

Lesson 1

Staying Healthy

Learning Intention

To identify how to stay healthy

Learning Outcome

To understand how to look after our bodies

Resources

Talking object

[Healthy and Unhealthy signs](#)

[Staying Healthy pictures](#)

String, pegs

Activities

1. Ground Rules

In a circle, discuss ground rules; include listening, not talking when others are talking, not laughing at other people, taking turns and teamwork.

2. Pass the Talking Object

Explain that the talking object gives the holder permission to speak and that no one speaks unless they have the object in their hand. Pass the talking object around the circle and as each person receives it ask them to complete the sentence stem: My favourite food is... This is a good opportunity to gently remind the class of the ground rules as the object goes around the circle, for example if someone throws the object ask them to try passing it again.

3. Defining Healthy or Unhealthy

Explain that the lesson will be about how we stay healthy. Refer to the learning outcome on the board and discuss what it means. Write the words HEALTHY and UNHEALTHY on the board and ask the children to tell you their meaning. Ask the children to give you examples of things that are healthy and unhealthy.

4. Staying Healthy Pictures

Using string, hang a line across the room. Peg the [Healthy and Unhealthy signs](#) at either ends of the line. Show the children the [Staying Healthy pictures](#) and discuss what they represent. Peg a picture on the line and position it according to how healthy or unhealthy the class think it is. In pairs, ask the children to choose a picture and peg it on the line. Encourage them to discuss their decision. After five items have been placed ask the group if they think any need to be moved and why. Continue to place all the items on the line.

5. Discussion

Review the washing line and ask the children to consider in pairs if we need to choose healthy options all the time. Explore the concept that although not everything is healthy e.g. cake, it is OK to eat a selection of things in moderation.

6. Reflect and Review

To assess learning, use the talking object to do a go-round: One healthy thing I like to do is...