

The Curiosity Book

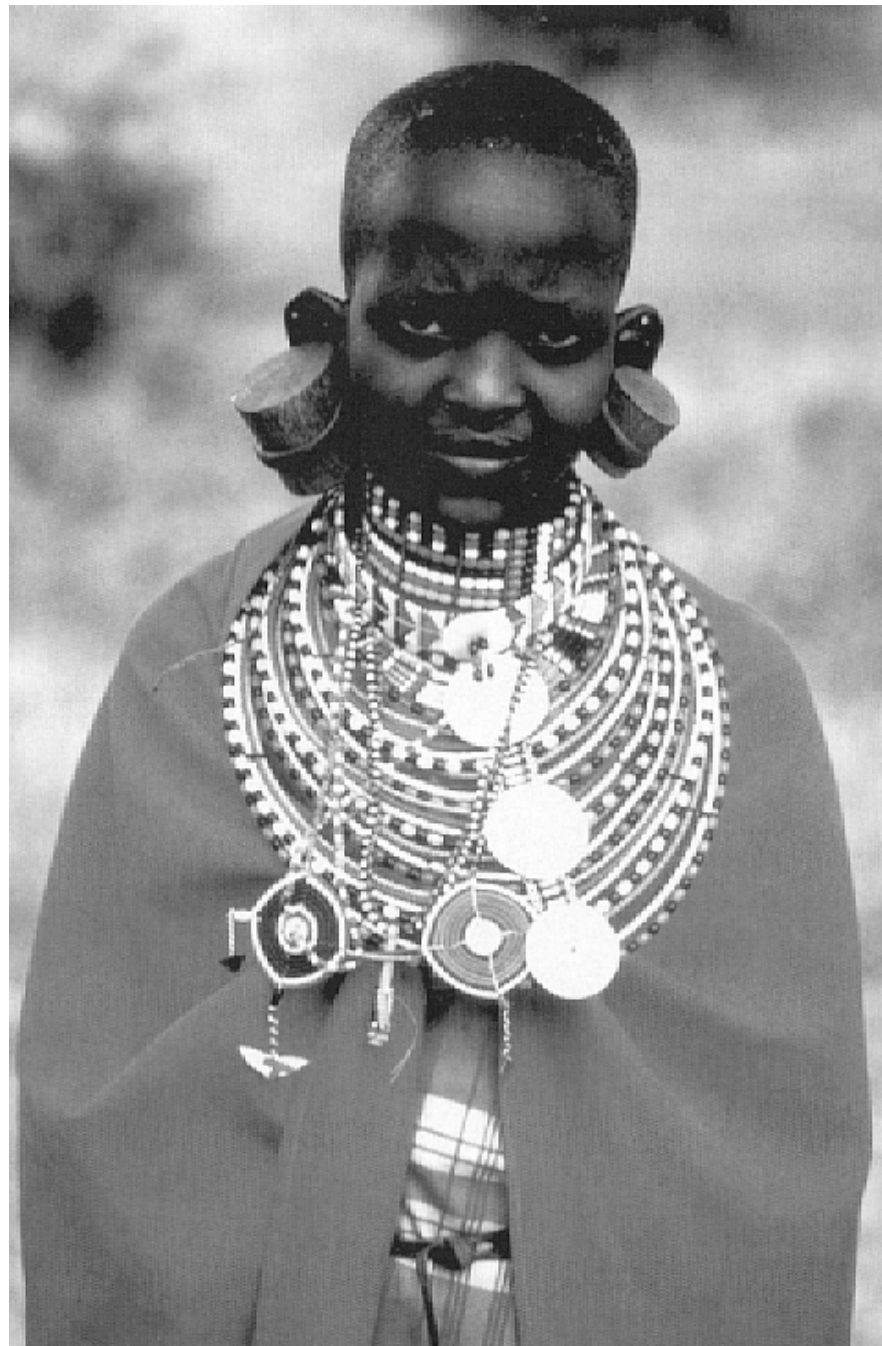
James E. Hunter



An owner's manual
on positive body awareness
for young children and their caregivers

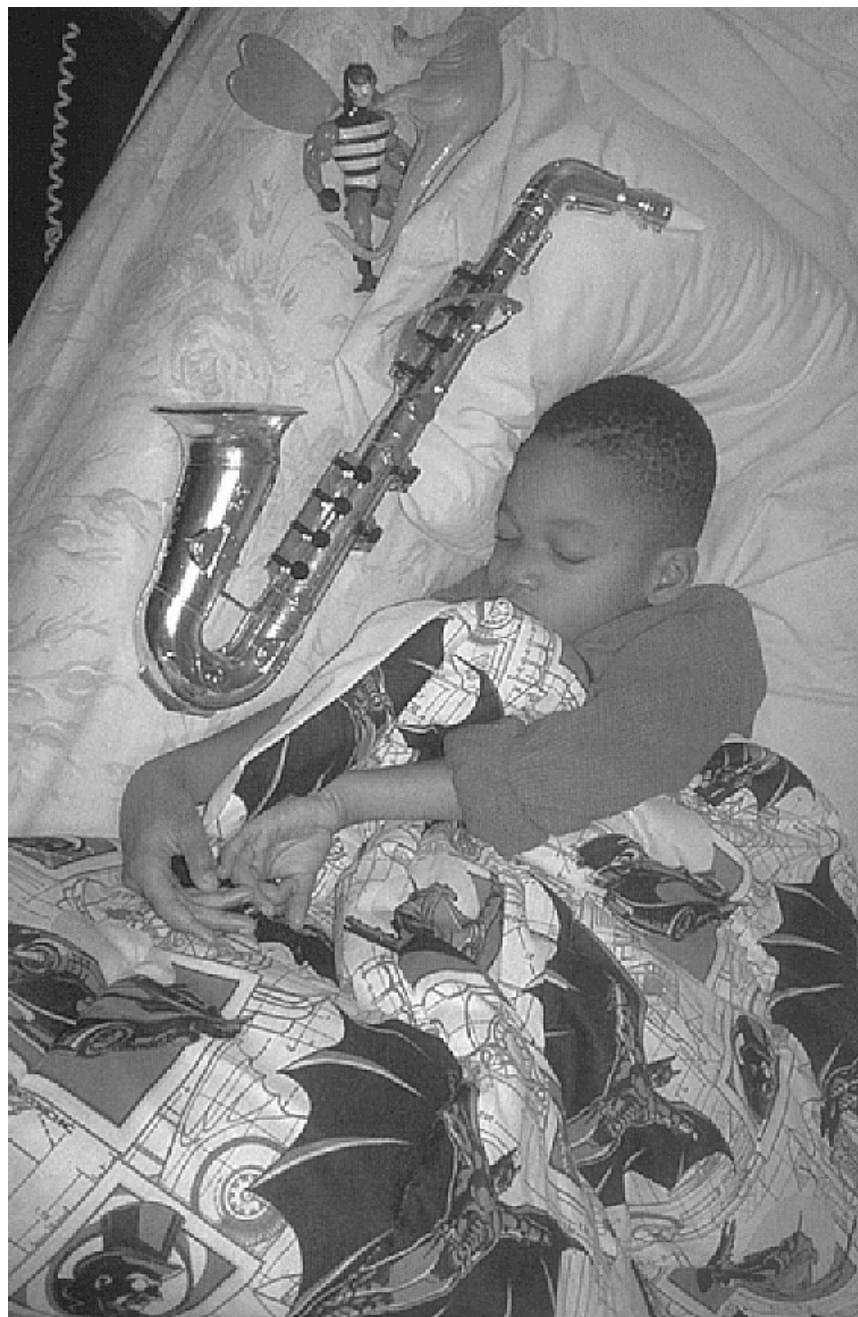
Most often we wear clothes.





Even when sleeping . . .





or going swimming most people
wear some clothes.



