



NEW ZEALAND HEALTH AND
PHYSICAL EDUCATION SERIES



Health

For Years 1-2

By Miranda Mason



Learning Areas:

- being healthy, safe and active
- communicating and interacting for health and wellbeing
- contributing to healthy and active communities

Teachers' Notes

Being healthy is necessary if we are to have quality of life. We can often take our health for granted. *Health For Years 1 - 2* has been written to support students to make wise choices to enhance their own health, safety and wellbeing. As students work their way through this book, they will become more aware of their own emotions and of the emotions of others and know how to enhance their health and that of others. These are important life skills.

Health and Physical Education is an important learning area which has strong links to Science and takes a strength-based approach to help children become health literate.

Health For Years 1-2 belongs to the *New Zealand Health And Physical Education Series* which comprises ten books in total. *Health For Years 1-2* focuses on three areas in particular:

- being healthy, safe and active;
- communicating and interacting for health and wellbeing; and
- contributing to a healthy and active community.

This book is a flexible resource and you can choose to follow the sections chronologically or use the topic pages in no particular order. Teachers are masters of adaptation. Please feel free to modify the tasks and activities to suit your students - as you know them best in a school environment.

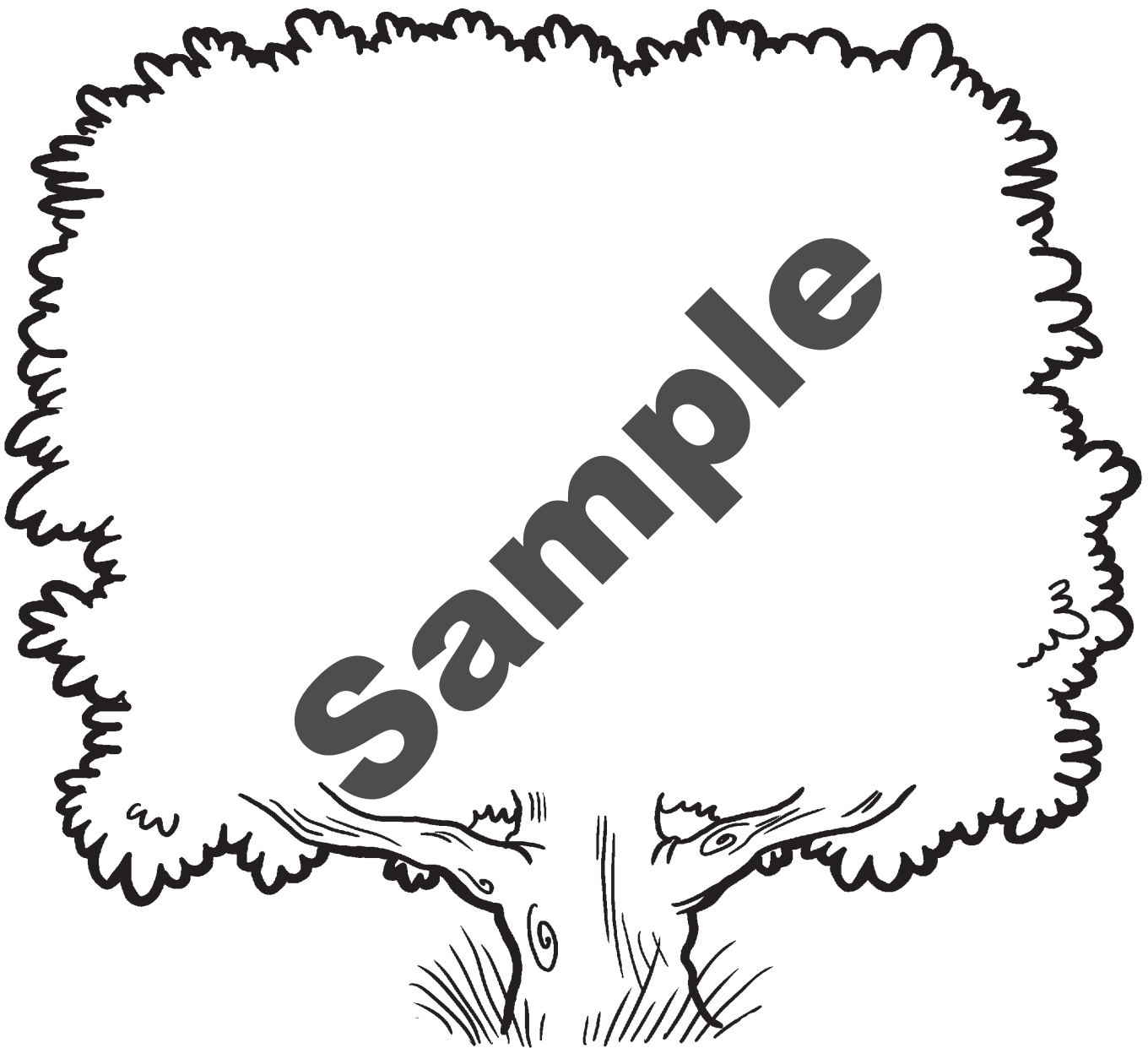
Above all, have fun with the topic!

