# **Drug, Alcohol & Tobacco Education**

**Lesson Plan**

| **Year Group: Year 3** | **Lesson Number: 1****Lesson Heading: How Do People Keep Healthy?** |
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| **Learning Outcomes:**Children:* Identify what makes a healthy lifestyle and how emotional and mental health are linked to a healthy lifestyle.
* Identify choices and decisions that they can make that affect their health and well-being.
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| **Links:**This lesson contributes towards: |
| **Resources Required for Lesson:**Copies of worksheet 3.1 for individual or pairs work. |
| **Beginning:**□ Refer to class golden rules and rewards |
| **Introduction Activity:****Whole Class Brainstorm:**Draw an outline of a person on whiteboard to put ideas around.Discuss what makes a person healthy ie. food choices, exercise, sleep, personal hygiene. Introduce the idea that being happy is important for a person’s health too.**Main Activities:**Children to write or discuss healthy alternatives to the following scenarios (see worksheet 3.1 for individual worksheet).Give a healthy choice or alternative for the following:* Tom’s journey to and from school.
* Tom feels hungry and gets crisps for a snack.
* Tom is watching TV after school.
* Tom’s bed time is 9 o’clock on a school night.
* Tom is worried about things at school.
* Tom has a headache and takes some Calpol.

Can you think of any other times when you make your own healthy choices? |

| **Plenary:**Share ideas: is it hard to make healthy choices? Does it just require a bit of thought? What can help us to make healthy choices i.e. asking parent/carer to shop for our favourite fruits, joining an after school activity or club.Pupils to draw a poster or use computer to make poster on “Keeping my body keep healthy”. |
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