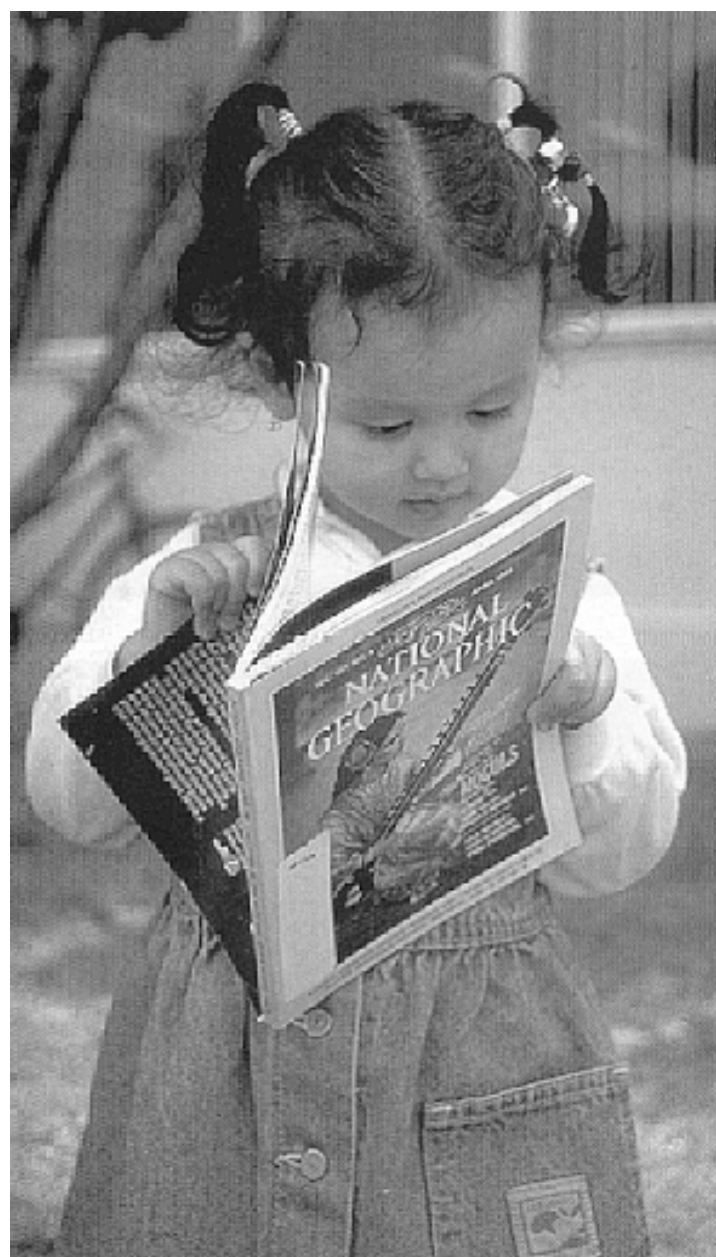


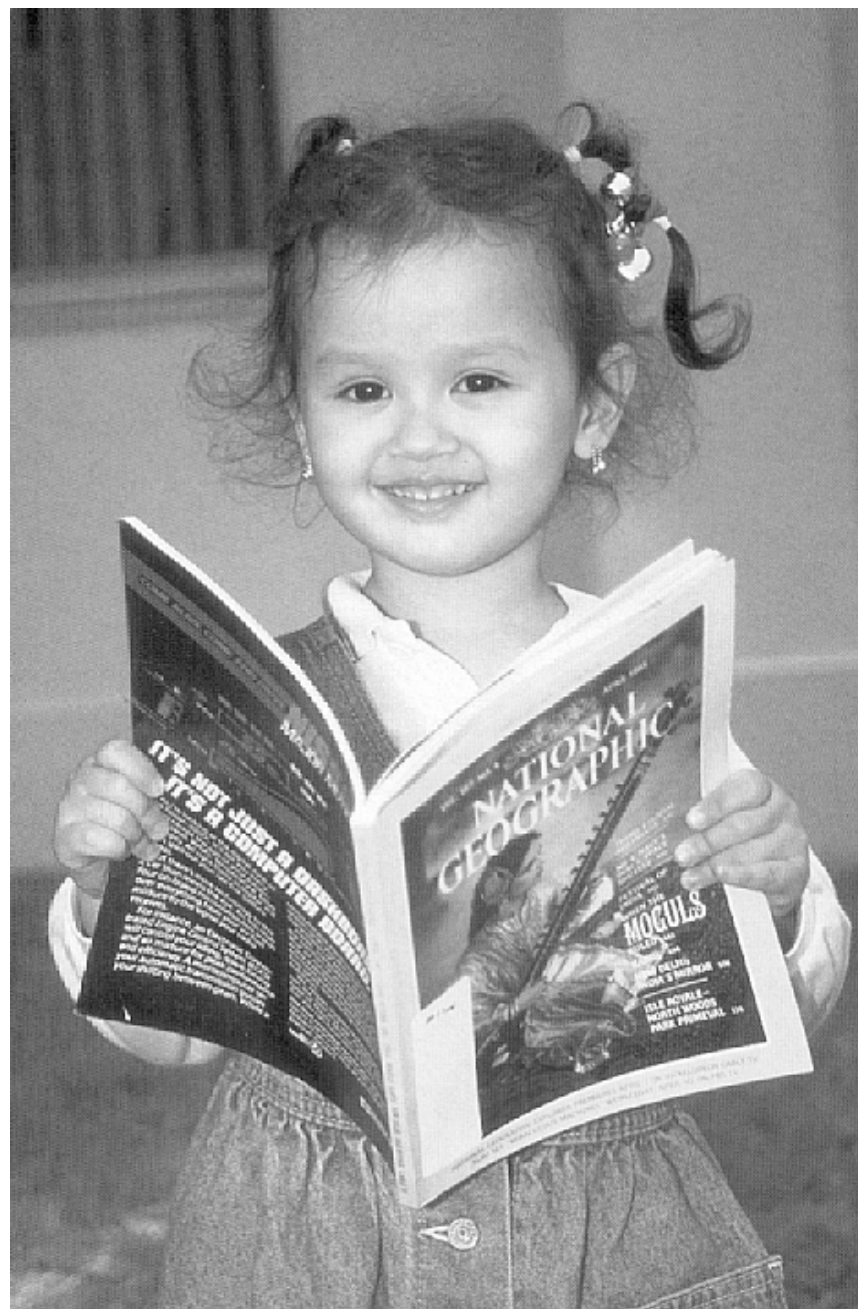
In some places people don't wear so many clothes. It seems natural to them.





Kids sometimes wonder what people look like without their clothes.





This is called curiosity.

