

12

HEALTH AND WELLBEING - Magical Medicines!



YEAR GROUP:
R/1 KS1



DURATION:
1 hour



LEARNING OBJECTIVES – students will learn...

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



KEY VOCABULARY/LANGUAGE

- POSSIBLE STEM SENTENCE - *I am feeling because of*



WHAT YOU WILL NEED

- Lesson 3 resources doc
- Print pages 3 - 7 of resources doc if doing activity 1 in groups
- Print slide 8 - poster template - for each child
- Crayons and felt-tips

Circle game - recognising being unwell/hurt and the medical solution

- Let's find some examples of feeling unwell and work out what solution is good
E.g. tummy ache, headache, (the whole group act this out each time)
 - How can we help each - headache - needs some rest, needs some medicine, who should give it to him?
 - I grazed my knee - let's put some antiseptic cream on and cover it with a plaster
 - I lose my breath because I have asthma - take inhaler twice a day

ACTIVITY 1 / EXPLORE**25 MINS****Medicine safety scenarios**→ *Lost Medicine slide 3*

Mo's friend Sami has an inhaler to treat his asthma. Mo finds Sami's inhaler by the climbing frame in the playground where it has fallen during playtime. What should Mo do with the inhaler?

→ *Medicine storage slide 4*

Jamie and his dads are tidying the kitchen. Jamie finds some medicine in the cupboard under the sink. What should Jamie do with the medicine? Where is a safe place to store it?

→ *Should you give medicine to yourself slide 5*

Amelia's Mum gave her some medicine two weeks ago when she was feeling poorly. One night Amelia wakes up feeling poorly again. She knows where the medicine is kept and how much to take. What should Amelia do?

→ *Who should give you medicine slide 6*

Angela comes home from school with a temperature. Her mum makes her a little bed on the sofa. She says she has some medicine that will help bring down the temperature. Is it safe for Angela to take this medicine?

→ *Should you give medicine to a friend slide 7*

Susie is at her friend Priya's house when she gets a sore throat. Priya had a sore throat a few weeks ago. She tells Susie she took some medicine that made her feel better. Priya could give some to Susie if she likes? What should Susie do?

→ In a circle

→ Talk through each scenario one at a time

→ 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)

Medicine safety posters

Use printed poster template - 1 for each child slide 8 (can be landscape or portrait)

Pencils Crayons, felt tip pens

Slide 9 for inspiration images

Make a poster about the topic they have already been working on in the previous exercise.

- ➔ What to do with lost medicine?
- ➔ How to store medicine
- ➔ Don't give yourself medicine
- ➔ Only take medicine from an adult
- ➔ Don't give medicine to a friend

THINK about the following: slide 9

- ➔ Make your poster eye catching - colours and shapes
- ➔ Words - what simple words should you include
- ➔ Pictures - can you draw a picture to help explain

Instruments/ percussion**Toolbox tutorial - Yes/No orchestra**

- ➔ 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 FOLLOWING QUESTIONS 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.

- ➔ Should you take medicine with someone else's name written on?
- ➔ Should you ask an adult before taking any medicine?
- ➔ Should you give a friend medicine that helped you when you were unwell?
- ➔ If you feel ill, should you go to a grown up for help?
- ➔ If the Doctor prescribes you medicine should you take it?
- ➔ If you find a medicine should you give it straight to an adult?, should you take it to an adult?
- ➔ Do all medicines work for everyone in the same way?

