

LO. I am beginning
to describe how to
keep myself healthy

Please write the learning
objective on to a new page
and highlight the important
words.

Agenda

Today you will be learning about 3 different ways that we stay healthy.

1. Staying healthy
2. Hygiene
3. Mental health

Write and underline the
heading
“At the beginning”

At the beginning...

What does healthy mean to you?

Answer the question, what
does healthy mean to you?

I think healthy means....

Ground rules

In this lesson we will be discussing our feelings. We would normally follow our classroom rules to make sure everyone was happy to contribute their ideas.


Respect each other.

- Listen to others.
- Our discussions stay in the classroom.
- It's ok to share, but also ok not to.
- It's ok to ask questions .
- We need to understand others have different opinions, feelings and experiences.

If part of the lesson makes you feel anxious please chat with your grown up at home about it.

Can you think of
any others
rules?

Staying healthy



Write down a list of things that helps to make a person healthy?

Here are some ideas, **can you add to them.**

Making sure I **eat healthily**, including 5 portions of fruit and veg each day.

Be active and take exercise

Don't stay up too late and get enough **sleep**

Have **fun** and do things you enjoy

Spend time with your **friends and family**



What does healthy mean?

Write your own definition of what
healthy means.

To help you, think about all the things
you need to do to be healthy.

Read the dictionary definition.

Think about how it compares to your definition.

Would you add anything else to your definition or is yours better?

Talk to a grown up about what being healthy means to them.



healthy

/ˈheɪlθi/

adjective

in a good physical or mental condition; in good health.
"I feel fit and healthy"

Similar:

in good physical condition

in good health

well

all right

fine

fit



- (of a part of the body) not diseased.
"healthy cells"
- indicating or promoting good health.
"a healthy appetite"

Similar:

good for one

good for one's health

health-giving

healthful



health

/heɪlθ/

noun

the state of being free from illness or injury.
"he was restored to health"

Similar:

good physical condition

healthiness

fitness

physical fitness



- a person's mental or physical condition.
"bad health forced him to retire"





There are two parts to being healthy:

