



Healthy Harold's Classroom Cards



Teacher

Thank you so much for joining us in a Life Education session.

We hope your students learnt strategies to stay safe around medicine and ways to communicate effectively.

Please find attached 5 activity cards. These cards will reinforce concepts learnt during the Life Education lesson. These may be done individually, as a small group, or with the whole class.

Activity 1

Write a school newsletter

Write an article for the school newsletter. Your job is to inform the school community about your visit with Life Education and what important lessons were learnt.

You might like to focus on the following messages:

1. How the community can stay safe around medicine.
2. Who we can seek help from when feeling unwell.
3. Encourage others to make healthy choices.



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We give kids the smarts to deal with the hard stuff.

Activity 2

Help your friend

Your friend has a peanut allergy and they have accidentally taken a bite from a sandwich that contained peanut butter. You can see that they are starting to have an allergic reaction...

Create a role-play or write a short story that demonstrates how to help your friend.

In your play/story think about:

- What you could do to help your friend.
- Who you might need to ask for help.
- How you might best communicate with your friend and others in this scenario.
- What medicine they might need? Who should be in charge of giving them this medicine?

Activity 3

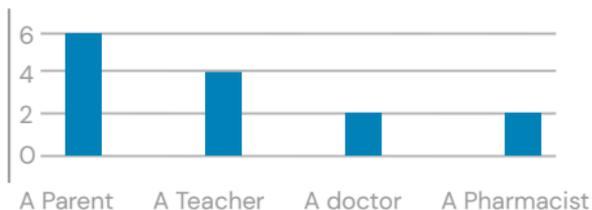
Become a researcher

Survey your classmates, asking them who they would choose to help them if they had:

1. a tummy or headache,
 2. a bone they thought was broken,
 3. found medicine on the floor near the class lockers.
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Write down their answers and create a tally or graph to show the results.

Who would you go to if you had a sore tummy?



Activity 4

Create an advertisement

Sometimes medicine isn't the best solution when someone is sick and they don't have a medical condition.

Create an advertisement poster that shows other things someone can do instead of taking medication to help them feel better.



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Activity 5

Create a medicine related class dictionary

Brainstorm as many medicine related words as you can think of. You can either create your own or collaborate with a small group or the whole class.

Write each of these words and their definition on separate pieces of paper to make a class glossary of medicine-related words.

Can you put the words in alphabetical order?