



Mind Your Medicine



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I am important



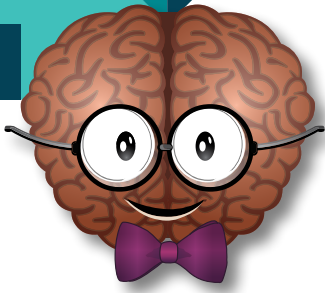
Draw yourself at your best.

I keep my mind, body and friendships healthy by:

Mind

Body

Friendships



We are what we feel, think and do

Complete the sentences below.

I am helpful when ...

I am kind when ...

I am thoughtful when ...

I am generous when ...

I am proud when ...

I am happy when ...

Healthy mind, healthy body

1. Think about how these situations could be harmful to someone's health and wellbeing.
2. Colour the scale to show how harmful you think the situation is.
3. Suggest a way the person could reduce harm.

LEAST HARMFUL

MOST HARMFUL



1. Sian is scared to go home after school because another student has threatened to hurt her on the way home.



YOUR
STRATEGY
TO REDUCE
HARM:

2. Ari has been running around all lunchtime at school. It is a hot day and he hasn't had anything to drink since breakfast. Now he has a thumping headache.



YOUR
STRATEGY
TO REDUCE
HARM:

3. Antonio is always nervous before football matches. He worries so much about how he will play that he feels sick in the stomach.



YOUR
STRATEGY
TO REDUCE
HARM:

4. Lee has been playing the computer on his own all weekend.

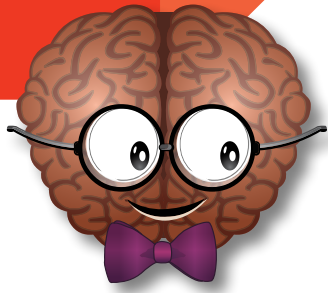


YOUR
STRATEGY
TO REDUCE
HARM:

5. Laura is allowed to make her own breakfast and afternoon tea. She always chooses soft drink, chips and lollies.



YOUR
STRATEGY
TO REDUCE
HARM:



Doing it right

**Alex wants to play handball with his friends,
and asks Jamie if he can join the game.**

Write a script about what Jamie and Alex might say to each other - keeping in mind that Jamie may or may not allow Alex to join the game. Then find a classmate to act out your script.



Alex

Jamie, can I play too?



Jamie



Alex



Jamie

Medicines

Take some advice

Use the following words to fill the gaps in the sentences below.

dose **pharmacists** **adult / grown up** **children**
note **prescription**

1.
are professional people who know about medicines.

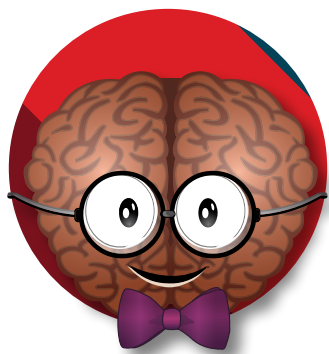
2. Sometimes a
is needed to buy a medicine that the doctor thinks will make us better.

3. All medicines have instructions about how much to take.
This is called the

4. If I need to bring medicine to school, Mum or Dad need to write a
.....

5. Medicines prescribed for me should never be given to other
.....

6. If I find something that looks like medicine, I should give it to an
.....



Create a picture by copying the images you unlock in the *Mind Your Medicine* online activities into the corresponding boxes below.

Talk to a friend or the person next to you about how these things help maintain our health and wellbeing.

1.	2.
3.	4.
5.	6.

Positive thinking and doing

Choose one of the activities below to do at home with your family.

ATTITUDE BOX

Find a box and decorate it together with a parent or carer. Inside the box, keep all the things that remind you of what you like about yourself - notes, cards, certificates, medals etc. Whenever you need a boost on a bad day, the content in the box will remind you that you also have plenty of good days and valuable qualities.

KINDNESS COUPONS

Kindness Coupons are like IOU notes that you make for other members of your family. They might say, "I'll help you clean your bedroom" or "Let's play a game together". As a family, create some Kindness Coupons and give them to each other, to cash-in when you need a little kindness.

WORRY DOLLS

Worry dolls are small handmade dolls that you can share your worries with before going to sleep. Search online to discover how you can make them - using toothpicks, twigs, clothes pins, matches, twist ties and pipe cleaners. Once you've made some worry dolls, share your worries to set them free.

THREE POSITIVE THINGS CHALLENGE

In the morning, challenge yourself and the other members of your family to do three positive things during the course of the day. Then at dinnertime, everyone can share the three positive things they did and talk about whether they were easy or difficult, and how they felt doing them.

CREATE A HOPES & DREAMS LIST

Sit down with a parent or carer and write a list of hopes and dreams. Then stick the list on a wall as a constant reminder. Or, put the list in an envelope, and reopen the envelope in five years time to see how you have progressed.



Note to Parents and Carers

Your child has taken part in the Life Education *Mind Your Medicine* module.

What is it about?

The **Mind Your Medicine** module focuses on:

- Identifying the impact of friendship, self-image, emotions and medicine on health and wellbeing
- Medicines as drugs and the consequences of their misuse
- Strategies for managing stressful situations
- Factors that influence our self-worth
- Techniques for effective communication

Why is it important?

Different areas of children's lives like school and friendships have an impact on their physical, social and emotional health. Understanding how factors within these areas impact our health and wellbeing is key to ensuring a healthy lifestyle.

Mind Your Medicine builds children's awareness of how the use of medicines, communication with others, stressful situations and how we think and feel about ourselves can positively or negatively impact our physical, social and emotional health. Importantly, your child has learnt some useful strategies and skills to help them look after their health and wellbeing.

So what's next?

Life Education has provided your child's **teacher** with print and digital resources to use in the classroom.

You can continue the learning and conversations about alcohol at home by accessing a range of videos, information and other helpful resources for **parents and carers** on our website.

Go to: lifeeducation.org.au



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