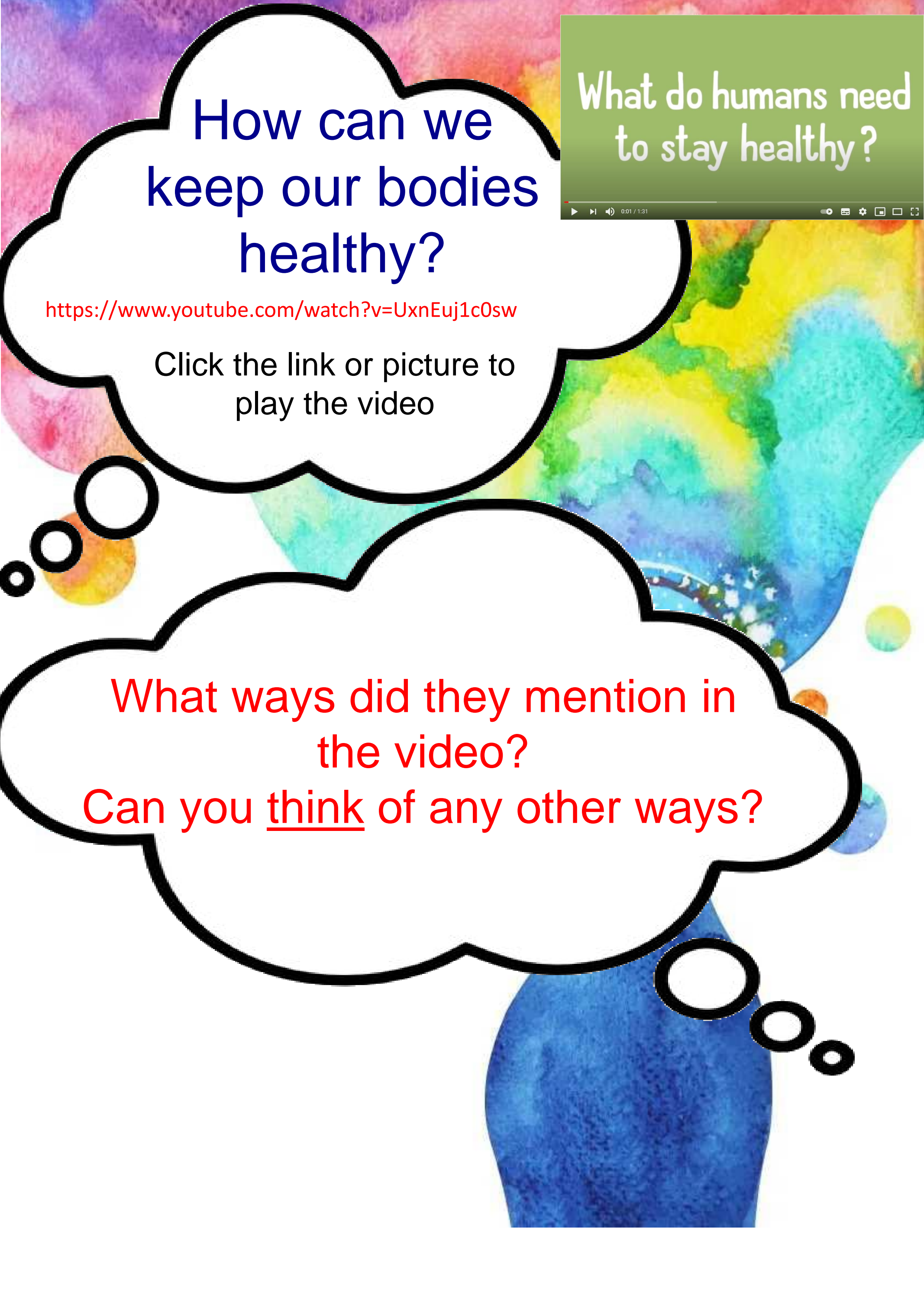
Physical health

Mental health

We have physical and mental health that we need to look after.

Our physical health is the overall condition of our bodies (not being ill, being fit and our lifestyle choices and behaviours. For example not smoking is a healthy behaviour).

Our mental health is how we deal with our thoughts and feelings.



How can we
keep our bodies
healthy?

<https://www.youtube.com/watch?v=UxnEuj1c0sw>

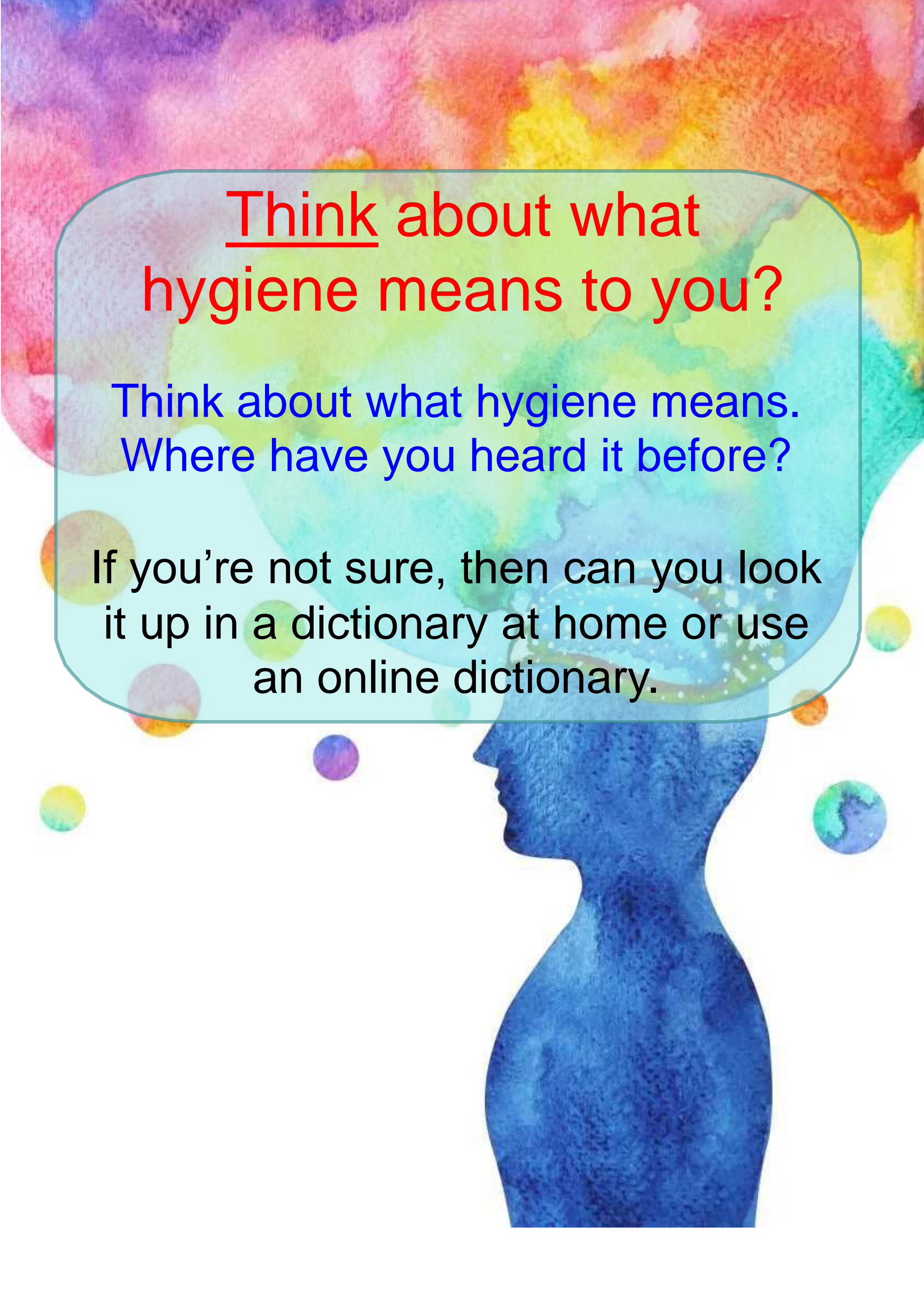
Click the link or picture to
play the video

