



# Healthy Harold's

## Classroom Cards



# Teacher

Thank you so much for joining us in a Life Education session.

We hope your students learnt strategies to stay safe around medicine and ways to communicate effectively.

Please find attached 5 activity cards. These cards will reinforce concepts learnt during the Life Education lesson. These may be done individually, as a small group, or with the whole class.

# Activity 1

**Write a school newsletter**

Write an article for the school newsletter. Your job is to inform the school community about your visit with Life Education and what important lessons were learnt.

---

You might like to focus on the following messages:

1. How the community can stay safe around medicine.
2. Who we can seek help from when feeling unwell.
3. Encourage others to make healthy choices.

# Activity 2

## Help your friend

Your friend has a peanut allergy and they have accidentally taken a bite from a sandwich that contained peanut butter. You can see that they are starting to have an allergic reaction...

---

Create a role-play or write a short story that demonstrates how to help your friend.

In your play/story think about:

- What you could do to help your friend.
- Who you might need to ask for help.
- How you might best communicate with your friend and others in this scenario.
- What medicine they might need? Who should be in charge of giving them this medicine?

# Activity 3

## Become a researcher

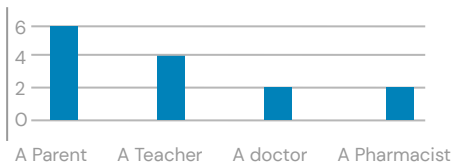
Survey your classmates, asking them who they would choose to help them if they had:

1. a tummy or headache,
2. a bone they thought was broken,
3. found medicine on the floor near the class lockers.

---

Write down their answers and create a tally or graph to show the results.

Who would you go to if you had a sore tummy?



# Activity 4

Create an advertisement

Sometimes medicine isn't the best solution when someone is sick and they don't have a medical condition.

---

Create an advertisement poster that shows other things someone can do instead of taking medication to help them feel better.

# Activity 5

*Create a medicine related class dictionary*

Brainstorm as many medicine related words as you can think of. You can either create your own or collaborate with a small group or the whole class.

---

Write each of these words and their definition on separate pieces of paper to make a class glossary of medicine-related words.

Can you put the words in alphabetical order?