Caring for Ourselves

Lesson: Realising that everyone has a role to play in caring for themselves

Date: As Used

Time: As Used

Class: Junior/ Senior Infants

Strand: Myself

Strand Unit: Taking care of my body.

Materials Needed:

- The Lunch Bag 'Clap game' is used to introduce the lesson.
- The video 'Caring for Ourselves' provides the lesson.
- The listing and drawing the 'other ways of caring for ourselves' provides the assessment.
- The 'Colour me in' activity sheet is used to conclude the lesson.

Learning Objectives

1. Appreciate the need for them to take care of their body so as to keep it healthy and well.
2. Realise that each individual has some responsibility to take care of themselves.

Introduction/Stimulus

Play the Lunch Bag clap game. Follow the instructions as described on the downloadable PDF document from the Lunch Bag website (www.thelunchbag.ie)

Development

As the lesson, the students will watch the video 'Caring for Ourselves' from the Lunch Bag Website, in which;

The first area covered in taking care of ourselves, is the importance of putting on the correct clothes for the weather. This is to ensure and avoid illness and maintain maximal health.

Talking about your feelings and asking for help are the second topics covered. Talking about feelings is covered to allow students understand the importance of this when dealing with their feelings.

Conclusion

The lesson is concluded with asking the students to come up with their own ideas on how to care for themselves along with the help of the class and their teacher.

Assessment	Getting the students to both list and draw other ways of caring for themselves.
Linkage:	The 'growing and changing' strand unit is incorporated through the feelings and emotions section as we help students in dealing with these emotions, and the 'my friends and other people' strand unit by looking at the different aspects that make up friendship and how people can help and care for each other.
Integration:	Oral Language Skills: Both receptive and expressive language through listening to the video lesson and through interacting with it. Making Inference: Students will understand that if they speak about their feelings, this will help them deal with these feelings. If they don't speak about their feelings, they won't get to deal with these feelings. Suggested Integration: - Irish: Learn the Irish for the different clothing needed to keep students warm to improve vocabulary. - English: Make up a poem together as a class on the topic of feelings.