

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.