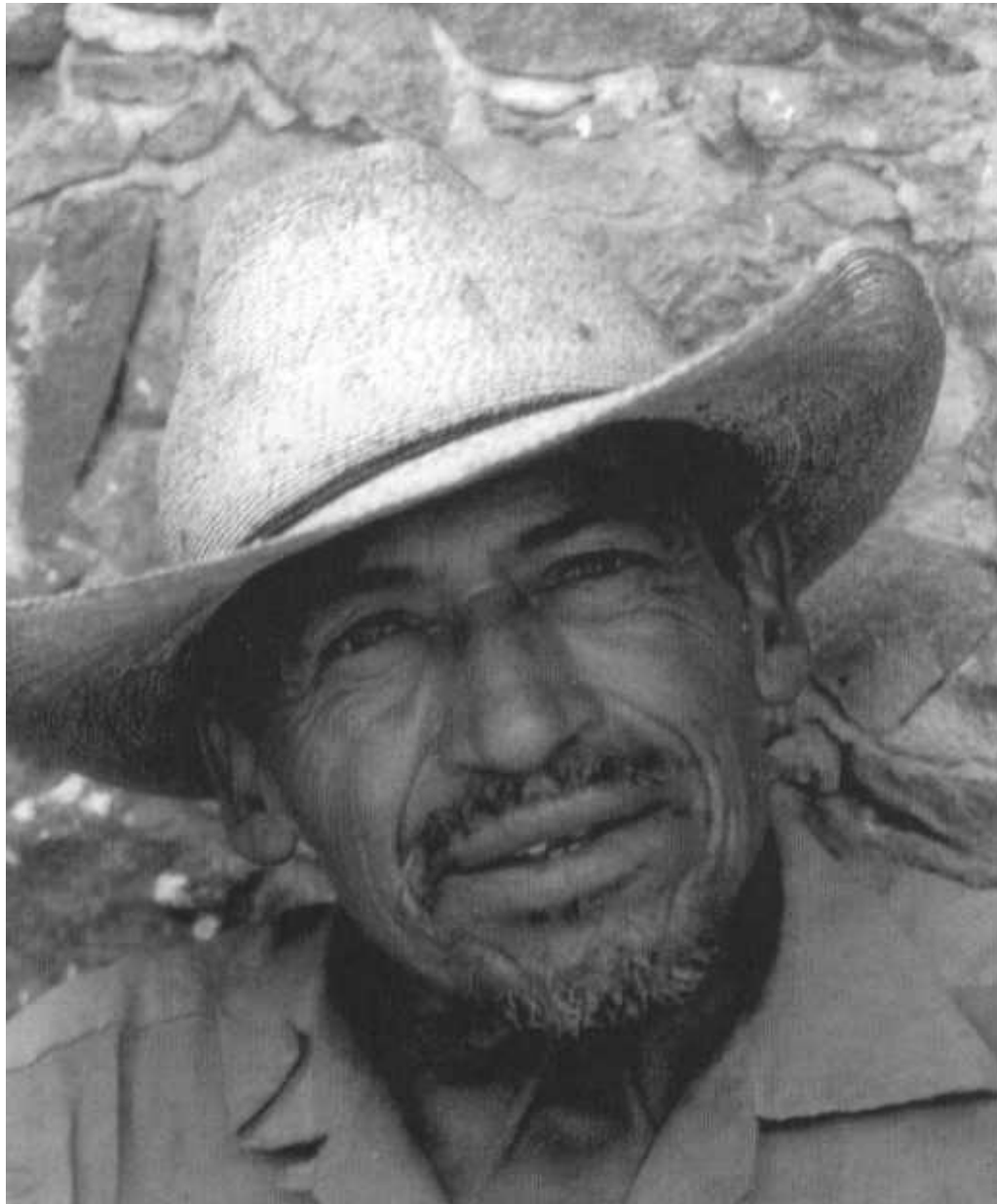


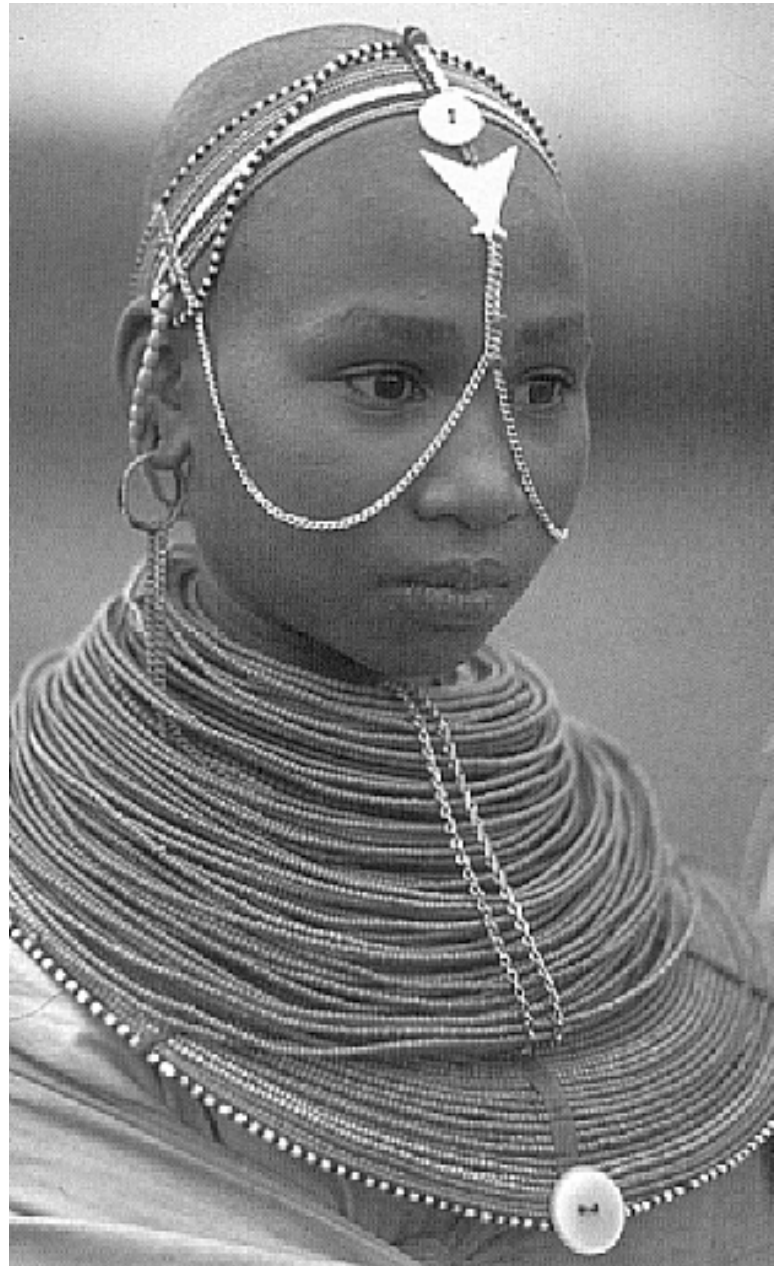
It's OK to be curious.



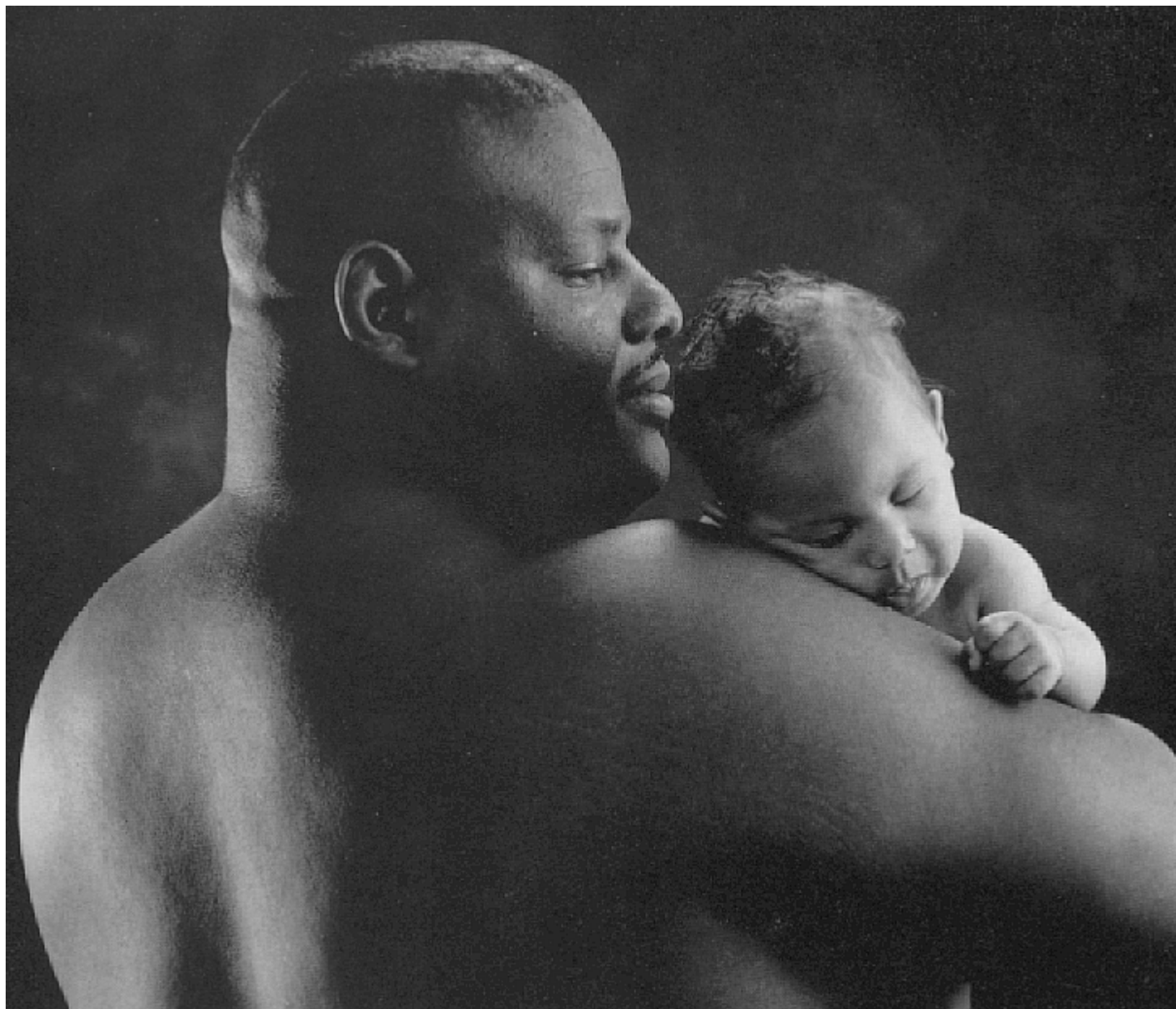
People don't all look the same.







