



# Year 6 Healthy Me Lesson 1



# Lesson 1

This Lesson we will be learning to:

- ▶ take responsibility for my health and make choices that benefit my health and well-being
- ▶ be motivated to care for my physical and emotional health



What are you responsible for?

You have 2 minutes thinking time.  
Write down as many things as you  
can (padlet).



## What did you write down?

Some examples might be getting up and dressed in the morning; making a packed lunch; packing a school bag; doing homework, looking after a pet, etc.

As you get older, you will be responsible for more parts of your life. This includes looking after your health and keeping yourself safe.



# Quick Game What I am?

**Have a go at guessing the answers to each of these sentences.**

1. Someone can make an appointment to see me if they are worried about their health. Who am I?
2. You should use me to protect your skin. I have an SPF number. What am I?
3. I am in some drinks. There is an age-limit because I am a drug. If people misuse me it can damage their health, especially the liver. Anti-social behaviour can result if people drink too much of me. What am I?
4. Some people don't like visiting me, but I'm very important to help care for a specific part of your body. Who am I?
5. I am used in food to improve the flavour. Too much of me can damage a person's heart, circulation and kidneys. I am labelled on some foods so that people know how much of me has been added. What am I?



## Guess what I am continued.

6. I am written on lots of different things and am in lots of the country's laws. Video games show me as a PEGI rating. I can help people know how old they must be to buy, use or do something?
7. I am given to babies and children to stop them from catching some illnesses. Adults need me too, for example when they travel abroad or to stop them from getting flu. What am I?
8. I am a legal drug. I can damage a person's lungs and heart. Some people use me to look 'popular' or 'tough'. I make people's breath, clothes and hair smell stale, and their fingers go yellow.
9. People should try to do me for 60 minutes every day. I can help a person's body stay fit and healthy. Too little or too much of me can damage a person's health. What am I?



# Answers

1. Answer: Doctor
2. Answer: Sun cream
3. Answer: Alcohol
4. Answer: Dentist
5. Answer: Salt
6. Answer: Age-limit
7. Answer: Immunisations/vaccines
8. Answer: Cigarettes
9. Answer: Exercise



## Thinking time?

What is the link between the two activities?

Hopefully, you can start to see that you need to take personal responsibility to stay healthy and safe.



# What is an agony aunt?

Do you know what an agony aunt is?

If you are unsure, an agony aunt is a person (it doesn't have to be female) who gives advice. You may have seen one on the TV, online or in a magazine etc.

**TASK:** You are going to act as an agony aunt. Review the following problems and write a response to 3 of them in your role as agony aunt.

You should include **advice** and encourage the character to **take responsibility** for the 'problem' and offer them **a suggestion** to improve their situation.

**If you are doing this activity at home, talking through these scenarios with an adult would be helpful.**



# Dear Agony Aunt

Dear Agony Aunt, I am feeling very sleepy lately and find it difficult to concentrate on my homework. I play a lot of video-games and sometimes I do stay up late if I need to finish a level. I sometimes miss a meal because I don't want to stop the game, but I have chocolate, snacks and energy drinks in my room in case I need a boost. Do you think the video games are making me sleepy?

Dear Agony Aunt, My friends have started to smoke. I am worried that if I don't join in they will cut me out of the group. I know smoking is bad for me but if I lose these friends, I won't have any at all. My friends are everything to me and without them I will feel miserable and depressed. What should I do?



# Dear Agony Aunt

Dear Agony Aunt, I have not been feeling very well lately. I eat a balanced diet and I go running three times a week. Last week I noticed a strange mark on my arm that wasn't there before. I have a very active job that keeps me fit and I'm outside a lot. I do forget to use sunscreen sometimes. I am starting to get worried. What should I do?

Dear Agony Aunt, I drink a lot of sugary drinks and I think it has caused one of my teeth to ache. It's starting to hurt when I eat anything chewy. I am so frightened about going to the dentist, that I am thinking of not going and just putting up with the pain by taking some over-the-counter medicine. Can you offer me any advice?



# Dear Agony Aunt

Dear Agony Aunt, I spend a lot of time with my friends and we hang around in the park and the local shopping arcade. My friends have started to bring alcohol along. I don't know where they get it from. Last week one of them got drunk and threw a rock through a shop window. The shop alarm went off and we had to run away. The shop owner called the police, but we weren't caught. I'm worried I will get into trouble if I keep going out with them. What should I do?

Dear Agony Aunt, I am putting on weight. My Mum does all the shopping and cooking so I don't have any choice about what I get to eat. I do eat snacks in between meals and I admit that sometimes I forget to read the labels on the packets. Do you think I should ask my Mum to buy healthier food? We don't have much money and I know she buys what we can afford. I think she will get upset if I criticise her. What do you think?





# Dear Agony Aunt

Dear Agony Aunt, My Mum is travelling abroad for work and is supposed to have vaccinations to prevent her getting Yellow Fever, a disease we don't have in this country. She says she hasn't got time to go to the nurse to have the vaccination. I am worried. How can I persuade my Mum to have this vaccination?



## Key questions to think about.

What advice can you give?

How can these people take more responsibility for managing **their** health?

What have you learned about taking more responsibility for **your** health?

Are there things you could be doing now to improve this?



## Reflection time

What responsibilities do you have for your health now?

Are there elements of this you can improve?

What small changes can you make that might make a big difference?