

Teacher Booster Discussion Guide



My Body Matters - Session 3 - Staying Safe

Introduction

These discussion questions are provided as suggestions to assist teachers to deepen the students comprehension of the content that has been taught as part of your schools Life Ed visit. The Booster Session discussions integrate a variety of question styles to engage learners; by activating prior knowledge, revisiting new knowledge and extending understanding by posing open-ended questions. The booster sessions can be used in a couple of ways after the Life Ed visit. Teachers may like to watch the video in full and use the discussion points as a summing up activity. Teachers may also like to stop the video throughout to pose questions, or respond to student ideas and questions.

Note:

Life Ed is committed to child safety, health and wellbeing. We want all children to be safe, happy and empowered. When learning about these important ideas and topics, teachers are reminded to follow your school's Child Protection Policy to ensure that classrooms are a safe learning space.

As we grow older, we can do more and more things by ourselves.

What are some things children your age can do safely for themselves?

(Make breakfast, wash our bodies, get dressed, put our helmets on, do exercise, play in an enclosed yard, put on a seatbelt, keep our rooms tidy.) (open ended)

What are some things that children your age can't do by themselves?

(Crossing the road, taking medicine, cooking.) (open ended)

How do eating healthy food, drinking water, exercising and getting enough sleep keep us safe?

(They're all good for our bodies. They keep our bodies safe.) (open ended)

What kinds of things do not keep our bodies safe?

(Eating lots of unhealthy/sometimes food, being inactive – too much screen time.) (open ended)

Extension Question – prior knowledge activation

What does living a 'balanced life' mean?

(Getting the right foods, enough exercise, enough water and enough sleep.) (open ended)