



“Helping children make healthy choices”

Life Education
Wessex

SYNOPSIS OF PROGRAMMES

Taking Care of Myself (30 minutes) Age: 3-4 years – Nursery
Children find out how their bodies work and how to keep clean and healthy. They explore the need for a healthy diet, sleep and exercise. Harold the giraffe is introduced and the children help him to feel happy about his first day at nursery.

All About Me (45 minutes) Age: 4-5 years – Reception
Children find out how their bodies work and explore the importance of personal hygiene, healthy food, sleep and exercise in looking after their bodies. The safe use of medicines is introduced. Through Harold's visit to his Grandparents they explore feelings, how to deal with them positively and the role friends and family play in their lives.

My Wonderful Body (1 hour) Age: 5-6 years – Year 1
Children find out about keeping their bodies healthy and safe. They explore the need for a healthy balanced diet and discuss the safe use of medicines. Harold's friends Kiki and Derek are introduced providing opportunities to explore the importance of friendship, consider how feelings can be hurt and think of strategies for making up when friends fall out.

Feelings (1 hour) Age: 6-7 years – Year 2
Children further explore the way their bodies work, keeping themselves healthy, and safe storage and use of medicines. Alternatives to medicine such as a good night's sleep, water and exercise are discussed. They consider causes of different emotions and explore the management of feelings. Through helping Harold and his friends they identify ways of dealing with situations involving teasing and bullying.

Meet the Brain (60-75 minutes) Age: 7-8 years – Year 3
Children find out how the brain sends and receives messages through the nerves. They consider medicines as drugs and discuss their safe use and storage. The effects on the body of smoking and drinking alcohol are introduced. Qualities of friendship and skills needed to be effective in relationships with peers are explored.

It's Great to Be Me (75 minutes) Age: 8-9 years – Year 4
Children start to consider how organs in the body work together as systems to provide the body with energy from food, water and oxygen. They discuss issues concerning the safe use of medicines and develop an understanding of some of the key risks and effects of smoking and drinking alcohol. They explore friendships and peer influence; recognising the importance for individuals to make their own decisions and take responsibility for their own safety and behaviour.

Friends (75-90 minutes) Age: 9-10 years – Year 5
Children explore physical and emotional needs, recognising that these change according to circumstance. They discuss ways of categorising drugs and develop critical thinking skills in relation to smoking, alcohol and medicines. They consider risks associated with smoking and alcohol and emphasis is placed on the fact that most young people do not take these risks. They explore the influence of friends on decision making and identify and rehearse assertiveness skills.

Decisions (75-90 minutes) Age: 10-11 years – Year 6
Children review their knowledge about the body and explore emotional needs. Basic laws on drugs are discussed and they develop critical thinking skills in relation to legal/illegal drug use including tobacco, alcohol, cannabis and solvents. They explore behaviour patterns within peer groups, risks in relation to alcohol and identify strategies for managing these risks. They identify activities which are popular among young people that are less risky than recreational drug use.