They come in different sizes.



Different shapes . . .



MATERNIDAD S. J. GUEVA
HOMAGE TO ZUNIGA
1971
FELIPE CASTAÑEDA
GIFT OF
MRS. BRADFORD WHITTEMORE
MRS. RICHARD HARRISON HILL
PHILIP KULTAR

different colors.



Boys look one way . . .







and girls another.

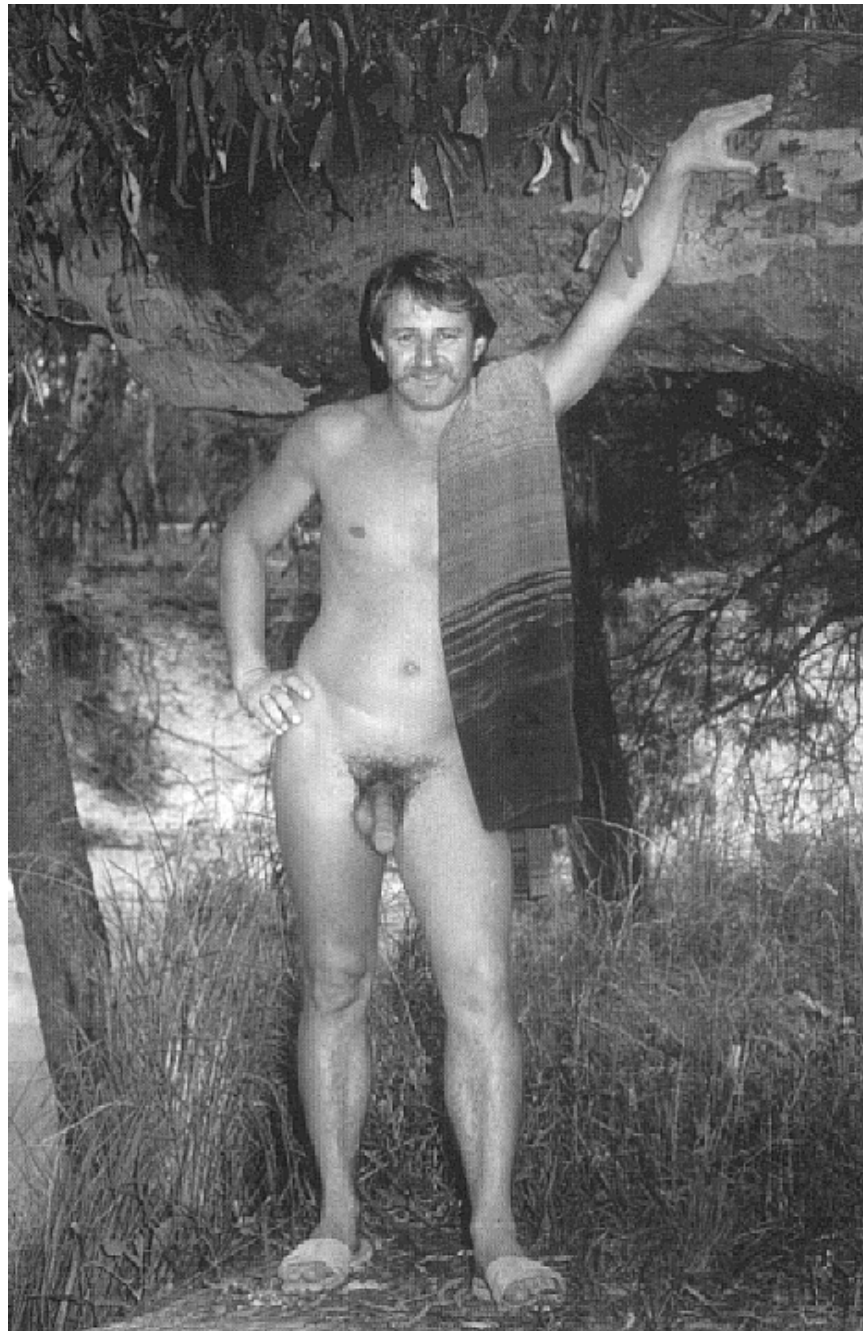






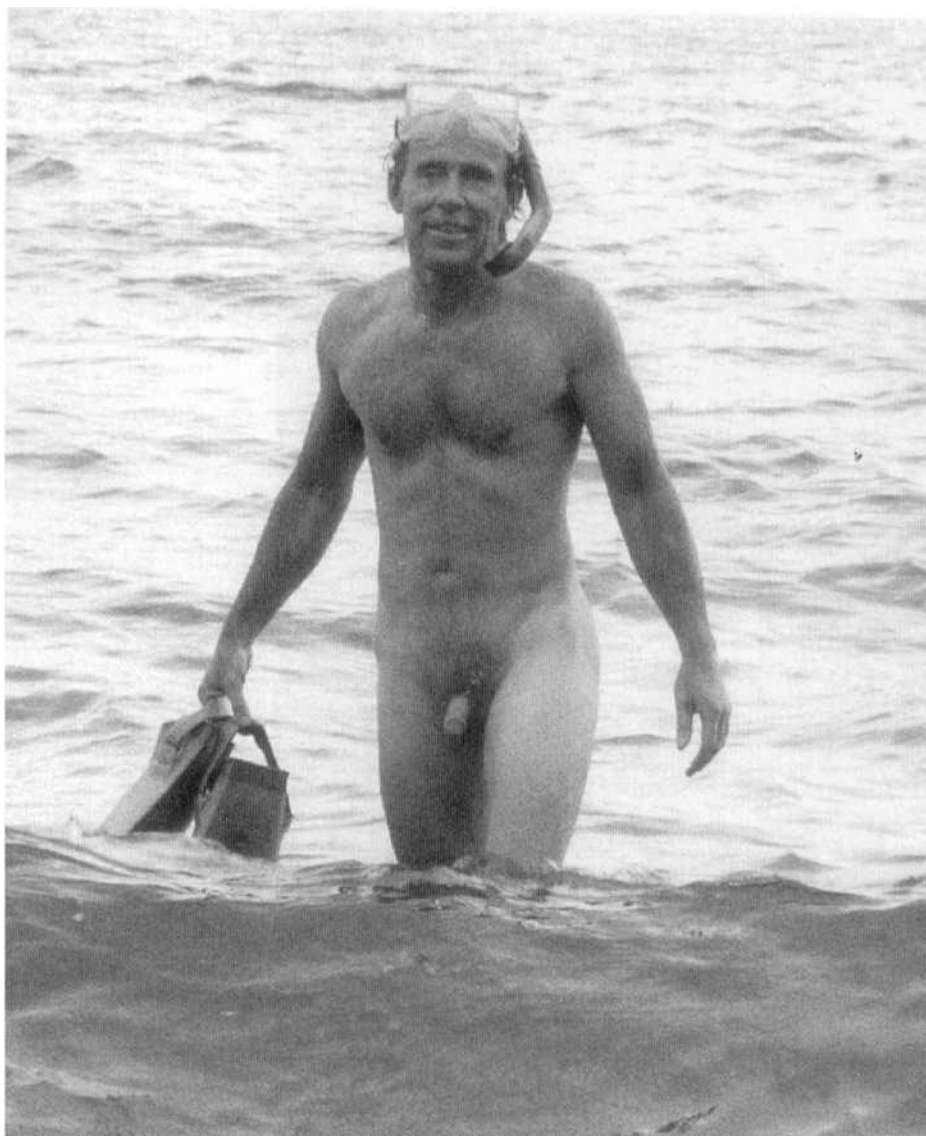
Women look different from men.





