

## Substance Use Education



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| <b>Stage:</b> Early   | <b>Lesson:</b> What Do I Do To Keep Myself Healthy? |
| <b>Expected national standards for each level:</b><br>Identifies which substances may be helpful and which may be harmful in given situations.  |   |
| <b>Substance Misuse Experiences and Outcomes:</b><br><b>HWB 0-38a</b> I understand there are things I should not touch or eat and how to keep myself safe, and I am learning what is meant by medicines and harmful substances.   |   |
| <b>Resources:</b><br>Range of objects and empty containers for example: <ul style="list-style-type: none"><li>• Toothbrush</li><li>• Scissors</li><li>• Tablet Packet</li><li>• Suncream</li><li>• Medicine Bottle</li><li>• Liquid Soap</li><li>• Cleaning Fluid Bottle</li><li>• Plaster</li><li>• Ointment/cream (e.g. savlon)</li></ul><br>Coloured hoops – green and red.  |   |
| <b>Main Activities:</b><br><br><b>Discussion:</b><br><br>Outline to children the purpose of the lesson: To talk about what can help keep us healthy.<br><br>Place all the objects in a bag and offer it to children to select an item. Children are to identify what object is and decide which hoop they think it should go in: green hoop – “This can help keep me healthy” or red hoop – “This can stop me being healthy”.<br><br>Expand on some of the items: <ul style="list-style-type: none"><li>• Is it safe to use this item on your own?</li><li>• Who can help you if you need to use this item?</li><li>• How can we make sure we don’t become unhealthy?</li></ul> |   |
| <b>Individual Activity:</b><br><br>Children to draw picture of “5 things I do to keep myself healthy” – could include brushing teeth, wash hands, eat fruit, drink milk, run and dance.   |   |