

**Nursery – Taking Care of Myself (30 mins.)**

The children find out about how their body works, what it needs to stay healthy and about the important people in their lives. They also begin to explore how they can help their body to stay healthy by eating healthy food, getting enough sleep, doing exercise, and looking after their own personal hygiene. Activities, songs and discussions are based around the 'Sam's Day' audio-visual and Harold the giraffe (puppet).

Reception – All About Me (45 - 50 mins.)

The children find out about their bodies and things to do to help their bodies stay healthy. Issues concerning the safe use of medicines are introduced. They also explore feelings, how to deal with them positively and the role friends and family play in their lives. Activities, songs, drama and discussion are based around the audio-visual of Harold's visit to his grandparents.

Year 1 – My Wonderful Body (1 hr.)

The children find out about their bodies and things to do to help their bodies stay healthy and safe. There is an emphasis on healthy foods and the safe use of medicines. Opportunities exist to explore feelings and relationships, especially within peer groups. The effects of teasing and name-calling are explored. Activities, songs, drama and discussion are generated from an audio-visual based upon Harold's picnic with his friends.

Year 2 – Feelings (1 hr.)

The children find out about their bodies and discover that there are different ways of looking after the body, some of which involve personal choice. Medicine safety is also covered. The children then explore a situation involving bullying and the feelings and consequences that arise.

Activities, songs, dance, drama and discussions are stimulated by use of Harold the giraffe and audio-visual material concerning Brenda who is being left out by her friends.

Year 3 – Meet the Brain (1 hr.)

The children find out about the body, how it works and what it needs to stay healthy with a particular focus on the brain and nervous system. They begin to explore issues around the use of medicines, cigarettes and alcohol and personal choice. There is also an opportunity to explore the qualities of friendship and understand the skills needed to be more effective in the peer group. Activities, songs, dance, drama and discussions accompany stimulating audio-visual material, the talking brain and, of course, Harold the giraffe.

Year 4 – It's Great to be Me (1 hr. - 1 hr. 15 mins.)

This programme shows how organs can work together as systems inside the body. The children also explore the physical effects of cigarettes and alcohol and investigate their attitudes towards them. There are opportunities throughout the programme for children to understand that individuals are able to make their own decisions and to recognise the need to take responsibility for their own safety and behaviour. Issues surrounding the safe use of medicines are reinforced. Activities, drama and discussions accompany stimulating audio-visual material which highlights the fact that each individual is unique and special. The children also help Harold with a difficult decision.

Year 5 – Friends (1 hr. 30 mins.)

The children discover more about the organs and body systems inside the body. They are given opportunities to discuss the effects of drugs on the body, attitudes towards drugs and influences on choices relating to drug use. There is a focus on developing and practising assertiveness skills and also recognising and dealing with feelings. Activities, discussions, drama and role-play techniques are used to explore the issues raised.

Year 6 – Decisions (1 hr. 30 mins.)

Children explore the effects of drugs on the organs and systems of the body, featuring cigarettes, alcohol, cannabis and solvents as a platform for discussion. Opportunities exist to explore attitudes and possible alternatives to drug use. The programme deals with issues around peer influences. Children are given an opportunity to understand group dynamics and discuss skills needed to function more effectively in peer-group situations.