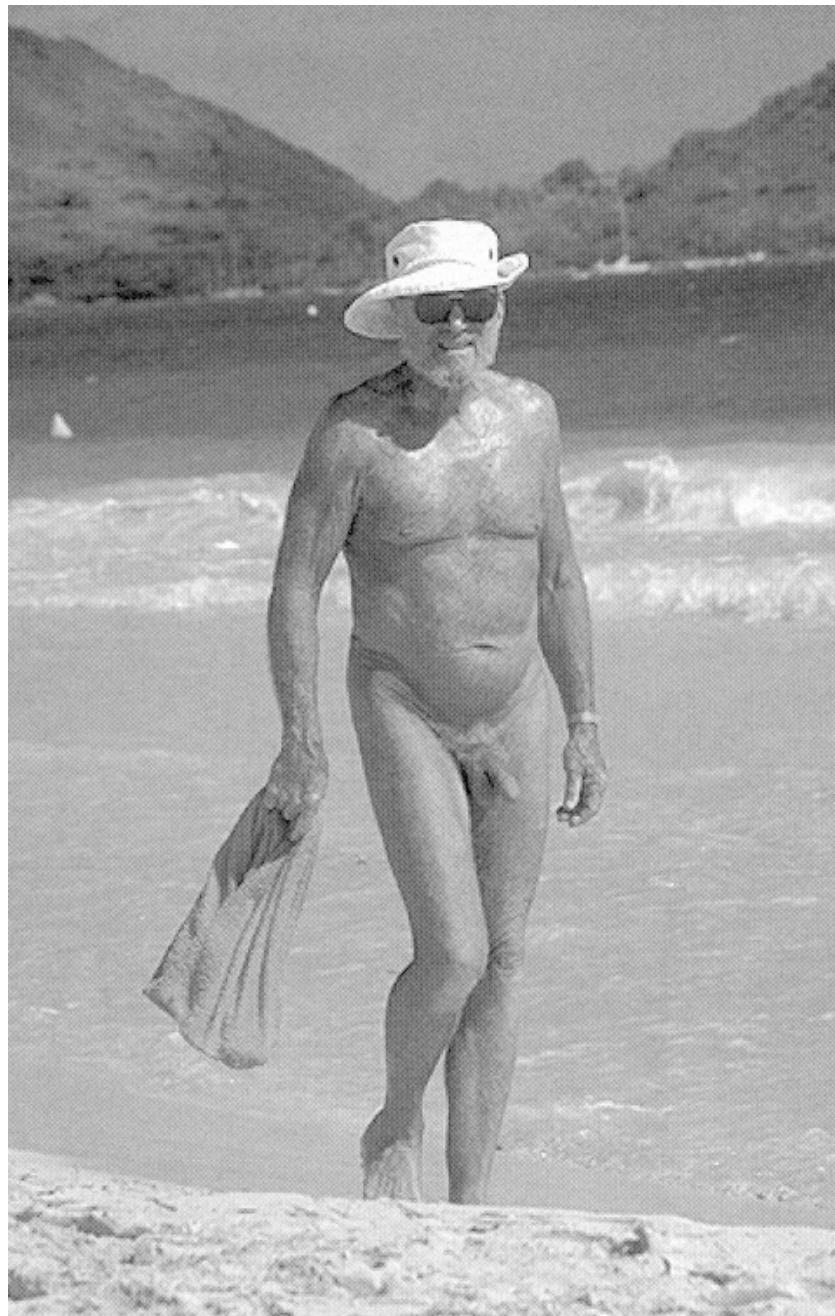
Children look different from
grown-ups.

