# **Drug, Alcohol & Tobacco Education**

**Lesson Plan**

| **Year Group: Year 1** | **Lesson Number: 2****Lesson Heading: How Do We Use Medicines To Keep Us Healthy?** |
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| **Learning Outcomes:**Children:* Identify a time when they were ill and recognise some of the feelings they had when they were ill.
* Recognise their role in the ‘getting better’ process and the role of the medicine.
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| **Links:**This lesson contributes towards: |
| **Resources Required for Lesson:**Painting/drawing equipment. |
| **Beginning:**□ Refer to class golden rules and rewards. |
| **Main Activities:****Activity 1:****How Do I Feel When I Am Ill?****Painting and drawing. Talking together. Writing. Class or group activity with opportunity for individual work.**Invite the children to paint or draw pictures of themselves feeling ill and to display them.Talk with the children about how they look and feel, and what they can or cannot do when they are ill. Make a note of their responses, particularly the language they use to express their feelings. Invite them to use this language by adding it to their pictures and explaining how they feel. |
| **Activity 2:****What Helps To Make Me Better?****Talking together. Drawing and writing. Class or group activity.**Explore with the children what they think makes them feel better. What do they ask for apart from medication? For example, love, company and rest. Who provides this? Talk about these people: what do they do, say and feel? Again, make a note of the children’s language.It is important to end by looking at what the children think they did to help themselves get well. Emphasise that this is an important part of growing up.**Ideas for class/group board of drawing/writing:**This is how we look when we are ill:* We Cry
* We Sleep
* We are Sick

This is how we look when we are better:* We Play
* We Eat
* We Run

This is what made us better:* Medicines and Injections
* Lots of Rest
* Lots of Love
* Doing what we are Told
* We Helped

**Reflection and Action:*** 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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