What do humans need
to stay healthy?

▶ ▶ 🔊 0:01 / 1:31 ⏮ ⏭ ⚙ 📺 🖥 📱

What ways did they mention in
the video?
Can you think of any other ways?

Hygiene



Think about what hygiene means to you?

Think about what hygiene means.
Where have you heard it before?

If you're not sure, then can you look
it up in a dictionary at home or use
an online dictionary.



hygiene

/ˈhaɪdʒiːn/

noun

conditions or practices conducive to maintaining health and preventing disease, especially through cleanliness.

"poor standards of food hygiene"

What words does this dictionary definition use to describe hygiene?

Write these on your books and discuss them with someone at home. Are they the same or different from yours?





How can we stay
hygienic?

- Showering regularly
- Washing your hands
- Cleaning your teeth

What else can you think of?

Why is this important?

Discuss this with someone at
home or at school

Watch the video or try the experiment yourself.

Ask a grown up to help you!

<https://www.bbc.co.uk/cbeebies/watch/germs-experiment>

Materials:

- Shallow bowl or pie tin
- Water
- Pepper
- Dish soap
- Toothpick
- Paper
- Pencil

Procedure:

1. Fill the bowl or pie tin with about an inch of water.
2. Sprinkle pepper evenly across the surface. Try not to sneeze! The pepper flakes should float, not sink, upon the surface of the water.
3. Squeeze a tiny bubble of dish soap onto a clean counter.
4. Touch the tip of the toothpick to the bubble of dish soap. You'll want just a tiny amount of soap on the end of the toothpick.
5. Set the toothpick carefully aside and pick up your notebook and pencil.
6. What do you think will happen when you touch your soapy toothpick to the water? How will the pepper flakes react?
7. Write down your best, often called a **hypothesis**, in your notebook.
8. Now poke the soapy toothpick into the water, right in the center of the tin.
9. What happens? Was your hypothesis correct?



Write down what you noticed

“I noticed.....”

Oral Hygiene

Oral hygiene is when we look after our mouth and teeth. We need to keep them clean and free from disease.

<https://www.youtube.com/watch?v=voZuS09kczg>



Play the video by clicking on the link or the picture to find out why oral hygiene is important.





2 is the magic number when it comes to looking after our teeth! We need to clean them for **2** mins, **2** times a day. You should also have your teeth checked by your dentist **2** times a year (every 6 months).



Who thinks they clean
their teeth for at least 2
minutes?

Let's see how long 2
minutes really is.

[https://www.youtube.co
m/watch?v=fz8EByOKW
gw](https://www.youtube.com/watch?v=fz8EByOKWgw)



Play the video and think about how long
2 minutes really is.

Does it seem longer than you thought?

Vaccinations

Think about these words. Have you heard these words before?

Where have you heard them?

Do you know what they mean?

VACCINES & IMMUNISATION



Vaccines are used to immunise people against viruses.

A **vaccine** is a small amount or weakened version of the virus which is given to you, often by an injection.

Once you have had the vaccination your body learns how to recognise the virus so it can protect you from it. This is **immunisation**.



<https://www.youtube.com/watch?v=5SproXmRUkl>

Write down 3 things you knew.

