**Health and Wellbeing – First Level**

**Key Concepts and Activities, Week 1**

**There are many more resources and topics to be covered by clicking on the link below:**

[www.healthyschools.scot](http://www.healthyschools.scot)

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| **Curriculum Area** | **Key concept - Safety** | **Activity Suggestions** |
| Food and Health | * **Demonstrate** safe and hygienic practice when preparing, handling and storing food.
 | * Draw your kitchen at home and identify and discuss potential dangers and what could be done to rectify them.
* Create a set of safety and hygiene rules for preparing food.
* Help prepare a snack or meal using your safety and hygiene rules.
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| Personal and Social Health | * Demonstrate how to keep myself and others safe.
* Identify people who can support me to feel safe and make safe choices.
 | * Make a mindmap of all the safe and unsafe places children can think of and discuss why they feel this way.
* Brainstorm all the people at school and in the community that can help them be safe.
* Make a poster about one of these people in more detail and include all the ways they keep us safe.
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