.scot/wp-content/uploads/2019/07/Part-1.-My-body-belongs-to-me-Prop-1.pdf)
* Part 2: Private and PANTS Rule
  + [**Private and PANTS Rule (Activity plan)**](https://rshp.scot/wp-content/uploads/2020/06/Part-2.-Private-and-the-PANTS-rule-Activity-plan-June-2020.pdf)
  + [**Private and PANTS Rule (Slides)**](https://rshp.scot/wp-content/uploads/2020/06/Privacy-Part-2.-Private-and-PANTS-rule-June-2020.pptx)

**I am aware of how friendships are formed and that likes, dislikes, special qualities and needs can influence relationships. HWB 1-44a**

**I understand positive things about friendships and relationships but when something worries or upsets me I know who I should talk to. HWB 1-44b**

Friends and friendship

Part 1: My friends/Being a friend

* + [**My friends/Being a friend (Activity plan)**](https://rshp.scot/wp-content/uploads/2019/07/Part-1.-My-friends-Being-a-friend-Activity-plan.pdf)
  + [**My friends/Being a friend (Slides)**](https://rshp.scot/wp-content/uploads/2020/06/Friends-and-Friendship-Part-1-My-friends-Being-a-friend-Slides-June-2020.pptx)
  + [**My friends/Being a friend (Prop)**](https://rshp.scot/wp-content/uploads/2019/07/Part-1.-My-friends-Being-a-friend-Prop-1-2.pdf)

Part 2: Kindness and Empathy

* + [**Kindness and Empathy (Activity plan)**](https://rshp.scot/wp-content/uploads/2019/08/Part-2.-Kindness-and-Empathy.pdf)
  + [**Kindness and empathy (Slides)**](https://rshp.scot/wp-content/uploads/2020/06/Friends-and-friendship-Part-2-Kindness-and-Empathy-June-2020.pptx)

Part 3: When friends fall out

* + [**When friends fall out (Activity plan)**](https://rshp.scot/wp-content/uploads/2019/08/Part-3.-When-friends-fall-out.pdf)
  + [**When friends fall out (Slides)**](https://rshp.scot/wp-content/uploads/2020/06/Friends-and-friendship-Part-3-When-friends-fall-out-Slides-June-2020.pptx)
  + [**When friends fall out (Prop 1)**](https://rshp.scot/wp-content/uploads/2019/07/Part-3.-When-friends-fall-out-Prop-1-1.pdf)
  + [**When friends fall out (Prop 2)**](https://rshp.scot/wp-content/uploads/2019/07/Part-3.-When-friends-fall-out-Prop-2-1.pdf)

**I am learning about where living things come from and about how they grow, develop and are nurtured. HWB 1-50a**

Looking after plants and animals

Part 1: Looking after plants

* + [**Looking after plants (Activity plan)**](https://rshp.scot/wp-content/uploads/2019/08/Part-1.-Looking-after-plants.pdf)

Part 2: Learning about life cycles

* + [**Life Cycles (Activity plan)**](https://rshp.scot/wp-content/uploads/2019/07/Part-2.-Learning-about-Life-Cycles.pdf)
  + [**Life Cycles (Slides)**](https://rshp.scot/wp-content/uploads/2019/07/Part-2.-Learning-about-Life-Cycles-Slides.pptx)

Part 3: Looking after pets

* + [**Looking after pets (Activity plan)**](https://rshp.scot/wp-content/uploads/2019/07/Part-3.-Looking-after-pets.pdf)
  + [**Looking after pets (Slides)**](https://rshp.scot/wp-content/uploads/2019/07/Part-3.-Looking-after-pets-Slides.pptx)

**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 1- 45a**

People who help and look after me

Part 1: People who are special to me

* + [**People who are special to me (Activity plan)**](https://rshp.scot/wp-content/uploads/2019/07/Part-1.-People-who-are-special-to-me-Activity-plan.pdf)
  + [**People who are special to me (Slides)**](https://rshp.scot/wp-content/uploads/2019/07/Part-1.-People-who-are-special-to-me-Slides.pptx)

Part 2: When I have a question or a worry

* + [**When I have a question or worry (Activity plan)**](https://rshp.scot/wp-content/uploads/2019/08/Part-2.-When-I-have-a-question-or-worry.pdf)
  + [**When I have a question or a worry (Slides)**](https://rshp.scot/wp-content/uploads/2019/07/Part-2.-When-I-have-a-question-or-a-worry-Slides.pptx)

Part 3: Professional People

* + [**Professional People (Activity Plan)**](https://rshp.scot/wp-content/uploads/2019/08/Part-3.-Professionals.pdf)
  + [**Professional People (Slides)**](https://rshp.scot/wp-content/uploads/2019/07/Part-3.-Professionals-Slides.pptx)
  + [**Professional People (Prop)**](https://rshp.scot/wp-content/uploads/2019/07/Part-3.-Professionals-Prop.pdf)

Progression 1

**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 1- 45a**

My family/All our families are different

* [**My family/All our families are different (Activity plan)**](https://rshp.scot/wp-content/uploads/2019/07/My-Family-Activity-plan.pdf)
* [**My family/All our families are different (Slides)**](https://rshp.scot/wp-content/uploads/2019/07/My-Family-Slides.pptx)

**I am aware of how friendships are formed and that likes, dislikes, special qualities and needs can influence relationships. HWB 1-44a**

**I understand positive things about friendships and relationships but when something worries or upsets me I know who I should talk to. HWB 1-44b**

**I am aware of the need to respect personal space and boundaries and can recognise and respond appropriately to verbal and nonverbal communication. HWB 1-45b**