Write 1 thing you learnt.

Write 1 thing that surprised you.

Watch the video by clicking the link or the picture.



HELLO!

I am a **VIRUS**,
cousins with the flu and
the Common Cold



My name is Coronavirus

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WWW.MAHRELAARTS.CO
CC BY-NC-SA 4.0 INTERNATIONAL PUBLIC LICENSE

Let's discuss

Chat with a grown up about why
the vaccination for Coronavirus is
so important.

Task

L.O. I am beginning to describe how to keep myself healthy.

Can you describe how vaccinations work?

Challenge: *Can you explain what may have been different if we have a vaccination for Coronavirus?*

Describe how vaccinations work and why the vaccination for Corona virus is so important.

Try to include the word **immunisation** in your response.

Task

Tick or write out the correct answers

L.O. I am beginning to describe how to keep myself healthy.

Tick the correct answer for each question.

1) What is a vaccination?

A) A small amount of a virus that is given to you

☐

B) When you look after your teeth.

☐

C) A book about how to be healthy.

2) How does a vaccination help keep you healthy?

A) It gives you a healthy diet.

☐

B) It is a type of exercise.

C) It gives you immunity from a virus.

☐

3) What does immunisation mean?

A) When you become ill.

☐

B) When your body has learned to protect you from a virus.

☐

C) When you are unhealthy.

☐

Mental Health

Is A, B, C the correct definition for Mental Health?

A) Never feeling angry.

B) The way we identify and manage our feelings.

C) Always being happy.



Draw emojis to show how you've been feeling during this lockdown
You might have had different feelings at different times so write down when you felt this way