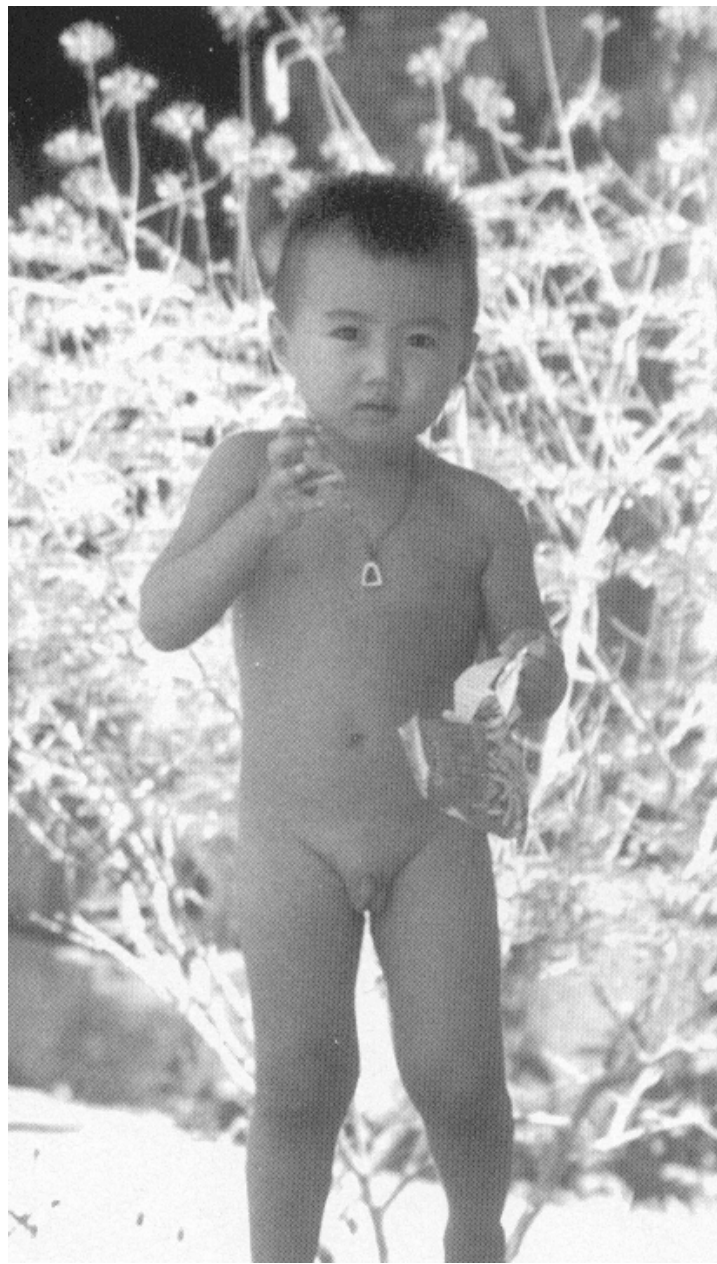




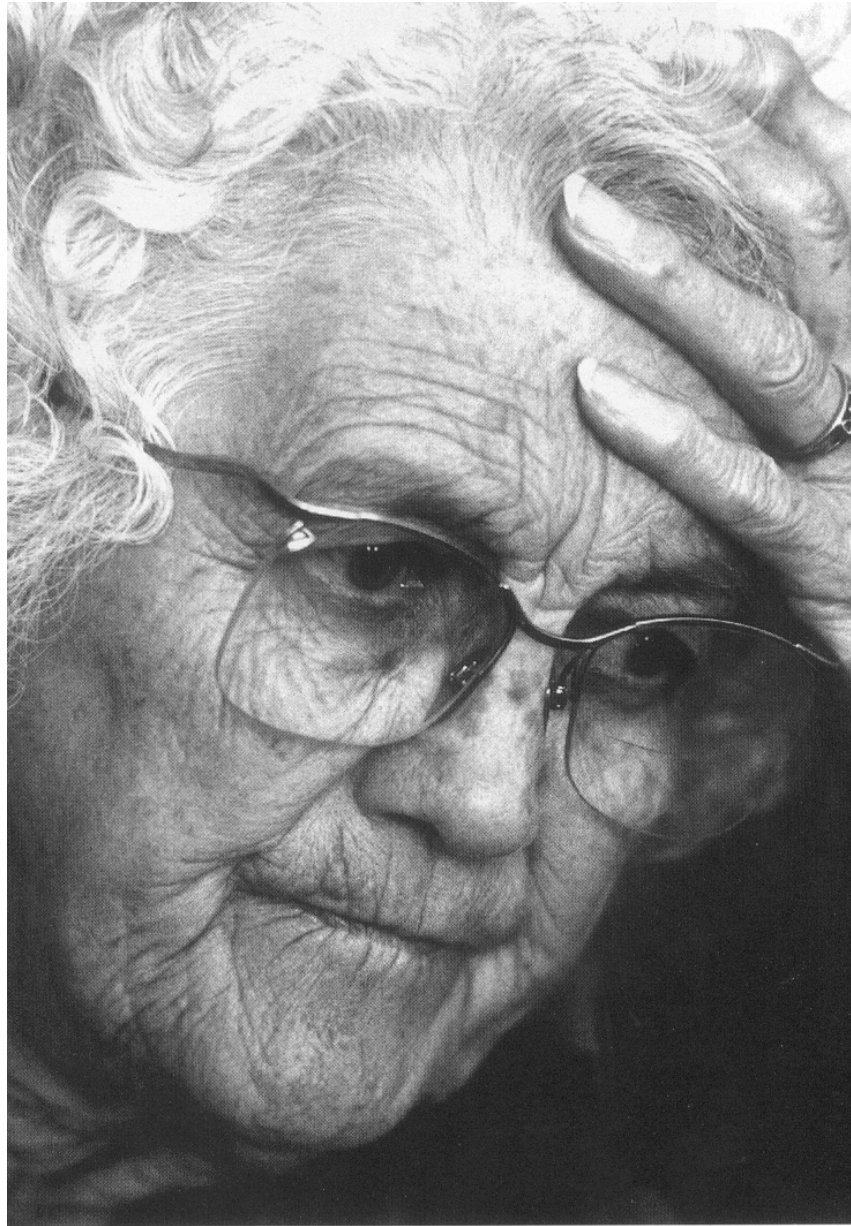


Older people look different from
younger people,





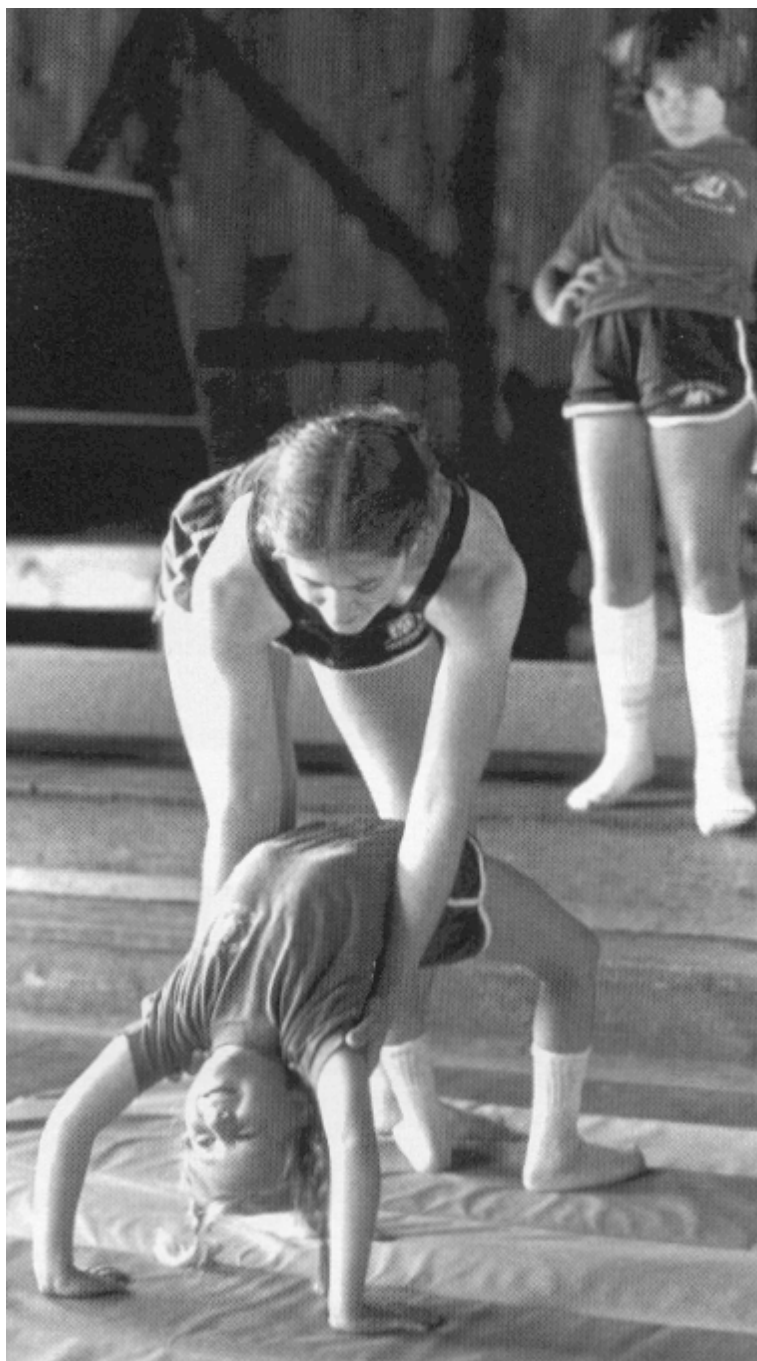
But we are all beautiful just as
God created us.





We can do many wonderful
things with our bodies.







One thing we can do with our bodies is show our love for each other with hugs, kisses, and cuddling. We all need lots of this kind of touching.



Touching brings happiness to our
lives.



Just as there are rules in
other areas of life, there are
rules about our bodies.



One rule is not to talk about other people and their bodies in ways that might embarrass them. They need to feel good about themselves just as we do.



Also we don't need to get
giggly and silly and
embarrassed about our bodies
and the things that bodies can
do.



Your body, after all, is not
something you have to be
embarrassed about.



