Caring for ourselves

Lesson: Caring for ourselves

Date: As used

Time: As used

Class: 3rd and 4th Class

Strand: Myself

Strand Unit: Taking care of my body

Materials Needed: The 'Charades' resource is used as the introduction to this lesson, the 'Caring for ourselves' video is used as the lesson, the 'Mind-map' resource is used as the assessment for this lesson and the 'Draw and colour me in' resource can be used as the activity sheet for this lesson.

Learning Objectives

1. Understand what it means to be healthy and to have a balanced lifestyle.
2. Begin to develop strategies to deal with worries or difficulties he or she may encounter.
3. Realise that each individual has some responsibility for his/her health and that the responsibility increases as he/she gets older.
4. Realise the importance of caring for and treating his/her own body with respect and dignity.

Introduction/Stimulus

The 'Charades' game is used as an introduction to this lesson. Charades is used as this encourages students to be on their feet and encourages movement which are both important areas covered in 'Caring for ourselves'. Questions on the different actions used in charades can be incorporated in the introduction to also assess the prior knowledge of students on the relevant topics (Food, Exercise or Rest).

Development

- Students are first educated on the amount of sleep that is required to be deemed adequate (Aiming for 10 hours). It's importance in the retention of new information, in muscle recovery, in controlling your mood and improving concentration are explained as the main reasons for aiming for 10 hours sleep.
- Following the 'Food pyramid' as a guide for how much food to eat is next explained to students. As this was already covered in a previous video, this is only briefly explained. Portion sizes are then re-iterated to students so that they understand the number of portions needed, and what these portions look like visually!
- The amount of exercise, and the intensity required daily for school-aged children is then explained to students. The guidelines followed are from the 'Get Ireland Active' guide from the HSE.
- Lastly, the importance of quiet time is explained to students from a mental health point of view. Students are educated on the difference between sleep and rest and are given tips to how to get the best out of their quiet time.

Conclusion

The 'Mind-map' and the 'Draw and colour me in' resources are used to conclude the lesson. Both of these resources encourage students to explore and develop further the learnings of the lesson. The 'Mind-map' resource also allows for students to learn from their peers when the different groups get up to present for the class.

Assessment	The 'Mind-map' resource allows for assessment of the learnings of the lesson. The use of the template provided along with the other groups in the class presenting, allows for further consolidation of the learnings from the video.
Linkage/Integration	**Linkage:** **Begin to appreciate the need for space and privacy in life;** recognising that quiet time is important to prioritise daily. **Examine the dietary needs of his/her own age group;** Although covered in a previous video, this is re-iterated in this 'Caring for ourselves' lesson. **Integration:** **Art:** The 'Draw and colour me in' resource allows for the integration of art into this SPHE lesson. **English:** The 'Mind-map' resource encourages students to both use their vocabulary and come up with words but also to write these out on a page and discuss them with their class. This allows for the integration of English into this SPHE lesson.