**Health and Wellbeing – Early Level**

**Key Concepts and Activities, Week 2**

**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  | * Describe what germs are and how I can stop them spreading.
 | * Draw pictures of all the ways we can help to stop germs spreading (eg washing our hands, coughing into a tissue, cleaning door handles regularly)
* Design a poster that shows the different steps of effective hand washing.
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| Personal and Social Health  | * Give examples of how I can keep myself and others safe.
 | * Discuss where certain things are kept in the house (such as medicines) and why we must not touch them.
* Discuss how to make a 999 call and when we would do this.
* Discuss how a cigarette could start a fire and what we should do.
* Draw a picture of the fire brigade helping to keep a house safe.
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