# **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. | |
| **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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