Activity

Achievements

As we grow older we notch up many personal achievements! This is because we learn new things and we get better at them.

- Think about something that you have recently achieved. Draw it inside the tree. Around your picture write how you felt at the time.



- On the back of this sheet write about something that you want to achieve in the future - maybe at the end of this year or next year.

SHARE



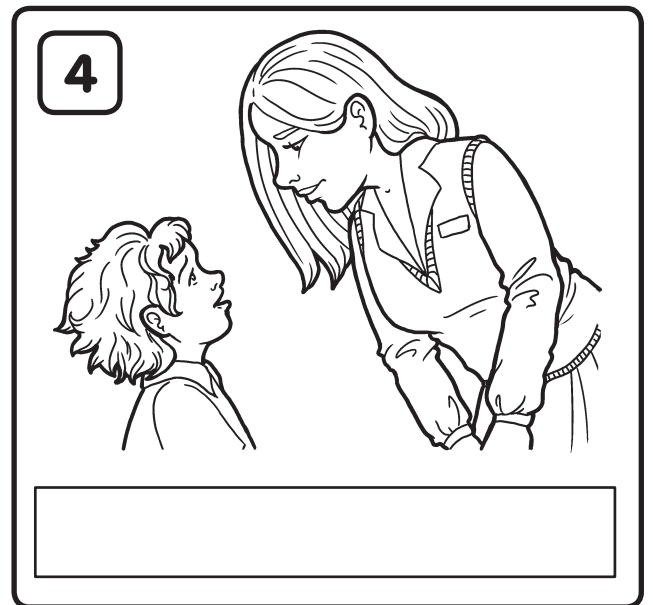
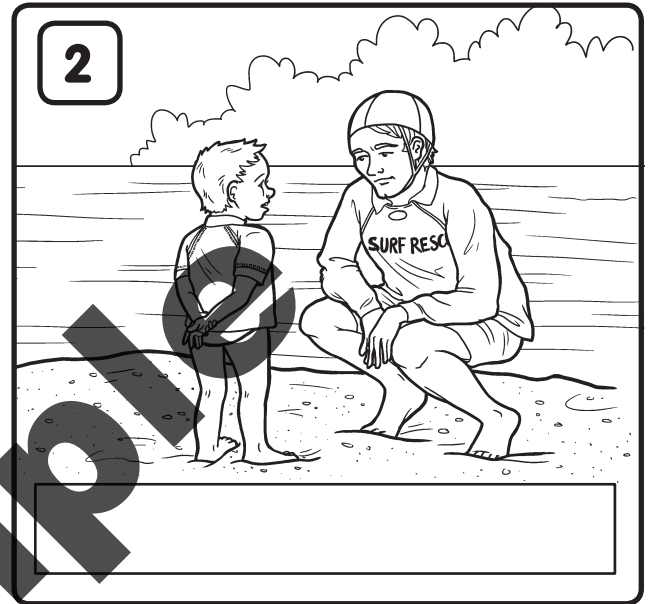
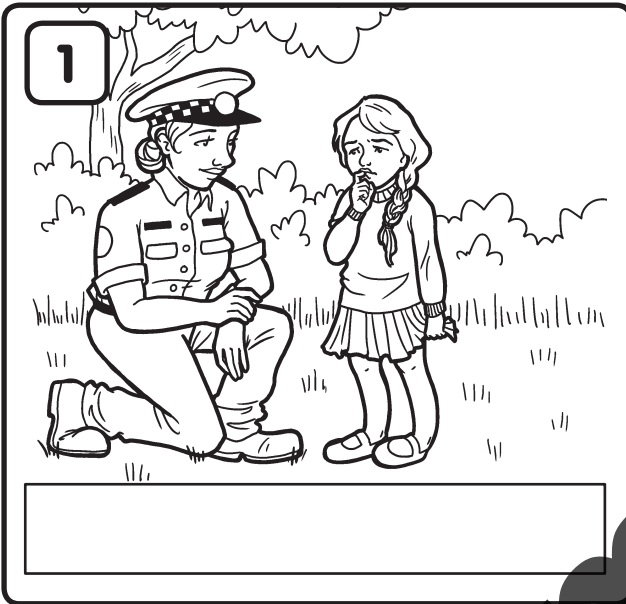
In groups of three, share your personal achievements with one another.

