



***ALL SYSTEMS GO***

# Healthy Harold's

## Classroom Cards



# Teacher

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

We hope your students learnt strategies on how to keep the body and mind healthy through investigating the different internal body parts and systems.

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

Create a medicine related  
class dictionary

Create a body systems board game that shows all you have learnt in the Life Education session.

You might like to make a board game that takes players on a journey through the body using question cards to ask questions about the functions of the body systems and ways to keep those systems working well.

# Activity 2

Create 'No smoking' signs

Create some 'No Smoking' signs to display around your school.

These should aim to teach others about the dangers of smoking and passive smoking.

You might like to add statements like, 'Smoking creates bad breath', or 'Smoking makes it hard to breathe'. Can you think of any others to add?

# Activity 3

## Become a health ambassador

Get your school involved in exercising for a healthier life. Bring this idea to your next school assembly.

You might choose to organise a free dress sports day for a gold coin donation, where the money raised buys new sporting equipment. You may hold a sporting tournament, rotating between tennis, netball, cricket, football, volleyball, and relay races. Add in some fun with an egg and spoon race, three legged race, or disco stop. Perhaps have a few teachers versus students challenges, or Grade 5s versus Grade 6s. You may elect health ambassadors which look out for healthy exercise behaviours in others and present weekly awards at assembly.

Remember knowledge equals action. Don't forget to share what you have learnt about the importance of exercise.

# Activity 4

## Healthy foods Venn Diagram

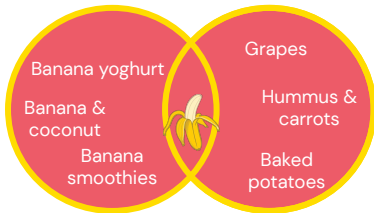
A Venn Diagram shows common features between different things.

In pairs, create a Venn Diagram showing the differences and similarities between your favourite healthy foods and a partner's favourites.

This Venn Diagram shows Harold's and Red's favourite healthy foods.

Harold's favourite  
healthy foods

Red's favourite  
healthy foods



# Activity 5

## Create a brain hat

In groups, research the brain.

Find out what each part of the brain is responsible for and where it's found in the brain. Explore which part is responsible for dancing or playing football? Which part is responsible for reading and where that is found? What about the part that is responsible for speech, or for telling us what we've heard, or for telling us what we've seen through our eyes?

Share what you've learnt with the rest of your group. Using two pieces of paper, each person designs a hat that snugly fits their head. Draw each section of the brain onto your hat, making sure you have each section in the right place. You might need glue or sticky tape to stick your paper hat together.

**Wear your new brain hat with pride**

