

Solomon Islands Primary

Health Education

Learner's Resource Book
Year 2



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This textbook addresses the learning outcomes of the Primary Health Education Syllabus. The Ministry of Education and Human Resources Development would like to thank the following people whose work led to the development of the Year 2 Health Education materials.

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Funding support

The development and publication of this Learner's Resource Book was funded by the Solomon Islands Government, with assistance from the New Zealand Agency for International Development.



Pearson Australia

A division of Pearson Australia Group Pty Ltd
707 Collins Street, Melbourne, Victoria 3008
PO Box 23360, Melbourne, Victoria 8012
www.pearson.com.au

Publisher: Caroline Williams
Project Manager: Anna O'Bryan
Editor: Carolyn Glascodine
Copyright and Pictures Editor: Katy Murenu and Siân Bradfield
Designer: Paul Ryan
Cover design: Anne Donald
Illustrators: Tracey Gibbs and Bruce Rankin

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First published 2015 by Pearson Australia
2018 2017 2016 2015
10 9 8 7 6 5 4 3 2 1

Solomon Islands Primary Health Year 2 Learner's Resource Book
ISBN 978 1 4860 0673 1
Printed in Malaysia

Pearson Australia Group Pty Ltd ABN 40 004 245 943

Acknowledgements

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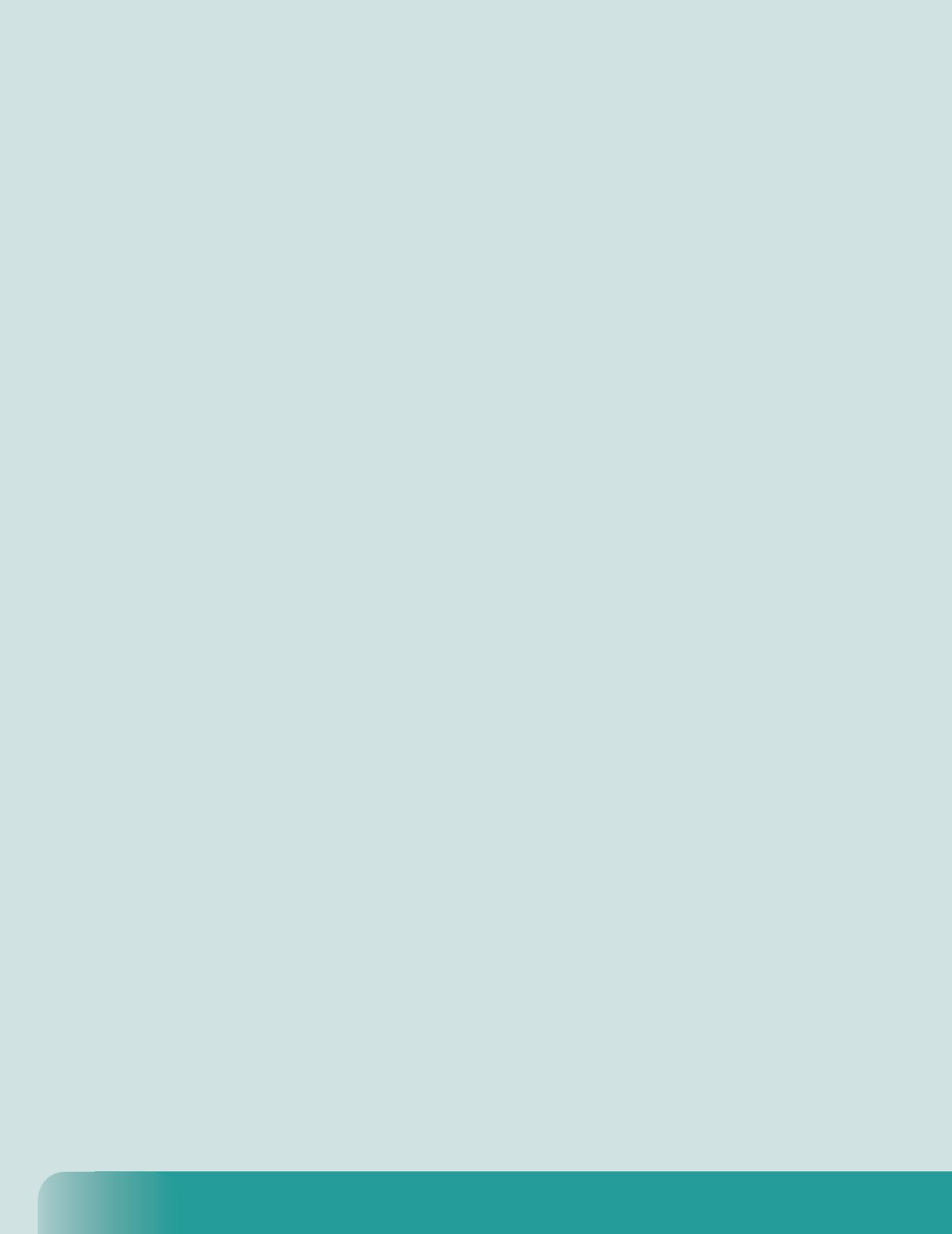
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Chapter

