

Curriculum overview

We will be learning about the importance of physical, mental and emotional health. To keep ourselves safe, we will learn about household products, including medicines and how these are harmful if not used properly. We will learn to make informed choices, understanding rules and our responsibility to keep ourselves and others safe.

Key vocabulary

Physical	Something to do with the body.
Mental	Something to do with the mind.
Emotional	Having feelings that are openly displayed and shown to others.
Health	Fit and well. Safe from illness or injury.
Drugs	Medicine that has an effect on the body- usually to make someone feel better.
Medicine	A drug to make someone feel better or prevent an illness.
Harmful	Something that can cause harm or can hurt you.
Safe	Protected from risk or danger.
Products	Something that has been made and is sold to people.

Goldilocks and the three bears

What did the characters do wrong?
What could have been dangerous?



Our topic is...



Drug Education

Sticky knowledge

- Drugs are a medicine that does something to our body, usually to make us better if we are ill.
- Medicines can be split into 4 groups: to prevent illness, to ease pain, to fight illness and help the body work properly.
- Drugs should only be given to us by a trusted adult.
- You can look after your mental, physical and emotional health by showing kindness, resting or exercising.
- Some household products should only be used by adults such as cleaning product.

Snow White and the Seven Dwarves

What did she do wrong? Why was she in danger?
What should she have done to keep herself safe?

