

Substance Use Education

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| Stage: Second | Lesson: How Do People Keep Healthy? |
| <p>Expected national standards for each level: Gives examples of what can happen to the body as a result of smoking tobacco or drinking alcohol. Knows the recommended alcohol intake advice.</p> | |
| <p>Substance Misuse Experiences and Outcomes: HWB 2-38a I understand the effect that a range of substances including tobacco and alcohol can have on the body.</p> | |
| <p>Resources Required for Lesson: Whiteboard, IT or posters for children</p> | |
| <p>Main Activities:</p> <ul style="list-style-type: none"> • Identify what makes a healthy lifestyle and how emotional and mental health (happiness) is linked to a healthy lifestyle. • Identify choices and decisions that they can make that affect their health and well-being (below). <p><u>Whole Class Activity:</u> Draw an outline of a person on whiteboard – connect the head and the body Discuss what makes a person healthy e.g. Food choices, exercise, sleep, personal hygiene, in they live in a safe area and home. Introduce the idea that being happy is important for a person’s health too.</p> <p><u>Activity</u> Ask the children to write or discuss healthy alternatives to the following scenarios</p> <p>Give a healthy choice or alternative for the following:</p> <ul style="list-style-type: none"> • Janine’s journey to and from school in the car. • Shaun feels hungry and gets crisps for a snack. • Rachel is watching TV after school. • Robyn’s bed time is 9 o’clock on a school night. • Peter is worried about things at school. • Jay has a headache and takes some Calpol. <p>Ask the children if they can think of other times when they make their own healthy choices?</p> <p><u>Activity:</u> Share ideas: What makes it hard to make healthy choices? What can help us to make healthy choices i.e. asking parent/carer to shop for our favourite fruits, joining an after school activity or club (be equitable while discussing this)</p> <p>Pupils to draw a poster or use a computer to make poster on “Keeping my body healthy”.</p> | |