

Healthy Living Lesson Notes solution
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? It is the freedom from worry that you might suffer physical harm and threats

2.Name some common accidents?

Falling objects ,Trips and falls

3. List two ways to keep you safe.

watch out for loose wires, avoid playing in on the stairs, do not play with fire