Activity

Asking For Help 2

If you ever feel unsafe, there are people who you can ask for help. Asking for help when you need it is very important. Never feel shy about asking for help.

- Look at the people pictured below. Write who they are and discuss with a friend when you might ask these people for help.

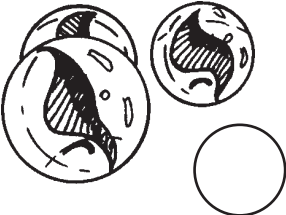

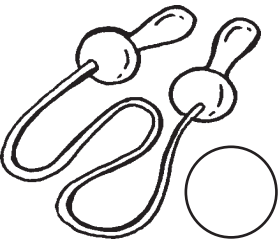
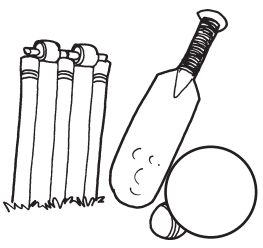

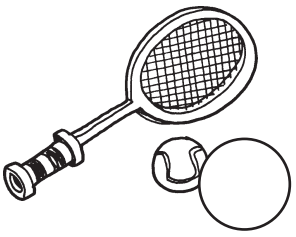

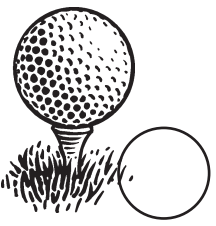
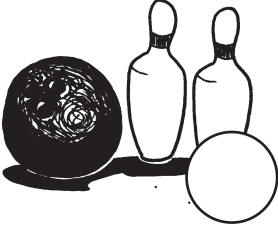


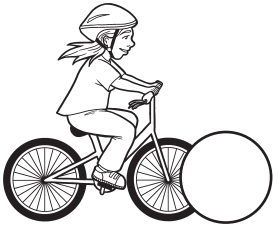


- Who was the last trusted adult that you asked for help? _____
- When did you ask him/her for help? _____
- Why did you ask him/her for help? _____

Activity

Being Active

Playing and being active helps you to stay healthy and it feels great. Draw a smiley face next to the activities that make you feel good.

marbles 	climbing trees 	skipping 	cricket 
swimming 	tennis 	ball games 	golf 
bowling 	dress-ups 	running 	cycling 

Write one benefit of physical activity: _____

Draw two things that you can do to be active:

AT HOME

AT SCHOOL

Activity

Communicate To Show You Appreciate

There are lots of different ways to talk to people and show them that you appreciate them.

- In the thought bubbles, write the different things that you could say to someone who you know to show that you appreciate him/her.



- When people talk to you, you should show that you appreciate what they are saying by: (tick)
- looking them in the eye;
 - talking over them;
 - staring at your feet;
 - changing the subject suddenly;
 - listening to their ideas before replying;
 - thinking about what you need to say before-hand;
 - getting angry when you don't agree;
 - nodding to show that you are listening.