1

Growing up

In this chapter, you will learn:

- how you grow every day
- what makes you grow
- how you grow from baby to adult
- about different body shapes and sizes
- about positive and negative behaviours
- about your feelings
- how to express your feelings as you grow up
- how your body is different from other people's
- how your body is the same as other people's.

Your body is growing every day

Your body changes as you grow up.



You grow taller day by day.



You grow heavier as your body becomes bigger.



Think and Talk

Activity 1



- 1 Who in the class is the same height as you?
- 2 Who has a hand that is the same size as your hand?
- 3 Who has a foot that is the same size as your foot?
- 4 Who has an arm that is as long as your arm?
- 5 Who can swim as fast as you?

Hands On Activity

Activity 2



If you have a ruler, measure your friend's height in centimetres. They will measure your height. Record your height in your exercise book.

As you grow

You become heavier and taller when your muscles, bones and other body parts grow.

Some children grow faster than other children.



Activity 3

Draw four boxes in your exercise book.

Write the age under each box.

Draw a picture of yourself at that age in the box.

A large, empty rectangular box with a thin grey border, intended for drawing a picture of oneself at Year 2.

1 In Year 2, I look like this.

A large, empty rectangular box with a thin grey border, intended for drawing a picture of oneself at Year 6.

2 In Year 6, I might look like this.

A large, empty rectangular box with a thin grey border, intended for drawing a picture of oneself at Year 9.

3 In Year 9, I might look like this.

A large, empty rectangular box with a thin grey border, intended for drawing a picture of oneself as an adult.

4 As an adult, I might look like this.

**DO
NOT WRITE
IN THIS
BOOK**

What helps you grow?

You need fresh and healthy food to help your body grow.

You need to drink water to help your body grow.

Healthy food gives you energy to work and play.

You need to eat three healthy meals a day to grow.



What will happen if you eat too much?

If you eat too much, you might put on too much weight. Getting fat is not healthy.

What will happen if you eat too little?

If you eat too little, you will lack energy, you will not be healthy and will not grow well.

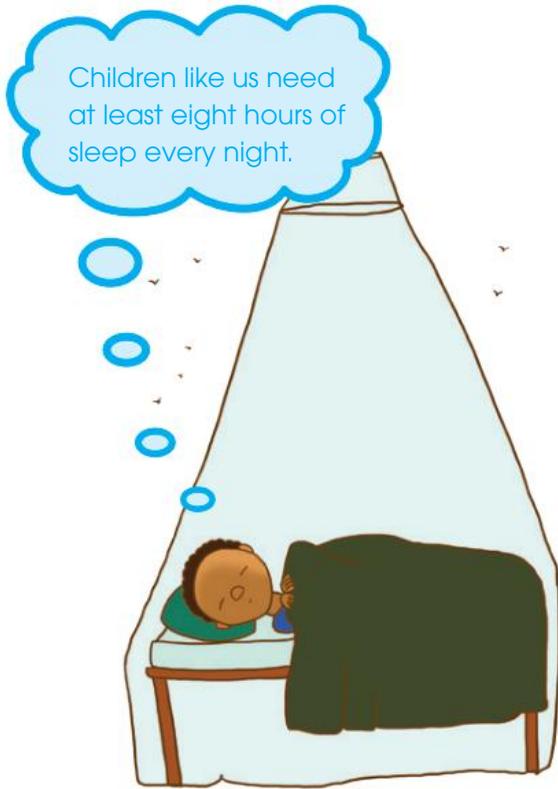
You need to exercise to help your body grow.



