# **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. | |
| **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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