



# PSHE

## Week 4

## *L.Q. Can I use medicine safely?*



### *Steps to success*



- I understand that medicines can help me if I feel poorly.*
- I know how to use them safely.*
- I know some ways to help myself when I feel poorly*

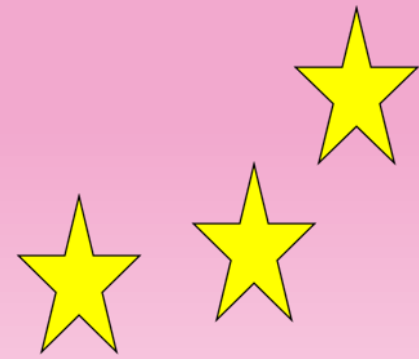
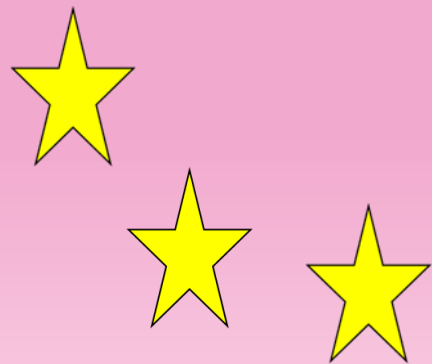


# Star words



*unwell*

*medicine*



Calm me



Ring the chime . Stay silent so you can hear the chime.

What thing that makes you happy will you think of?

## Let's play "Switch"



Let's sit in a circle. When I call out a statement that applies to you, you need to 'switch' places with someone else to whom it also applies. I might say, "Switch places if you like jelly babies". All the children who like jelly babies switch places and notice who else likes jelly babies etc.

Self assessment

Do you understand how to play the game?



*Jigsaw Jack is feeling poorly. How can we help him?*



*Can you tell Jigsaw Jack how to use them?*



*TP- What happens when you feel poorly?*

*What do you look like when you are poorly? Who looks after you when your poorly? What do you do to help yourself feel better?*

*Eating healthy food, drinking lots of fluids and taking some medicines can help us feel better.*

*Medicine can help us feel better.*

Let's have a look at these medicine packaging.

TP- Why do they have instructions inside?



*What would happen if we took too much medicine?*

*Who should give you medicine?*

# Task

Today we are going to play a game to decide whether things are healthy, unhealthy or OK sometimes. Working in groups of 3 or 4, children look at the picture cards of things we put into our bodies and decide whether they go into:

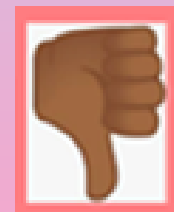
‘always healthy/safe’



‘OK sometimes’



‘never healthy/ safe’



Self assessment

Do you understand the task?

