

PSHE – Year 4

Healthy Me

In this Puzzle the class look at the friendship groups that they are part of, how they are formed, how they have leaders and followers and how they fit into them. The children are asked to reflect on their friendships, how different people make them feel and which friends they value the most. The class also look at smoking and its effects on health, they do the same with alcohol and then look at the reasons why people might drink or smoke. Finally, they talk about peer pressure and how to deal with it. The children will also learn basic first aid: how to call for help in an emergency, dealing with head injuries and how to support someone with asthma.

Key vocabulary

Healthy – in a good physical and mental condition

Relationships – the way in which two or more people are connected

Value – the importance, worth or usefulness of something

Roles – the part played by a person in a particular situation

Leader – the person who leads or commands a group

Follower – a person who supports or admires a particular person

Assertive – having a confident or forceful personality

Smoking – inhaling and exhaling the smoke of tobacco

Pressure – persuasion or intimidation to make someone do something

Peer – a person of the same age, status or ability

Alcohol – an intoxicating and flammable liquid

Here is an activity you can try at home:

Making paper lungs

YOU WILL NEED:

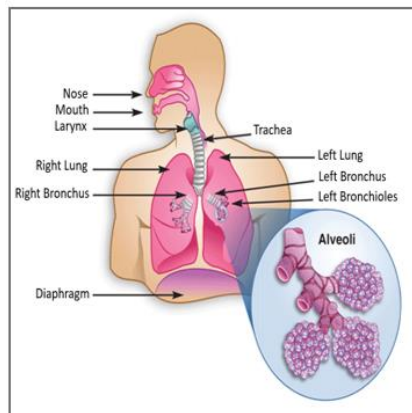
- 2 paper bags, 2 straws, marker pen(s), sticky tape, scissors, activity sheet A6 and diagram of respiratory system.

TASK:

- Follow the instructions on the activity worksheet A6 to make paper lungs.

QUESTION:

- What happens if the straw is:
 1. longer
 2. shorter
 3. narrower



Questions for family learning

- Who are your friends? How do they make you feel?
- Which groups do you spend time with? How do you feel when you are with the different groups?
- Can you tell me about a time when you were the leader / follower in the group?
- How can smoking affect people's health?
- How can drinking affect people's health?
- What can you do if a group of children are trying to convince you to do something you don't want to do or know you shouldn't do?
- How can you build your inner strength?
- What should you do in an emergency?
- What are some of the signs that someone is having an asthma attack?