# **Drug, Alcohol & Tobacco Education**

**Lesson Plan**

| **Year Group: Reception** | **Lesson Number: 1****Lesson Heading: What Do I Do To Keep Myself Healthy?** |
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| **Learning Outcomes:**Children:* Demonstrate awareness of their own role in keeping healthy and simple choices that they make.
* Know that the medicine can keep them healthy if used correctly.
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| **Links:**This lesson contributes towards: |
| **Resources Required for Lesson:**Range of objects and empty containers including:* Toothbrush
* Scissors
* Tablet Packer
* Suncream
* Medicine Bottle
* Liquid Soap
* Cleaning Fluid Bottle
* Plaster
* Ointment (eg savlon)

Coloured hoops – green and red. |
| **Beginning:**□ Refer to class golden rules and rewards. |

| **Main Activities:****Circle/Carpet Discussion:**Outline to children the purpose of the lesson: To talk about what can help keep us healthy.Place all the objects in a bag and offer it to children to select an item. Children to identify what object is and decide which hoop they think it should go in: green hoop – “This can help keep me healthy” or red hoop – “This can stop me being healthy”.Expand on some of the items:* Is it safe to use this item on your own?
* Who can help you if you need to use this item?
* How can we make sure we don’t become unhealthy?

**Individual Activity:**Children to draw picture of “5 things I do to keep myself healthy” – could include brushing teeth, wash hands, eat fruit, drink milk, run and dance. |
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