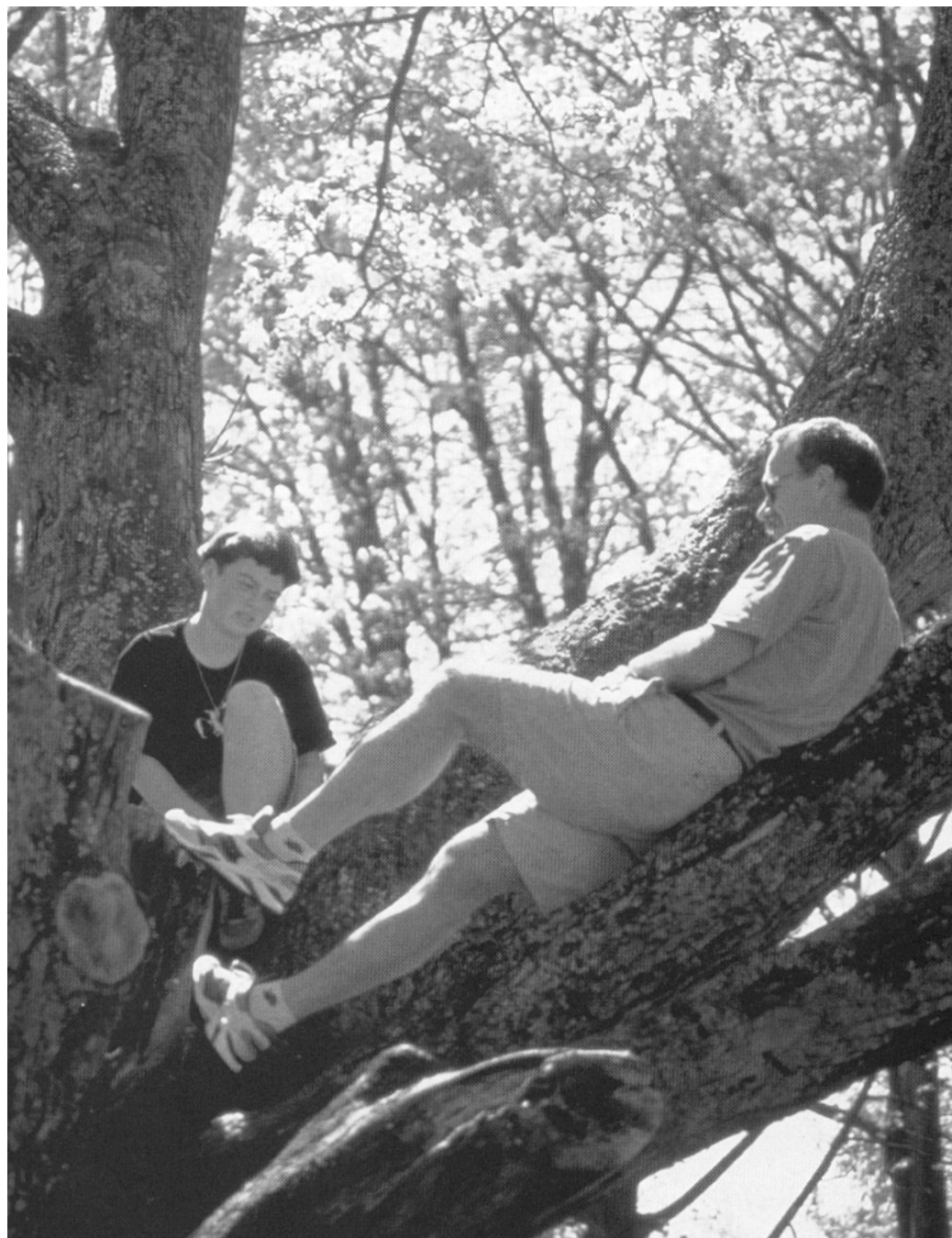
Touching can be a problem.

Sometimes people hit each other,
or play so rough that a person
gets hurt.

Also, some parts of our body are more private than others.

An older child or grown-up may touch us in a way that upsets us.

If any touching happens
that hurts or confuses us,
we should talk about it
with a grown-up we trust.



When everybody lives by the rules, our lives together are much happier.



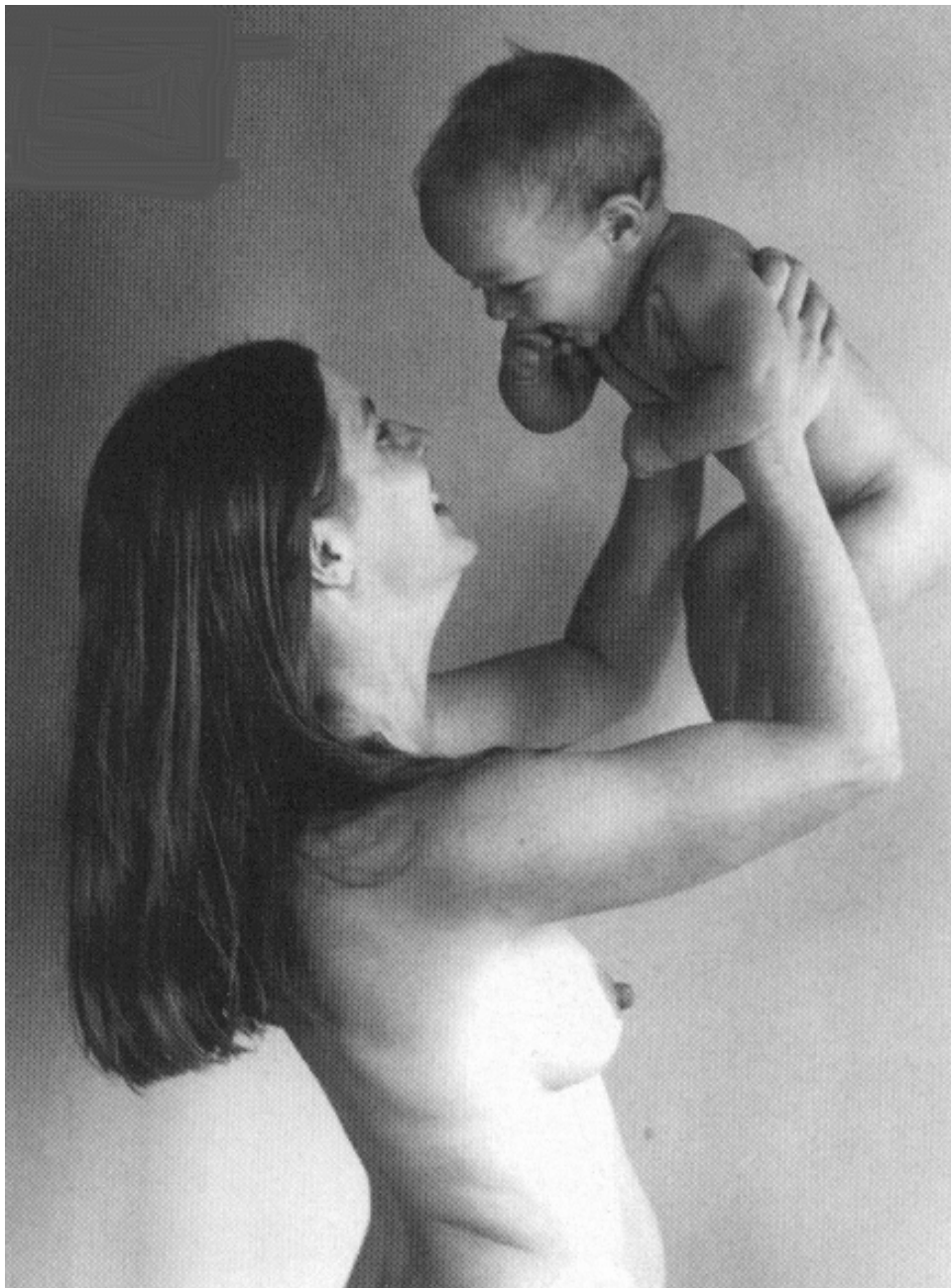
One very special thing that
our bodies are for is having
and caring for children.



Only when we are grown up
and live with someone very
special do we use our bodies for
this.











There are many things you can
do to be good friends with your
body.