You also need to sleep and rest to help your body grow.

Your body repairs itself while you sleep.

Rest also gives your body time to repair.



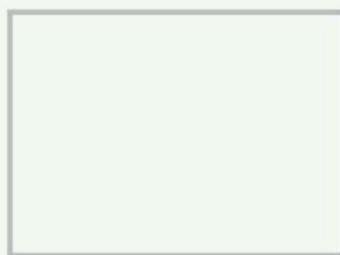
Resting and sleeping helps us store energy for the next day.



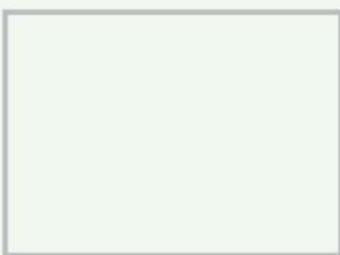
Think and Draw

Activity 4

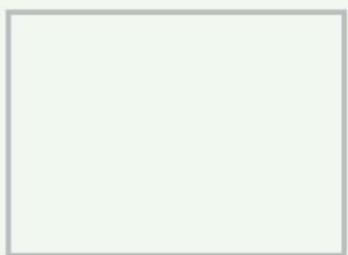
- 1 Draw three boxes in your exercise book.
- 2 Your teacher will tell you what to draw in the boxes.



1 Eating healthy food



2 Exercising outside



3 Sleeping under a net

DO NOT WRITE IN THIS BOOK

We are all different



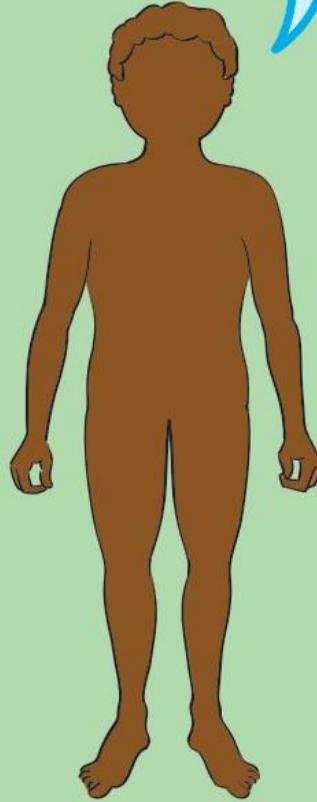
Activity 5

Draw a man and a woman with clothes on in your exercise book.
Is your picture the same as the pictures other learners have drawn?

We all look different.



No one else looks like you.



You are special in your own way.

You must accept everyone whether they are tall, short, small, big,
or have fair skin or dark skin.

Being a good friend

What makes a good friend? What do you look for in a friend?



Activity 6

Look at the pictures.

Can you see the good friends?

Can you see the people who aren't acting like friends?

1



2



3



4

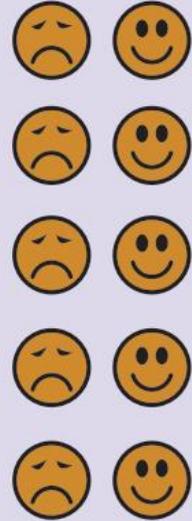




Activity 7

Point to the happy face or the sad face to show how you feel.

- 1 How do you feel when someone hits you?
- 2 How do you feel when someone tells you the truth?
- 3 How do you feel when someone lies to you?
- 4 How do you feel when someone shares their food with you?
- 5 How do you feel when someone plays ball with you?



I feel very sad when someone is unkind to me.