Activity

Body Language

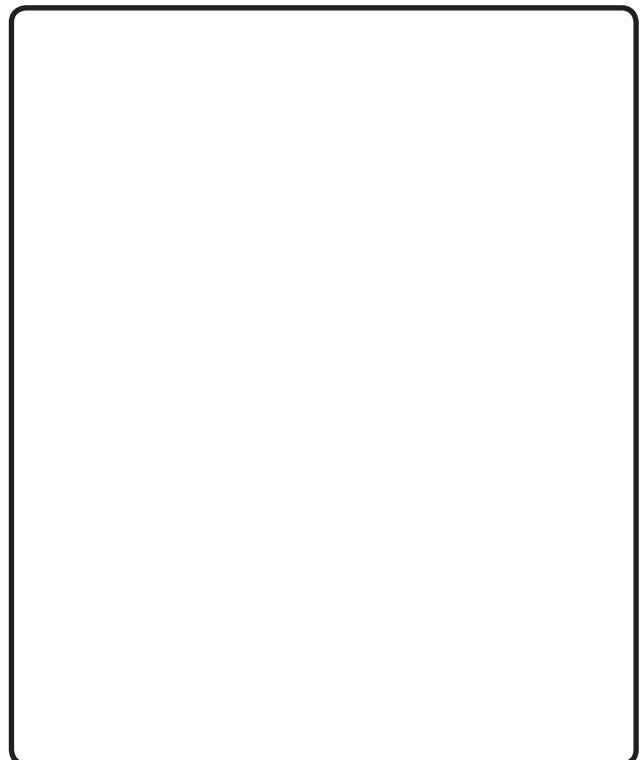
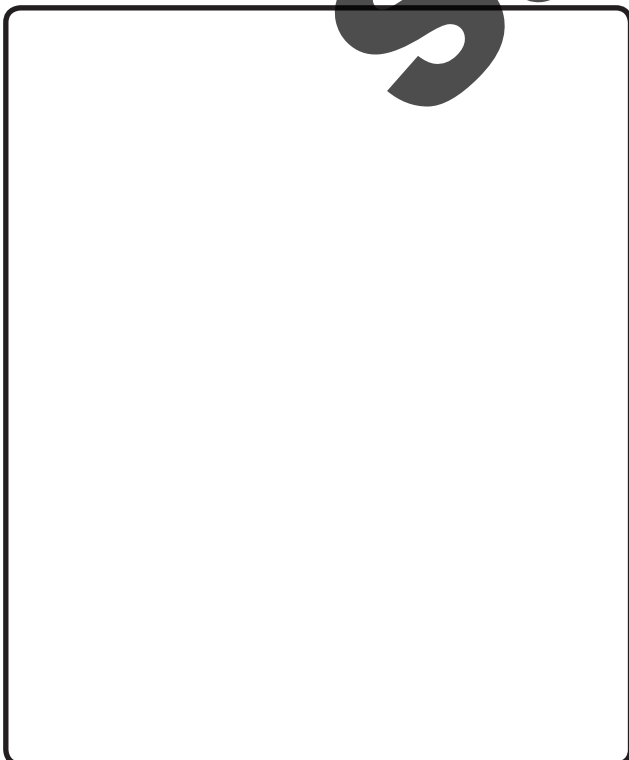
We don't have to say anything sometimes to let others know how we are feeling. Our body language can give it away.

- Match the body language to the feelings. Colour any that you have felt today.

angry **sad** **excited** **scared** **nervous**



- Draw two full-length pictures of yourself displaying two different emotions. Choose different feelings than the ones written above.



- Cut out these cards and keep them together in a safe place. If ever you finish your work early, select one to complete independently.

Make an angry face. Write a story about when you felt angry. Explain how you managed your anger.

Make a sad face. Write a story about when you felt sad. Explain how you turned your frown upside down to make yourself feel better.

What emotion might you be feeling if your body begins to feel hot and you sweat. Find out why we sweat and write about it.

Make an excited face. List some events throughout the year that have made you feel excited.

Make a worried face. Write about a character from a book that you have read or a movie that you have seen who feels worried. You could give more than one example.

Make a list of all the things that make you feel scared. Illustrate one thing on your list.

Write down what your body feel like when it is tired. Find out why we yawn and write this information down.

If you feel embarrassed what happens to your cheeks? Find out why this happens and write it down.

If you feel nervous what happens to your heart? Find out why this happens and write it down.

It is easy to get confused. List how people might get confused.