Know that your body is good
and beautiful. It does not have
to be just like everybody else's.



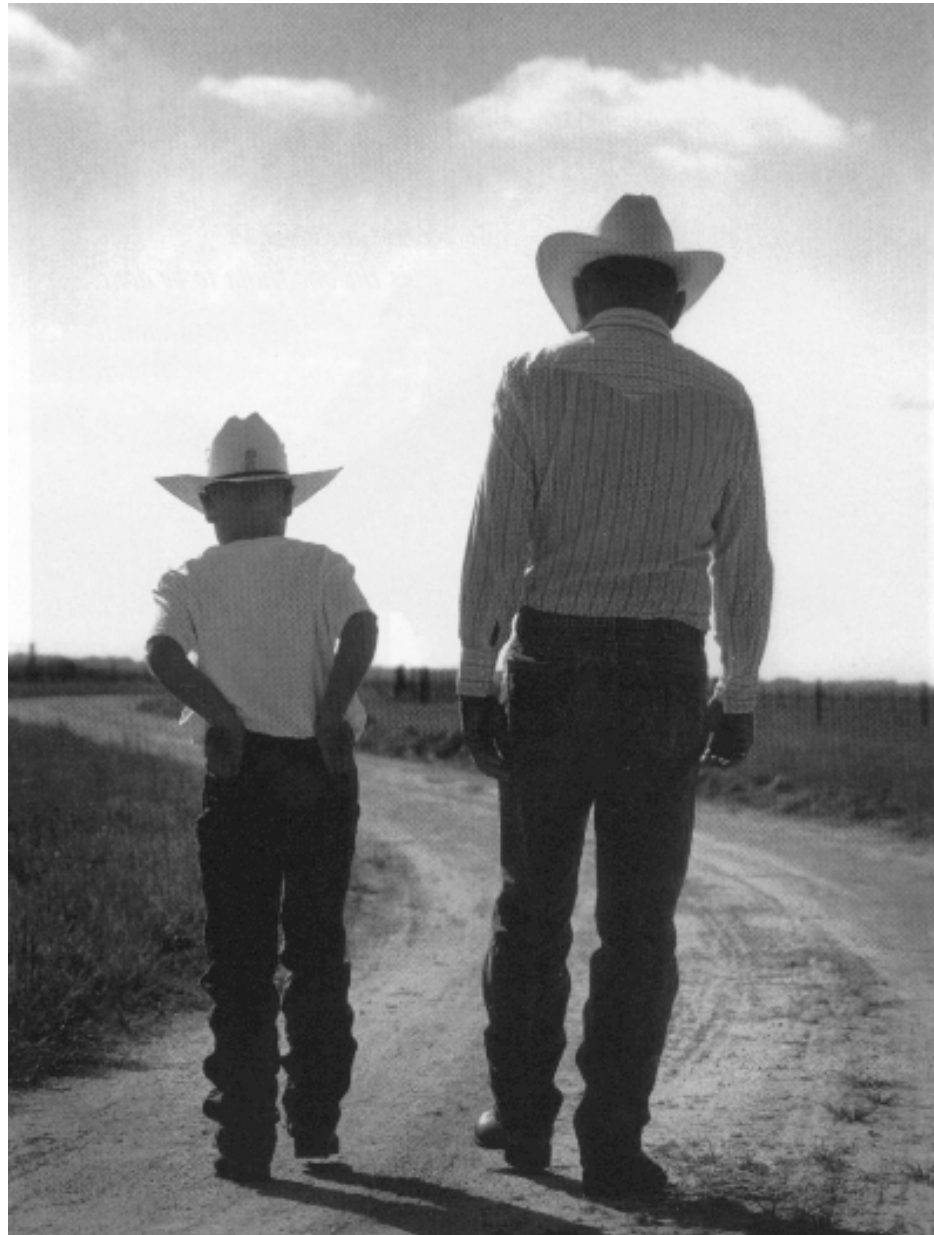
Know the rules about how
others should treat our bodies,
and how we should treat
others.



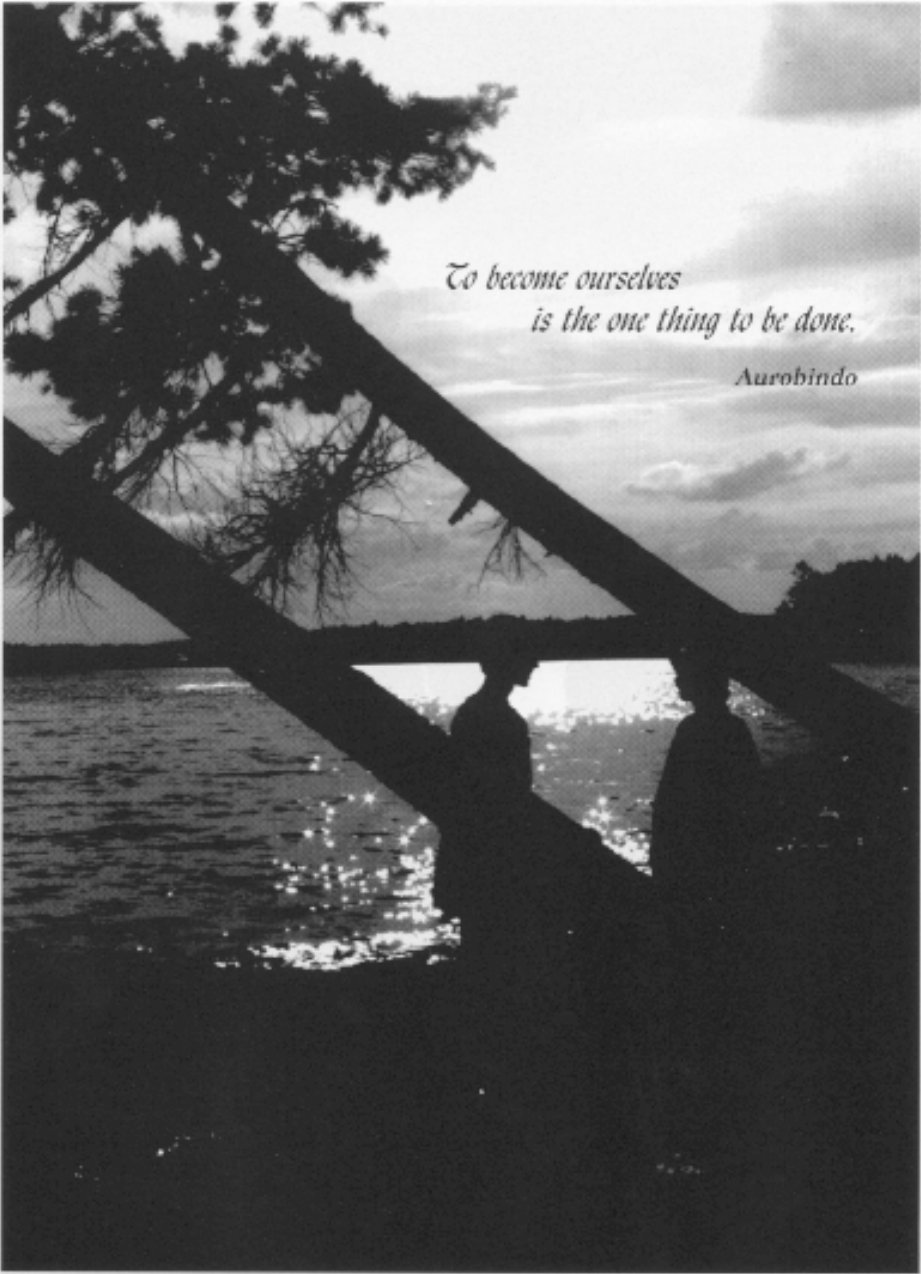
Try to follow the rules.



Ask when you are curious about
anything.



The end



*To become ourselves
is the one thing to be done.*

Aurobindo

