

Teacher Booster Discussion Guide



My Body Matters - Session 1 - My Body Needs

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.

What does your body need to feel its best?

(open-ended question)

This question encourages students to access prior knowledge about their bodies and consider how different needs like; food, sleep, and exercise work together. They then apply that knowledge to their own experiences.

Why do you think sleep is important for our bodies?

(open-ended question)

Children are asked to evaluate the role of sleep in their daily lives by reflecting on how sleep impacts their mood, energy, and focus. This question fosters deeper understanding by making connections between rest and well-being.

If you were the 'boss' of your body today, what choices would you make to help it stay strong and healthy?

(open-ended question)

Here, students create a plan by making choices about what they could do to care for their bodies, using what they have learned. This encourages personal responsibility and goal-setting.

What happens inside your body when you eat nutritious food?

(open-ended question)

This question asks students to explain the cause-and-effect relationship between eating healthy foods and how the body uses that food for energy. It requires them to apply knowledge about body systems in a real-world context.

How can taking care of our bodies make us feel happier and ready for new adventures?

(open-ended question)

Children are invited to synthesize their experiences with body care, like hygiene and exercise, and evaluate how those habits impact their overall happiness and readiness to explore or play.