Happy



Angry



Sad



Frustrated



Sneaky



Scared



Surprised



Shy



Bossy



Sleepy



Embarrassed



Mean



Proud



Nervous



Silly



Disappointed



Confused



Impatient



Curious



Kind



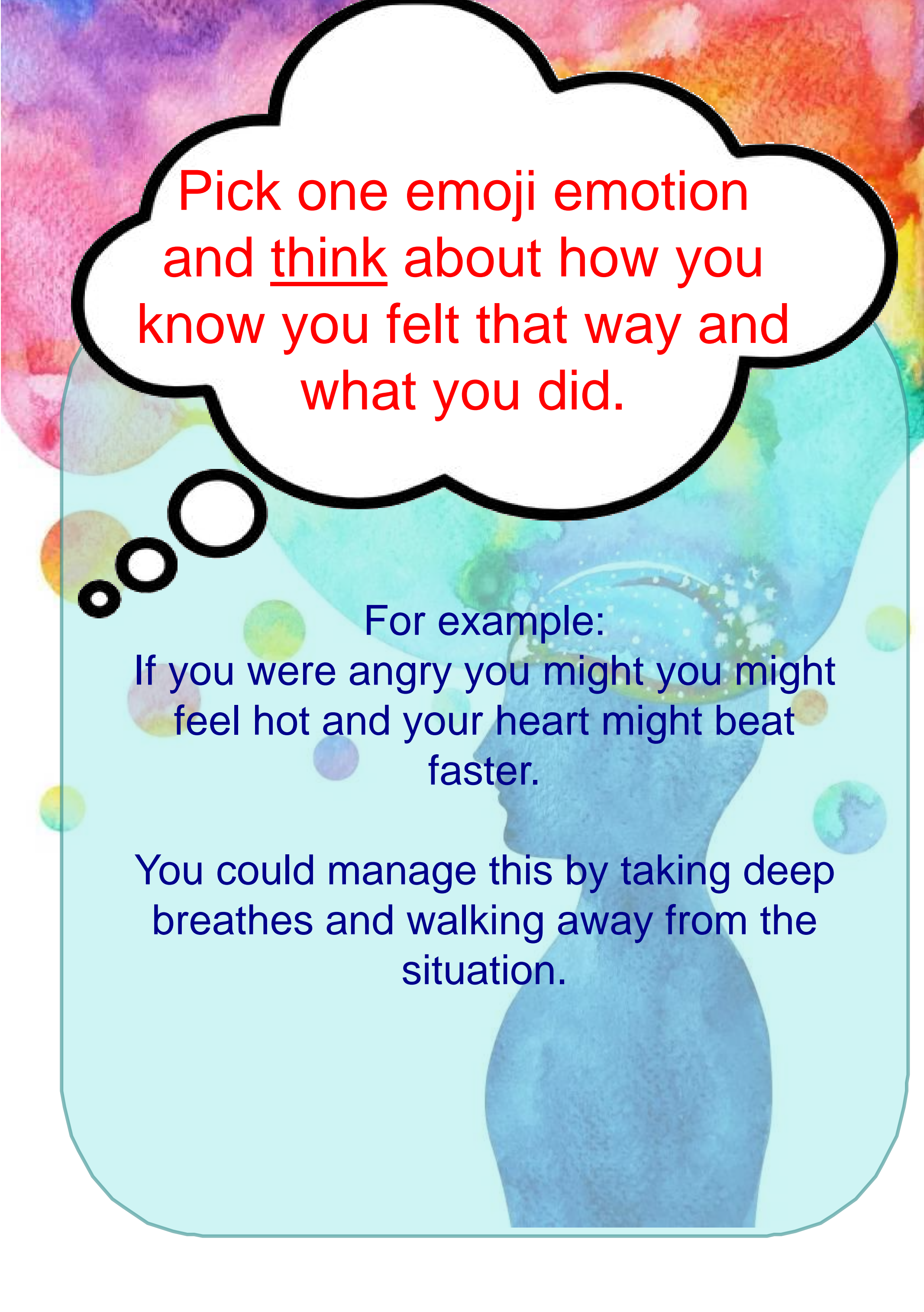
Obnoxious



Excited



Grumpy



Pick one emoji emotion
and think about how you
know you felt that way and
what you did.

For example:

If you were angry you might you might
feel hot and your heart might beat
faster.

You could manage this by taking deep
breathes and walking away from the
situation.

Physical Health

Think about how your
physical health has an
impact on how you are
feeling.



Let's try.
Complete the before
box on your sheet.

Draw a picture or
write the emotion
which best
describes how
you are feeling.

L.O. I am beginning to describe

Before exercise I felt...

During exercise I felt...

After exercise I felt...

Challenge: Do you think exercise affects the way you feel? Why/why not?

Watch the video and join in with the exercise.

<https://www.youtube.com/watch?v=7W2N-Xcw17U>



Now complete the next sentences.
How did you feel when you were
exercising and when you finished?

LO. I am beginning to describe

Before exercise I felt...

During exercise I felt...

After exercise I felt...

Challenge: Do you think exercise affects the way you feel? Describe why/ why not.



Think about ways to look after
your mental health

Think about what you do that helps you
manage your feelings and keep yourself
happy.

Looking after your physical health can
also help your mental health for example
exercising and eating a balanced diet
make you feel better.

Create a leaflet or
poster about your
learning



Create a leaflet or poster
to help people stay healthy.

Include what you know
about:

Oral hygiene
Vaccines and
immunisations
Exercise
Mental health

Include pictures and
drawings.

Examples:



Look after yourself

NHS
Ipswich and East Suffolk
Clinical Commissioning Group

Caring for yourself

Top tips:

- wash your hands while preparing food and after using the toilet
- take regular exercise
- enjoy a balanced diet
- try to make sure your medicine cabinet contains the essentials
- remember to order any repeat prescriptions in good time so that you don't run out

Getting advice from your local pharmacy

Your local pharmacist is an expert on medicines. They can give you lots of advice on the best way to treat problems such as colds, coughs, minor burns, diarrhoea, sprains, bumps and bruises.

You can talk to your pharmacist in confidence without an appointment. They can also give advice on whether you need to see your doctor. Many pharmacies offer other services such as blood pressure checks, advice on maintaining a healthy weight or stopping smoking. Some can arrange to collect your repeat prescription from your GP.

Check which services are available at your local pharmacy by visiting: www.nhs.uk/ServiceSearch

When to call 111

You should call 111 if you:

- are not sure if you need to go to A&E or need another NHS urgent care service
- don't know who to call or don't have a GP to call
- need health information or reassurance about what to do next

NHS 111 is a free service available 24 hours a day, seven days a week. Calls are answered by specially trained advisors who are supported by experienced health care professionals.

Looking after your mental health

The Suffolk Wellbeing Service provides short-term support such as workshops, counselling and other talking therapies for depression, anxiety and trauma. For more information, call 0300 123 1781 or visit: www.reachtochange.org.uk

Need help urgently?
If you are currently receiving care or treatment from Norfolk and Suffolk Foundation Trust, use the number you have been given. If you can't find it, call 0300 123 1334. Samaritans (08457 90 90 90), Childline (0800 1111) and FRANK (0300 123 6600) can help too.