Being a good listener

An important part of being a good friend is being a good listener.
Are you a good listener?

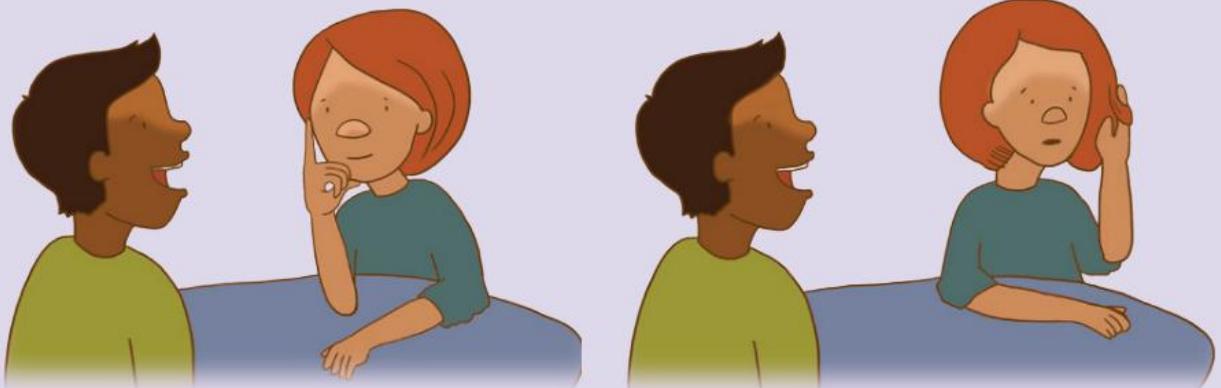
Think and Talk

Activity 8



Look at the pictures.

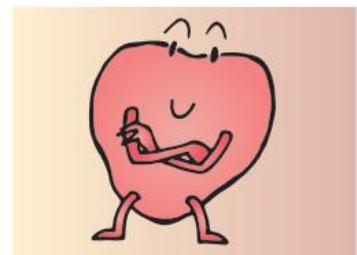
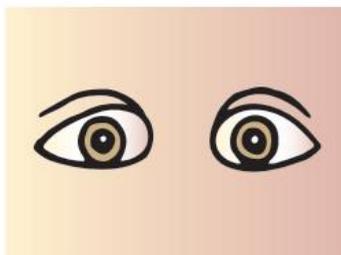
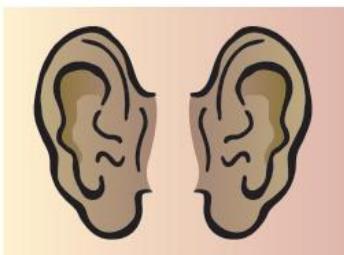
- Which person is a good listener? How are they being a good listener?
- Which person is a poor listener? How are they being a poor listener?



- How do you feel when someone is not listening to you?

Remember, to be a good listener you must use:

- your two ears
- your two eyes
- your heart



Listening to adults

It is important to show respect and listen to the adults in your life, especially your parents and teachers.



Think and Talk

Activity 9



- 1 Which adults do you listen to?
- 2 Why do you need to listen to these people?

Now I am big



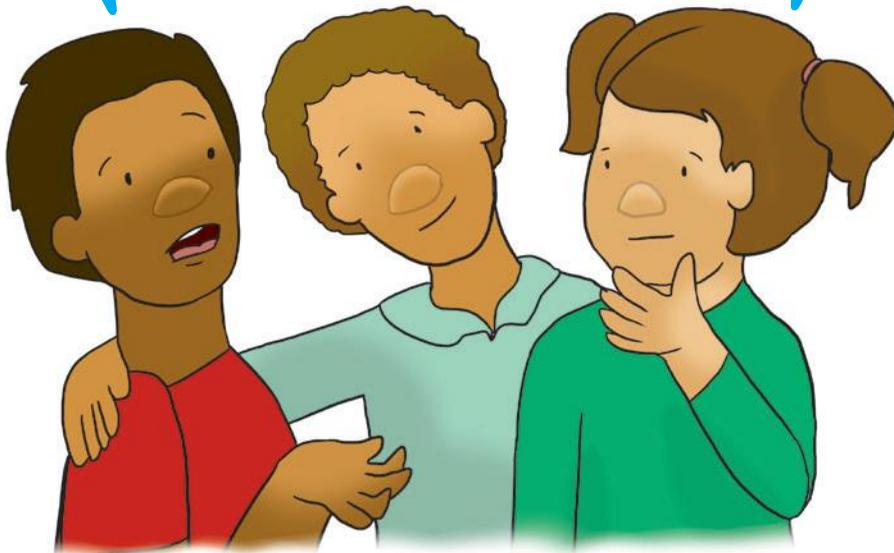
A baby does not talk, but they can still tell us and show us what they need and want.



