

My Body Matters - Session 1 - My Body

Introduction

These discussion questions are provided as suggestions to assist teachers to deepen the students comprehension of the content that has been taught as part of your schools Life Ed visit. The Booster Session discussions integrate a variety of question styles to engage learners; by activating prior knowledge, revisiting new knowledge and extending understanding by posing open-ended questions. The booster sessions can be used in a couple of ways after the Life Ed visit. Teachers may like to watch the video in full and use the discussion points as a summing up activity. Teachers may also like to stop the video throughout to pose questions, or respond to student ideas and questions.

Note:

Life Ed is committed to child safety, health and wellbeing. We want all children to be safe, happy and empowered. When learning about these important ideas and topics, teachers are reminded to follow your school's Child Protection Policy to ensure that classrooms are a safe learning space.

What did Harold, Red & Boots do to prepare for School Photo Day?

(Harold got a good night's sleep, Red put on his favourite T Shirt, Boots brushed her teeth thoroughly.)

How else could you get ready to look and feel your best at school? Or for a play date? Or party?

(Open ended.)

Why is it important to keep your body clean by showering, brushing your teeth, washing your hands with soap?

(To look nice but also to fight germs. Germs can cause disease.)

How do germs spread?

(Dirty hands, smelly clothes, rubbish bins, coughs & sneezes.)

Can you see germs?

(No. They're microscopic. That means they're so tiny you can't see them with just your eyes, you need a microscope.)

What are some things we can do to keep ourselves clean and healthy and practice good hygiene?

(Staying clean, or keeping things clean, to fight germs and prevent disease.)

Harold loves to ride his scooter. How can you stay safe when you're?

1. Riding a scooter or bicycle? (Wear a helmet, ride in a safe place.)
2. Crossing the road? (Use a zebra crossing, hold an adult's hand.)
3. Swimming at the beach, pool or river? (Swim between the flags, swim with a trusted adult.)
4. Out in the sun? (Wear a hat and sunscreen.)