A&E

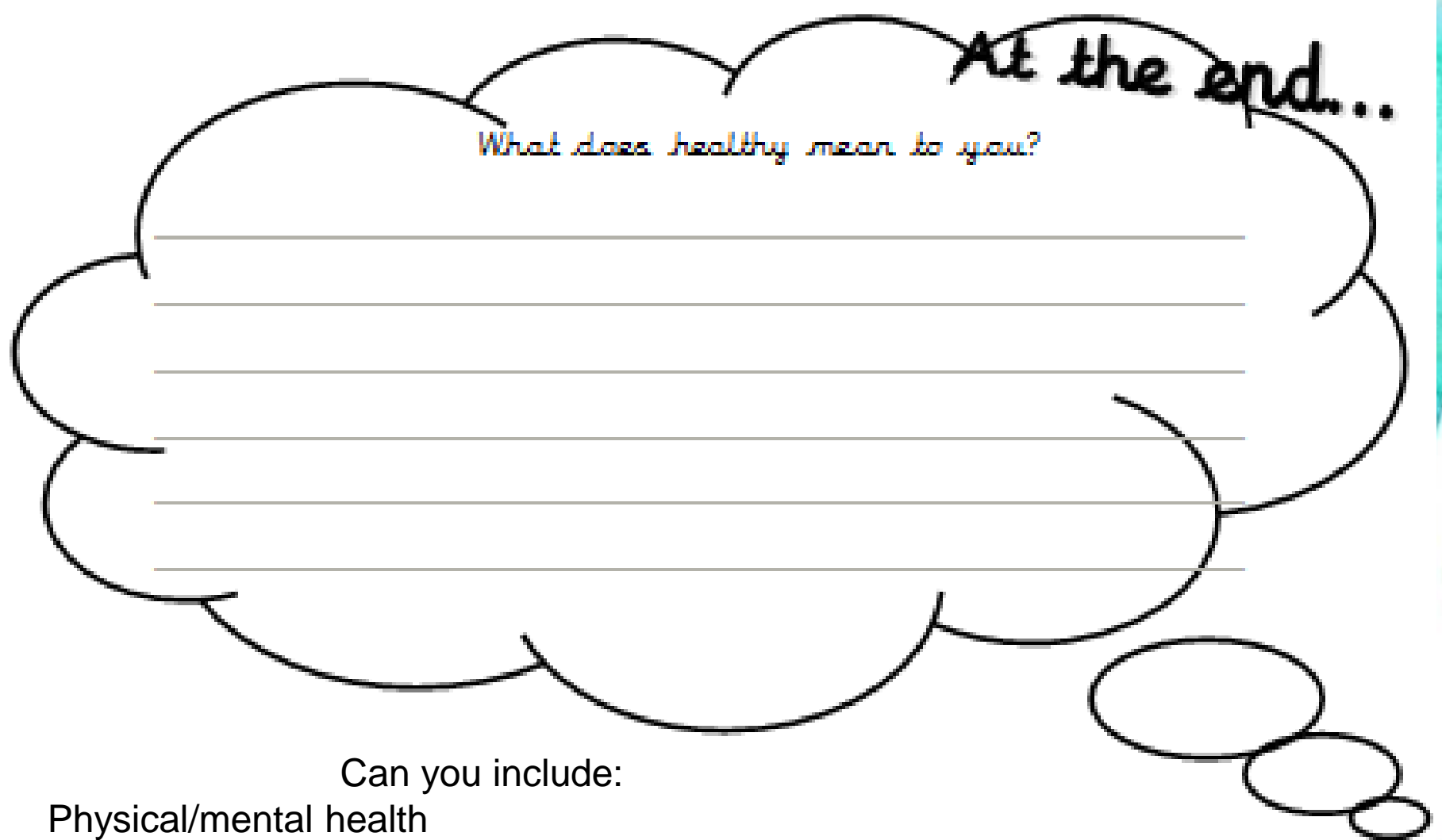
Accident and emergency (A&E) departments are for serious or life-threatening conditions which need immediate medical attention, such as:

- loss of consciousness
- stroke
- persistent, severe chest pain
- severe breathing difficulties
- severe bleeding which cannot be stopped

Anyone with a less urgent condition may need to wait for several hours before they are treated.

Please remember, if it's not 999, dial 111.

Write and underline the
heading
“At the end”



Can you include:

Physical/mental health

Hygiene

Vaccines

Immunisations

Answer the question, what
does healthy mean to you?

“I think healthy means....”