Now you are big, you can tell others what you need and want in many different ways.

You can tell other people how you feel.

You can ask other people to help you.





Activity 10

How do you ask for help? Look at the pictures.
Role play with a friend what you might say in these situations.

1



2



3

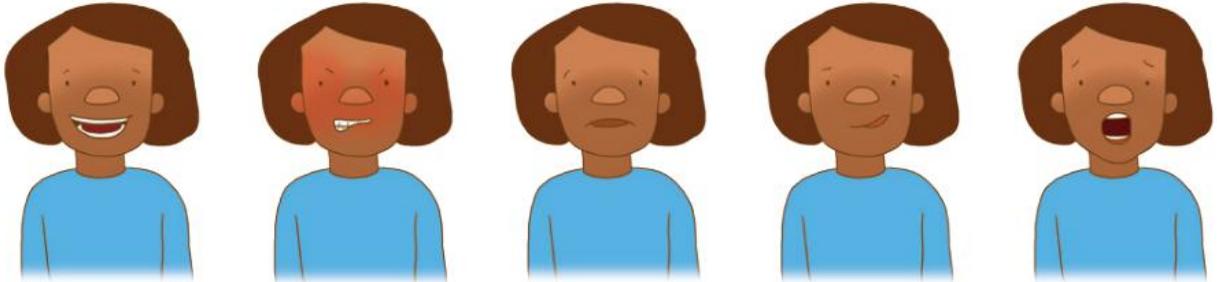


4



How you feel

We can feel happy, angry, sad, confused or worried and scared.
All these feelings are normal, even the ones that make us feel bad.



Sometimes our feelings are very strong and we can react to someone without thinking.

Remember, you can choose how you behave.

Think about your choices before you act.

Think and Talk

Activity 11



1 What should you do when you are angry?



2 What should you do when you are confused or worried?



3 What should you do when you are scared?



4 What should you do when you see someone who is sad?

You can decide how you behave

What you do affects how people feel about you.

What you do affects how you feel about yourself.

Think and Talk

Activity 12



Look at the pictures.

- What would you do in these situations?
- How would your actions make you feel about yourself?

1



2



3



4



Just me



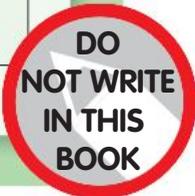
You are very special and many people care for you. You can show that you care for them in return by helping them and being the best person you can be.



Activity 13

Draw this table in your exercise book. Then draw pictures.

What I do to help at home	What I do to help at school	What I do to help my friends



Assessment activity

Draw your answers in your exercise book.

- 1 What makes a good friend?
- 2 What do you do?
 - a if someone is mean to you
 - b if someone helps you
 - c if you are feeling sad
 - d if you need help

Chapter

2

Healthy foods for healthy growth

In this chapter, you will learn:

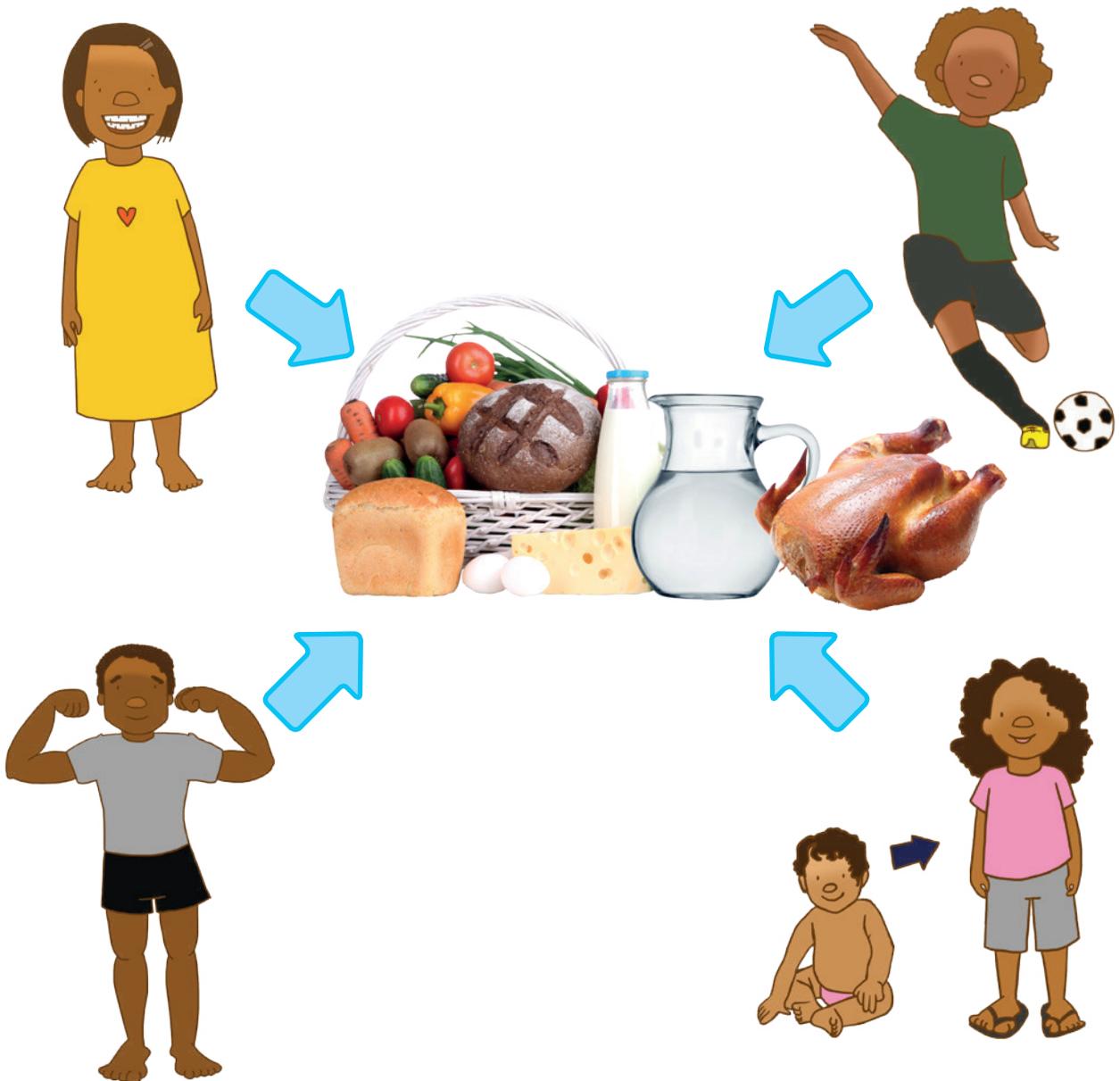
- about healthy and unhealthy foods
- which healthy foods can be eaten at breakfast, lunch and dinner
- about healthy drinks and snacks
- how to make healthy food choices
- simple physical activities using different actions.

Food and water

Food and water keep you alive.

Eating healthy food and drinking clean water help your body to stay healthy and help it to grow.

Eating healthy food and drinking clean water give you energy for the things you do, such as going to school or playing.





Activity 1

Are these statements true or false?

- 1 Food and water help you to have healthy teeth, skin and hair.
- 2 Food and water are not important.
- 3 Food and water give you energy.
- 4 Food and water help you to grow big and strong.
- 5 Food and water are bad for you.
- 6 All foods are healthy.

