

HEALTH AND WELLBEING

LEARNING OBJECTIVES/WALT

- Recognise the role of medicines in staying healthy.
- How medicines can help people stay healthy and how some people need to take medicines every day to stay healthy
- Understand how to use medicines safely

KEY VOCABULARY/LANGUAGE

- POSSIBLE STEM SENTENCE - *I am feeling so I should...*
- Safety
- Harmful
- Suitable
- Appropriate

WHAT YOU WILL NEED

- Lesson plan 3 resources doc [Link](#)
- Print pages 3-7 of resources doc if doing activity 1 in groups
- Print slide 10 - poster template - for each child
- Crayons and felt-tips
- Instruments and percussion
- Examples of medical posters on slide 12

LESSON 3 - HEALTH AND WELLBEING - Magical Medicines!

Lesson Content

EXPLORE - Circle game - recognising being unwell/hurt and finding the solution

Time guide Outcomes

10 mins

Testing understanding
Fun way to introduce scenarios for learning

Going round the circle, each come up with an example.

E.g. *A headache* - needs some rest, needs some medicine, who should give it?

E.g. *I grazed my knee* - let's put some antiseptic cream on and cover it with a plaster

E.g. *I lose my breath because I have asthma* - take inhaler twice a day

EXPLORE DRAMA - scenarios tableau and discussion

25 mins

Facts established along with empathy and understanding

- Sit in a circle
- Talk through each scenario one at a time (slides 3-7)
- Build a tableau in the middle of the circle with the children acting out and playing the parts in the scenario.
- Ask additional questions and discuss ideas around each scenario to pull out the learning.
- Summarise the learning points at the end (slide 8)

IDEATE DESIGN - Medicine safety posters

20 mins

Reinforce learning and express it individually in a visual way
2D posters created

- Hand out poster template 1 for each child (slide 10) Pencils, Crayons, felt tip pens
- Make a poster about one of the scenarios from the previous exercise (list on slide 8) They can pick or teacher can allocate who does which.
- Look at Slide 9 for inspiration images and think about the following:
 - Make your poster eye catching - colours and shapes, symbols
 - Words - what simple words should you include
 - Pictures - can you draw a picture to help explain

EVALUATE MUSIC - Yes No Orchestra

5 mins

Testing their learning
Recap and reinforce all ideas from lesson

- Choose a handful of contrasting instruments to make small YES and NO orchestras. e.g. Hand bells/tinkly sounds (i.e. metallic) = yes
Rattles/drums (aggressive sounds) = no
- Choose some students to stand and play the YES instruments on one side, and others to play the NO instruments on the other. Everyone else remains seated in the middle.
- Listen to what YES and NO sounds like.
- ASK the questions on slide 11 and the seated class answer by **pointing** (not speaking) to either the YES or NO orchestra, who play a short burst of sound. If there is not consensus then discuss/reiterate what's right.