

Year 2 – Drug, alcohol and tobacco education

Medicines and me

Learning intentions and outcomes	Ideas for a lesson plan	Suggested teaching resources
LESSON ONE Pupils learn why medicines are taken Pupils <ul style="list-style-type: none"> • understand the purpose of medicines is to help people stay healthy, get well or feel better if they are ill • know that medicines come in different forms • recognise each medicine has a specific use 	<ul style="list-style-type: none"> • Pre-topic assessment activity: <ul style="list-style-type: none"> ◦ Pupils jot down what they know about medicines using the medicine bottle outline • Ground rules: Remind the pupils of ground rules for PSHE lessons. Ensure they are understood and followed. • Hook activity: Pupils match pictures of medicines to the different types of medicine (sprays; lotions, gels or creams; drops; lozenges; tablets or caplets; liquid medicine; injections; inhalers or inhalators). <i>whole class</i> • Introductory activity: Pupils discuss how the medicine is used, where on the body, why it might be used and what it will do. <i>whole class</i> • Main activity: Pupils use a writing frame to describe a time when they needed to take some medicine (or alternative treatment). <i>individual</i> • Closing activity: Pupils tell a partner about a time when medicine helped them, the partner repeats this back to the class or group. <i>pairs</i> 	<ul style="list-style-type: none"> • Drug Wise, Islington Health and Wellbeing Team Year 2, Lesson 1, When I needed some medicine • Nothing - A KS1 drug education resource using story and puppet which can be used to deliver drug education Available through training. Visit www.leedsforlearning.co.uk or www.schoolwellbeing.co.uk/training_courses
LESSON TWO Pupils learn where medicines come from Pupils <ul style="list-style-type: none"> • know that medicines can be prescribed by a doctor or bought from a shop or pharmacy • know when medicines might be used and who decides which medicine is used • understand that there are alternatives to taking medicines, and when these might be helpful 	<ul style="list-style-type: none"> • Ground rules: Remind the pupils of ground rules for PSHE lessons. Ensure they are understood and followed. • Hook activity: Pupils make a list of places where people get medicines from. <i>whole class</i> • Introductory activity: Pupils sequence a story about a child feeling ill, being treated by their parent or carer and then going to the doctors for medicine. <i>groups</i> • Main activity: Pupils match different symptoms (for example: runny nose) to treatments (for example: medicine prescribed by the doctor or nurse, medicine given by mum or dad, something else – medicine is not needed yet). <i>pairs</i> • Closing activity: Pupils discuss the kinds of things that can make someone feel better if they are not very poorly but a bit tired or upset, not so ill they need medicine. For example: hug or cuddle, sitting quietly. <i>whole class</i> 	<ul style="list-style-type: none"> • Drug Wise, Islington Health and Wellbeing Team Year 2, Lesson 2, Where do medicines comes from? • Nothing - A KS1 drug education resource using story and puppet which can be used to deliver drug education Available through training. Visit www.leedsforlearning.co.uk or www.schoolwellbeing.co.uk/training_courses

Year 2 – Drug, alcohol and tobacco education

Medicines and me

Learning intentions and outcomes	Ideas for a lesson plan	Suggested teaching resources
LESSON THREE Pupils learn about keeping themselves safe around medicines Pupils <ul style="list-style-type: none"> • understand that medicines comes with instructions to ensure they are used safely • know some safety rules for using and storing medicines • recognise that medicines can be harmful if not taken correctly 	<ul style="list-style-type: none"> • Ground rules: Remind the pupils of ground rules for PSHE lessons. Ensure they are understood and followed. • Hook activity: Pupils look at medicine packaging and the information given – what symptoms the medicine treats, who the medicine is suitable for, dosage, safety instructions. <i>pairs</i> • Introductory activity: Pupils discuss why medicines come with instructions and make a list of general safety rules. <i>whole class</i> • Main activity: Pupils give each pair a scenario where a medicine safety rule has been broken, what might happen and what the person can do. <i>pairs</i> • Closing activity: Pupils draw a picture and write a sentence to describe one medicine safety rule. <i>individual</i> • Post-topic assessment activities: <ul style="list-style-type: none"> ○ Pupils add to / amend their original copy of the medicine bottle outline or complete a new version ○ Pupils complete the self-reflection sheet – Medicines and me 	<ul style="list-style-type: none"> • Drug Wise, Islington Health and Wellbeing Team Year 2, Lesson 3, Staying safe around medicines • Nothing - A KS1 drug education resource using story and puppet which can be used to deliver drug education Available through training. Visit www.leedsforlearning.co.uk or www.schoolwellbeing.co.uk/training_courses
ASTHMA LESSON FOR YEAR 2, 3 OR 4 Pupils learn that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use Pupils <ul style="list-style-type: none"> • know what asthma is and how it can affect people • can recognise the symptoms of an asthma attack • understand how people with asthma can look after themselves – treating asthma as a condition and treating an asthma attack 	<ul style="list-style-type: none"> • Ground rules: Remind the pupils of ground rules for PSHE lessons. Ensure they are understood and followed. • Hook activity: Pupils create a word-storm or graffiti board, jotting down any words they know that relate to asthma. <i>groups</i> • Introductory activity: Pupils are given a presentation about asthma – see Drug Wise asthma presentation or contact your school nurse. <i>whole class</i> • Main activity: Pupils complete a quiz or make a leaflet about asthma for other pupils. <i>individual</i> • Closing activity: Pupils discuss the question: Poppy has been diagnosed with asthma. What will she need to remember? <i>pairs</i> 	<ul style="list-style-type: none"> • Drug Wise, Islington Health and Wellbeing Team Year 2, 3 or 4, Asthma lesson, About asthma

Children's literature to support the topic	Help, advice and support
<p>The 'Nothing' drug education resource could be used alongside, or in addition, to this unit of work. Training for the resource can be accessed through www.leedsforlearning.co.uk or www.schoolwellbeing.co.uk/training_courses</p>	<ul style="list-style-type: none">• Pupils should be encouraged to talk to someone who helps keep them safe and healthy, such as their parent, teacher or other adult they trust• ChildLine: 0800 11 11 www.childline.org.uk• In an emergency: 999