

## Personal Safety - Teachers Notes

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### Activity 3 – Looking After My Body

#### Curriculum for Excellence Experiences and Outcomes

I can look after my body. **HWB 1-48a.**

**1. Connecting the Learning** - Look at smartboard pictures of an unhealthy looking Harris. Can children spot the risks? Who is at risk? Discuss that keeping healthy means keeping clean, getting a good night's sleep, protecting yourself from germs etc.

#### **2. Sharing the Learning Outcomes -**

- I can talk about how to keep my body healthy and safe
- I can talk about what affects the health and safety of my body

**3. Active Learning** - In groups, think of 4 things that keep you healthy and safe and make an action for each one e.g. brushing teeth, good nights sleep, washing hands and brushing hair. Show these to the class.

**4. Demonstrating Understanding** - Make a 4 sided a5 booklet titled 'Keeping Healthy and Safe' with tips on how to keep clean and look after your body for primary 1 and 2 to look at.

**5. Review and Recall** - Look at smartboard character of Harris and click on different areas of him to show the new clean, healthy and safe Harris.