Healthy and unhealthy foods

Some foods are much better for your body than others. They help to keep your body healthy and strong. These foods are called healthy foods.

Other foods are unhealthy. They can make you gain weight and feel tired or sick.

Healthy foods are usually:

- fresh
- low in salt and fat
- natural.

Unhealthy foods are usually:

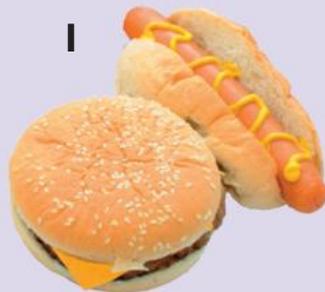
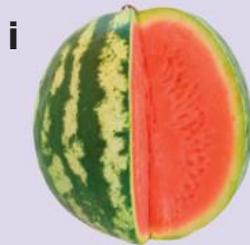
- high in salt and fat
- high in sugar
- processed
- packaged.





Activity 2

Which foods are healthy?
Which foods are unhealthy?



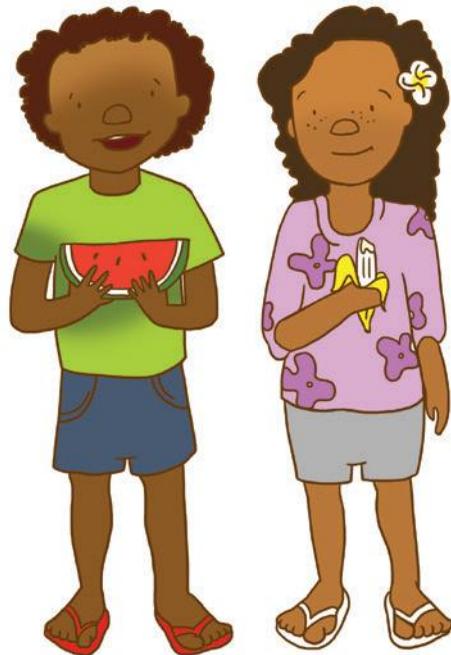
Activity 3

Draw pictures of the healthy foods you have at home.

Sing this song with your class.

Healthy food song

Some are red, some are green,
Eating them makes me strong and lean.
Some are brown, some are pink,
Others have juice that I can drink.
These special foods keep me well,
Can you guess or should I tell?
Fruit and vegetables!
Yum yum yum!



Here are some pictures of healthy food.



Activity 4

Draw a picture of your favourite healthy food.
Is it fresh, natural and low in fat?

Healthy food groups

There are three groups of healthy foods that your body needs. You need food from each of these food groups every day.

- 1 Foods that give you energy such as bread and kumara



- 2 Foods that help you grow such as nuts and meat



- 3 Foods that protect you from illness such as fruit and vegetables



Activity 5



As a class, make a salad using food from each of the three healthy food groups.

What are some of the foods in your class salad?



Foods that help you grow



Foods that protect you from illness



Foods that give you energy



Activity 6

Which healthy food group does your favourite food belong to?
Does it keep you healthy, give you energy or help you grow?

Foods to avoid

Here are some pictures of unhealthy food.



Remember, unhealthy foods can make you gain weight and feel tired and sick.



Activity 7

Are these statements about the foods in the picture above true or false?

- 1 The foods are packaged.
- 2 The foods are not fresh.
- 3 The foods come from the garden.
- 4 The foods are natural.
- 5 The foods are low in fat.
- 6 The foods are unhealthy.

Chocolate

- has too much sugar
- has too much fat.



Chips

- have too much salt
- have too much fat.



Enjoy these foods only occasionally.

Think and Talk

Activity 8



Which of these people do you think eats a lot of unhealthy food?
How can you tell?

1



2



Healthy drinks

Now you know about healthy foods and unhealthy foods.
What about drinks?

How often should you have different drinks?

Drink as often as you like

Drinking water is very important.
You need to drink six to eight glasses of water every day to be healthy.
Try to drink water whenever you are thirsty.



