



GRADE 2

Growing Good Friends

Thank you for participating in a Life Education session. We hope your students developed a greater understanding of how to build healthy relationships and healthy bodies.

Below are some suggested activities designed to reinforce the concepts covered during the Life Education session. You may choose to do all or some of the activities. Please choose whatever best suits the learning intentions of your current inquiry and the learning needs of your students.

We can:

- ☐ Define who the ‘special people’ are in our lives
- ☐ Identify ways to make new friends and keep friendships strong
- ☐ Practice using positive phrases
- ☐ Explain why and how exercise is important for our health
- ☐ Learn about the role that food plays in keeping us healthy
- ☐ Take part in the Harold’s Healthy Challenge

MIND MAP

Create a mind map which shows the people that support you. Put yourself in the centre. Then add a person who:

- Shares your home
- Loves and supports you
- Plays games with you
- Teaches you
- Makes you feel safe
- Helps you

You can either draw the person or add a photo.

INFORMATION POSTER

Create a poster for display in your classroom which shows ways to stay safe in the sun.

CREATE A LIST

Write down 5 ways of showing someone you care about them.

Try and complete all 5 over the next week. How did you feel after showing people you care?

HOW DOES THAT GROW?

Find out how the following food items grow:

Banana | Raspberry | Potato | Apple
Grapes | Onion | Pumpkin

DESIGN A GAME

Make a ‘Safe Environments’ game by drawing the following places and situations on a large piece of paper:

A road | A lake | A house | The sun | Medicine | Cigarette smoke

Once you have drawn the images, number them from 1–6.
To play the game:

- Roll the dice and identify which number is shown on the top.
- Find the picture with the same number.
- Tell your peers a way to stay safe in that place or situation.
- Pass the play to the next player.

Keep playing until you have run out of ideas to stay safe.

DATA COLLECTION

Record your daily activity for 1 week, using a table similar to this one:

	ACTIVITY	HOW LONG
Before school		
Recess		
In class		
After school		

After your week is finished, brainstorm 2–3 ways you could increase your daily activity levels.

WRITE A SLOGAN

Harold’s Grandma loves being healthy! Her slogan is ‘Stay fit, eat well, keep safe’.

Create your own slogan on being healthy for display in your classroom.



COMPARING AND CONTRASTING

Find 4 packaged foods.

As a class, read the food labels. Order the foods from the healthiest to least healthiest.

Think about what foods are included in the list of ingredients, and how much sugar, salt and fat are included. Were you surprised by any of the results? What could be an alternative food to eat for the unhealthy items.

CREATE AND DECORATE

Create and decorate a bucket out of paper or card.

Display your buckets in the classroom. During the week, write kind notes or pictures to others when you see them doing something nice. Add these to your bucket.

At the end of the week, read aloud the kind notes or share your pictures with the class.

MAKING HEALTHY CHOICES

Your challenge is to include all 5 everyday food groups into the food choices made everyday. Using grocery catalogues, cut out images of food items and meal ideas.

EXERCISE IDEAS

Plan a set of questions to ask your PE teacher the next time you see them.

What good exercise ideas do they have for fun ways to stay fit and healthy as a family?

CLASS BRAINSTORM

An important part of being a good friend is to think about and understand how other people are feeling. This helps us to be supportive.

As a class, brainstorm 5 feelings such as happy, scared, sad, excited and disgusted. Write or draw what might make you feel these emotions.



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WRITE A LETTER

Choose someone who works at your school.

Write an appreciation letter to them, thanking them for what they do and the difference they make in the school.

WRITE AN ADVERTISEMENT

Create an advertisement about one food from one of the five food groups.

For example, you could advertise pasta, by outlining why it is good for your body. You might like to include a recipe or meal idea in your advertisement.

WHOLE CLASS ACTION

As a class, create a kindness jar.

Write down different ways you can show kindness on a piece of paper and place your ideas into a jar.

Every day pick out an idea to follow through on that day.

GETTING TO KNOW YOU

Divide the class into pairs, ensuring each student is paired up with someone they don’t usually play or work with.

Give the students 2 minutes each to learn about each other.

Then each person has to introduce the other person to the class.

GETTING TO KNOW YOU BINGO

Create a list of statements that will help you learn about another person.

For example:
Born in March | Barracks for Collingwood Football Club | Has curly hair | Has visited another state in Australia.

Draw bingo style templates with 5 rows across and 5 rows down. Write your statements into the spaces on the bingo card templates.

Each student is given a card and a timeframe, with the aim to find a person to match each statement. The first student to get 5 squares in a row is the winner.

HOME CHALLENGE

What’s your favourite healthy meal?

At home, write down all the ingredients that make this healthy meal so special.

CATCHY SLOGAN

Create a catchy slogan about each member of the class that is positive and true.

Maybe it’s Motivated Mike or Funny Fiona or Smart Mrs. Sweep. Choose which one best represents you. Write this down and draw an accompanying picture.

Display it in the classroom for others to see how fabulous all the members of your class are, and as a reminder to yourself of how amazing you are..

GETTING TO KNOW YOU BINGO EXAMPLE

Born in March	Barracks for collingwood	Has curly hair	Has visited another state in Australia	Has a pet fish
Has a dog	Has a younger sister	Plays a sport	Has an older brother	Lives in a double story house
Has had swimming lessons	Has slept in a caravan	Has a cat	Has made a cake	Has been to the drive-in
Has watched live sport	Has been to a concert	Has visited the museum	Has slept in a tent	Rides to school

ARTFUL GRATITUDE

To practice showing gratitude, think about a special person in your life.

This might be your mum, grandpa, aunt, neighbour etc. You also need to think about why you are grateful for that special person.

Make an art piece that shows the reason or reasons you are grateful for that person.

For example, you might be grateful for your dad because he cooks you delicious meals. You could paint your dad cooking your favourite meal or make a collage of the best foods your dad has cooked for you.

Display your finished products on a ‘gratitude wall’ in the class. At the end of the term, be sure to share your artwork with your special person with a word of thanks.