



Caring for Ourselves

Lesson: How best to care for both our bodies and our minds.

Date: As used

Time: As used

Class: 1st and 2nd Class

Strand: Myself

Strand Unit: Taking care of my body.

Materials Needed: Use the different resources available on the Lunch Bag website to complete this lesson. Use the 'Heads down, thumbs up' game as the introduction, use the video 'Caring for ourselves' as the lesson, use the 'Explain the different ways of caring for ourselves' resource as the assessment, and then to finish the lesson use the 'Colour me in' activity sheet to wrap up the lesson on caring for ourselves.

Learning Objectives

1. Appreciate the need for and understand the importance of regular sleep and rest along with regular exercise to keep the body both healthy and strong.
2. Understand the importance of balance and moderation in the diet.
3. Allow students realise that they have a responsibility for their own self-care.

Introduction/Stimulus

The lesson is introduced using the 'Heads down, thumbs up' game. 'Play time' is covered in the video as one of the important aspects of caring for yourself, hence, using a game in the introduction allows for a nice transition into the learnings of this lesson.

Development

Caring for ourselves is broken down in to 5 different areas;

- Ensuring adequate sleep is the first section covered. Children are educated on the importance of adequate sleep, and the reasons why it's so important from both a body and mind point of view.
- Eating a balanced diet is explained with the use of the food pyramid as a reference. The reason for following a balanced diet included in this lesson are from an energy, health and growth and development point of view.
- The amount of regular exercise required daily and the reason as to why it is required is highlighted to students.
- Lastly, the importance of both play time and quiet time are explained to students from a mental health point of view.

Conclusion

The lesson is concluded with a class discussion using the resource 'Explain the different ways of caring for ourselves' as a prompt. The idea of this class discussion is to encourage students to speak up on their own examples of ways to care for themselves along with re-discussing the ideas mentioned in the lesson.

Assessment	The class discussion regarding different ways to care for ourselves provides an assessment to test the students learnings from the lesson and encourages them to come up with their own ideas also!
Linkage/Integration	<p>Linkage:</p> <ul style="list-style-type: none"> - Growing and Changing; Understanding the importance of caring for yourself to allow for healthy growth and development. <p>Integration:</p> <ul style="list-style-type: none"> - English; the use of debating in the form of a classroom discussion allows for the integration of English into the lesson. - Science; Understanding the importance of adequate sleep, diet and exercise in maintaining maximal health. - Art; The 'Colour me in' activity sheet allows for the integration of art into this lesson.