

Lesson 2

Keeping healthy: medicines

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Medicines mind map

What do we know about medicines?

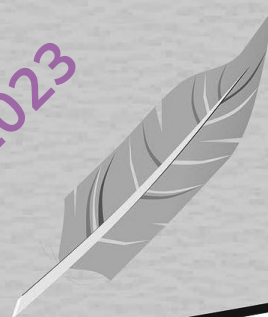


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Ground rules

[Add your class rules here]



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We are learning about medicines, and the people who help us to stay healthy



We will be able to:

- ✓ say what can make people feel better if not feeling well
- ✓ explain that medicines come in different forms
- ✓ recognise that some medicines help prevent illness and that some people need to take medicines every day
- ✓ identify who helps people to stay healthy and what they do

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Different types of medicines

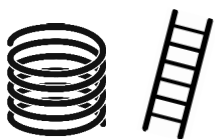
- Some medicines help someone to recover (get better) from illness or injuries, such as antiseptic cream on a graze.
- Some medicines protect the body, such as vaccinations which protect people against diseases, sun cream protecting the skin from burning, or mosquito spray protecting against bites.
- Some medicines help people keep healthy and well and may need to be used every day or over a long period of time.



Feel better scenarios

Think about a time you felt poorly and what helped you to feel better.

Now with your partner, read the *Feel better scenarios*. What might help the characters feel better and get well?



Did you think of...

- ✓ antiseptic cream
- ✓ nasal spray
- ✓ ear drops
- ✓ tissues
- ✓ plasters
- ✓ hugs
- ✓ resting
- ✓ watching TV
- ✓ cuddling a teddy
- ✓ eating soup
- ✓ drinking water
- ✓ rubbing where it hurts

Different medicines hunt

Think about a time you were given a medicine.

- What did it look like?
- Did it go into or onto the body?
- How did it help?

With your partner, hunt for the *Medicines cards*. When you have found four, fill in the *Different medicines chart*.



Resource 5: Different medicines chart

KS1 YEAR 1-2 LESSON 2

What does it look like?	Where does it go? How is it used?	Why might it be needed?

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Keeping healthy case study

Listen to the case study.

Think about the questions and share your ideas.

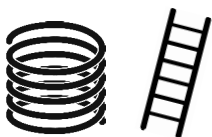
Talk about the type of medicines used and how they help the person.



Give me 5

Think of 5 people who help others to stay healthy and well.

Talk about their role and what they do.



Reflecting and getting support

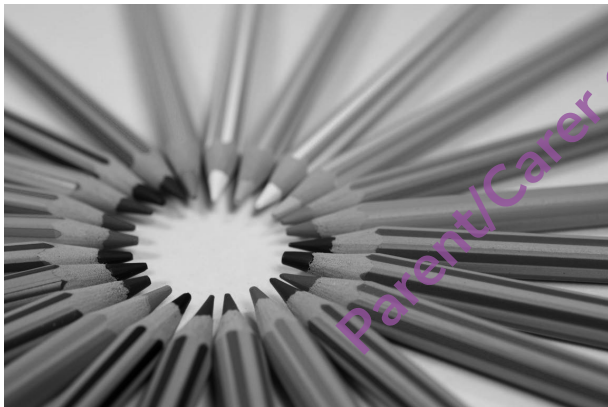
Share one thing that can help someone feel better if they are unwell.

Remember: if you feel unwell, talk to an adult you trust – at home or at school.

Only a trusted adult should give medicine.



What has been learnt?



Now go back to your mind-map.

- Is there anything you would like to change?
- Is there anything you would like to add?

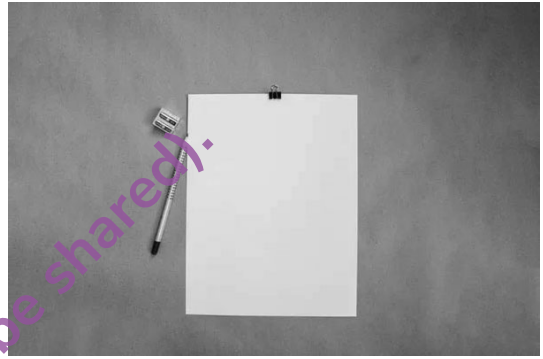
Use a different colour pencil to add your ideas.

More activities

Write a story or create a storyboard about a character who isn't feeling well.

Include:

- What they do to feel better
- Who helps them



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