

Healthy Living Lesson Notes – week 1
Year 6 – Term 2 , 2021

Topic- Personal Safety

- It is the freedom from worry that you might suffer physical harm and threats.

Common Accidents

- Falling objects
- Trips and falls
- Bruises
- Sprains
- Cuts and burns
- Choking
- Poisoning
- Glass – related injuries
- Drowning
- Do not open homes to strangers
- Do not accept anything from strangers
- Electrical appliances incidents

Things to do :

- Watch out for loose wires
- Avoid playing on the stairs
- Do not play with fire
- Do not play with matches
- Watch out for sharp things
- Do not touch, breath, swallow sprays or chemicals?
- Leave poisonous

Activity

1. What is personal safety?

2. Name some common accidents?

3. List two ways to keep you safe.

1752 Nadroga Sangam School

Year 6

Topic – Emergency Numbers – week 2

- Are numbers to call when we come through a bad situation like :
 - Fire
 - Sick
 - Theft and robbery
 - Criminal activities

Important Numbers

- Police 919
- Fire 910
- Ambulance 911
- Crime Stoppers
- Ambulance

Activity

1. Why is it important to remember emergency numbers?

2. Who is responsible for maintaining these emergency numbers?

Topic – Say No To Drugs – week 3

- Every day we are exposed to thousands of different chemicals, many of which are man-made.
- Harmful substances come in many forms and different types. If we do not protect ourselves from these harmful substances we can get sick, loose our mental health or even die.

Activity

1. Your best friend offers you a roll of cigarette to smoke.
 - a. What will you do?

2. Jone invited you to go on a picnic trip. At the picnic Jone was sniffing glue from a can. List down some problems Jone can face from glue sniffing.
