# **Drug, Alcohol & Tobacco Education**

**Lesson Plan**

| **Year Group: Reception** | **Lesson Number: 3****Lesson Heading: Who Can Help Me To Keep Healthy and Safe?** |
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| **Learning Outcomes:**Children:* Be able to identify adults who can help them keep healthy and safe.
* Know about the safe keeping of everyday substances and basic rules for recognising substances or objects that are not safe to touch.
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| **Links:**This lesson contributes towards: |
| **Resources Required for Lesson:** |
| **Beginning:**□ Refer to class golden rules and rewards. |
| **Main Activities:****Where Are Medicines Found?****Class or Group Activity:****Talking Together. Collecting pictures, drawing and writing.**Talk with the children about the places in and around the home where people put medicines or other dangerous substances. What things might they find:* On windowsills?
* In bathroom cupboards or on shelves by the side of the bath?
* On bedside tables, shelves or cabinets?
* In handbags, cupboards, first aid boxes, pockets and glove compartments in cars?
* In garden sheds, garages, storage places and under sinks?

And which of these things could contain chemicals of any kind?Invite the children to collect or draw pictures of the many things which might be found in these places, and to label them. Add to their responses everyday items such as sweets, medicines, pills, cigarettes, matches, different kinds of drinks (including alcohol), bottles, jars and containers of different kinds, garden and garage materials, sprays, glue, powders, animal food and medication.Invite the children to explore and categorise these places and items, by answering questions such as:* Who left it there?
* What is it for?
* Is it safe to look in here?
* Is it safe to touch, pick up, taste or try this?
* What must I do if I see or find this?

Encourage the children to ask of each place and item:* Is it safe?
* Should I be careful?
* Am I sure?
* Should I touch?
* Should I ask for help?
* Should I tell someone?

Again you could use a simple colour-coding system on their pictures to show what is safe and unsafe.**Reflection and Action:**Look back with the children at all they have learned about the world of medicines, drugs and other substances:* Remind the children of the rules about medicines which can make us better but which need to be used safely. Remind them of their roles in this.
* Remind them to share what they have learned with people at school, and to practise keeping these rules at home and in school.
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