Feelings and safety

Part 1: This is how I feel

* + [**This is how I feel (Activity plan)**](https://rshp.scot/wp-content/uploads/2019/07/Part-1.-This-is-how-I-feel-Activity-plan.pdf)
  + [**This is how I feel (Slides)**](https://rshp.scot/wp-content/uploads/2020/06/Feelings-and-safety-Part1-This-is-how-I-feel-Slides-June-2020.pptx)

Part 2: Feeling safe

* + [**Feeling Safe (Activity plan)**](https://rshp.scot/wp-content/uploads/2019/07/Part-2.-Feeling-Safe-Activity-plan.pdf)
  + [**Feeling safe (Slides)**](https://rshp.scot/wp-content/uploads/2020/06/Feelings-and-Safety-Part-2-Feeling-Safe-June-2020.pptx)

**I recognise that we have similarities and differences but are all unique. HWB1-47a**

Similarity, diversity and respect

Part 1: I am unique: My self portrait

* + [**I am unique: My self-portrait (Activity plan)**](https://rshp.scot/wp-content/uploads/2019/08/Part-1.-I-am-unique-Activity-plan.pdf)
  + [**I am unique: My self-portrait (Slides)**](https://rshp.scot/wp-content/uploads/2020/06/Similarity-Diversity-Respect-Part1-I-am-unique-Slides-June-2020.pptx)
  + [**I am unique (Prop 1)**](https://rshp.scot/wp-content/uploads/2019/07/Part-1.-I-am-Unique-Prop-1.pdf)
  + [**I am unique (Prop 2)**](https://rshp.scot/wp-content/uploads/2019/07/Part-1.-I-am-Unique-Prop-2.pdf)

Part 2: We are similar and different

* + [**We are similar and different (Activity plan)**](https://rshp.scot/wp-content/uploads/2019/08/Part-2.-We-are-Similar-and-Different-Activity-plan.pdf)
  + [**We are similar and different (Prop)**](https://rshp.scot/wp-content/uploads/2019/07/Part-2.-We-are-Similar-and-Different-Prop-1.pdf)

Part 3: Boys and Girls

* + [**Boys and Girls (Activity plan)**](https://rshp.scot/wp-content/uploads/2019/08/Part-3.-Boys-and-Girls-Activity-plan.pdf)
  + [**Boys and Girls (Slides)**](https://rshp.scot/wp-content/uploads/2020/06/Similarity-Diversity-Respect-Part-3-Boys-and-Girls-June-2020.pptx) **(Slide 2 removed as not relevant for theme)**

Part 4: Disability

* + [**Disability (Activity plan)**](https://rshp.scot/wp-content/uploads/2019/08/Part-4.-Disability-Activity-plan.pdf)
  + [**Disability (Slides)**](https://rshp.scot/wp-content/uploads/2020/06/Similarity-Diversity-Respect-Part-4-Disability-Slides-June-2020.pptx)

Part 5: Heterosexual/LGB

* + [**Heterosexual/LGB (Activity plan)**](https://rshp.scot/wp-content/uploads/2019/08/Part-5.-Heterosexual_LGB-Activity-plan.pdf)
  + [**Heterosexual/LGB (Slides)**](https://rshp.scot/wp-content/uploads/2020/06/Similarity-Diversity-Respect-Part-5-Heterosexual-LGB-Slides-June-2020.pptx) **(Slides 10 and 11 removed as context not relevant)**

**I am aware of my growing body and I am learning the correct names for its different parts and how they work. HWB1-47b**

**I am learning what I can do to look after my body and who can help me. HWB1-48a**

Keeping clean

Keeping Clean

* + [**Keeping clean (Activity plan)**](https://rshp.scot/wp-content/uploads/2019/08/Keeping-clean.pdf)
  + [**Keeping clean (Slides)**](https://rshp.scot/wp-content/uploads/2019/08/Keeping-clean-Slides.pptx)
  + [**Keeping clean (Prop)**](https://rshp.scot/wp-content/uploads/2019/07/Keeping-clean-Prop-1.pdf)

Progression 2

I **am aware of how friendships are formed and that likes, dislikes, special qualities and needs can influence relationships. HWB 1-44a**

**I understand positive things about friendships and relationships but when something worries or upsets me I know who I should talk to. HWB 1-44**

**I am aware of the need to respect personal space and boundaries and can recognise and respond appropriately to verbal and nonverbal communication. HWB 1-45b**

Safe and happy online

* [**Safe and happy online (Activity plan)**](https://rshp.scot/wp-content/uploads/2019/08/Safe-and-happy-online-Activity-plan.pdf)
* [**Safe and happy online (Slides)**](https://rshp.scot/wp-content/uploads/2020/06/Safe-and-happy-online-June-2020.pptx)
* **Safe and happy online (Prop)**

**I am aware of my growing body and I am learning the correct names for its different parts and how they work. HWB1-47b**

**I am learning about where living things come from and about how they grow, develop and are nurtured. HWB 1-50a**

How human life begins, pregnancy and birth

Part 1: How human life begins, pregnancy and birth

* + [**How human life begins, pregnancy and birth (Activity plan)**](https://rshp.scot/wp-content/uploads/2020/03/Part-1.-How-human-life-begins-pregnancy-and-birth-Activity-Plan-March-2020.pdf)
  + [**How human life begins, pregnancy and birth (Slides)**](https://rshp.scot/wp-content/uploads/2020/03/Part-1.-How-human-life-begins-pregnancy-and-birth-Updated-March-2020.pptx)

Part 2: What babies need

* + [**What babies need (Activity plan)**](https://rshp.scot/wp-content/uploads/2019/12/Part-2.-What-babies-need-Activity-plan.pdf)
  + [**What babies need (Slides)**](https://rshp.scot/wp-content/uploads/2019/07/Part-2.-What-babies-need.pptx)

**Q&A section – not to be used**