Drink once a day



Milk is also healthy.
It helps you to grow strong bones and teeth.
Drink milk at least once a day.

Drink every now and then



Fresh fruit juices are also good for your body.
You can drink these a few times a week.

Drink rarely



Soft drinks are unhealthy.
They might taste nice, but they have too much sugar in them.
Try to avoid them.



Activity 9

Which drinks do you have every day? Draw pictures in your exercise book.

Circle the drinks that are healthy.

For one week, put a tick beside the picture every time you have that drink.

Say this rhyme with your class.

A decorative border made of a green line with blue musical notes at the corners and midpoints. The notes are stylized and vary in pitch and rhythm.

Water rhyme

When I'm thirsty and need a drink, I have
to stop and have a think.

Is it healthy, do I know? Will it help my
body grow?

Drinking water is the best, it's healthier
than all the rest.

Water, water, every day, keeps me healthy,
helps me play.

Give me water every time, that's the
message in this rhyme.



What to eat for lunch

What you eat for lunch is very important. Healthy lunches help you grow, stay healthy and give you energy for the school day.

Unhealthy lunches can leave you hungry and with no energy to play and learn. They can also make you gain weight, and make you sick.



Activity 10

Which foods are healthy for lunch?
Which foods are unhealthy for lunch?





Activity 11

Your mother gives you the choice of a piece of fruit or a packet of chips for lunch.

- Which is the healthy choice?
- Which is the unhealthy choice?
- Which one would you choose?

Make up a role play to explain your choice.



Snacks for me



Snacks are foods you eat in between breakfast, lunch and dinner.

The snacks you eat affect how your body grows.

You must eat healthy snacks to help you grow and to keep you strong.

Activity 12

- 1 Write the letters A, B, C, D, E and F in your exercise book.
- 2 Look at the pictures below.
- 3 Draw a happy face next to the letters to show which foods are healthy.
- 4 Draw a sad face next to the letters to show which foods are unhealthy.

A



B



C



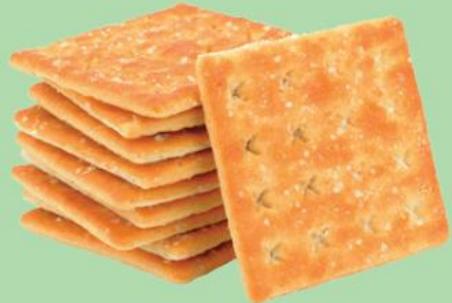
D



E



F



Remember, healthy foods are usually:

- fresh
- low in salt and fat
- natural.

Unhealthy foods are usually:

- high in salt and fat
- high in sugar
- processed
- packaged.



Activity 13

- Which snacks do you have at home?
- Which are your favourite snacks?
- Are they healthy or unhealthy?



Planning meals

Think and Talk



Activity 14

Match the picture of the healthy food group to how it helps the body.

1



2



3



a gives you energy

b helps you grow

c protects you from illness

Each of these food groups is very important and should be eaten at every meal.

My menu

	Energy foods	Body building foods	Protective foods	Drinks
Breakfast	Bread	Eggs	Apple	Milk
Mid-morning	Banana	Nuts	Mango	Water
Lunch	Sandwich	Ham	Lettuce	Water
Afternoon	Cracker	Cheese	Carrot	Milk
Dinner	Rice	Chicken	Vegetables	Water

'My menu' shows how to include each healthy food group at every meal.

You should also have a healthy drink with each meal.



Activity 15

- 1 Plan meals and snacks that you would like to eat for one day. Make sure they are healthy.
- 2 Draw the table above in your exercise book.
- 3 Draw pictures of your planned meals in the table.



Let's get physical!

It is important to move your body and be active every day to stay healthy and strong.



Activity 16

Match these pictures to the correct action word.

a jumping

b dancing

c running

d skipping

e walking

f hopping

1



2



3



4



5



6



These actions are good for your body and are fun.



Activity 17

Which is your favourite action?

In your groups, do your favourite action for the class.

I can be a mouse

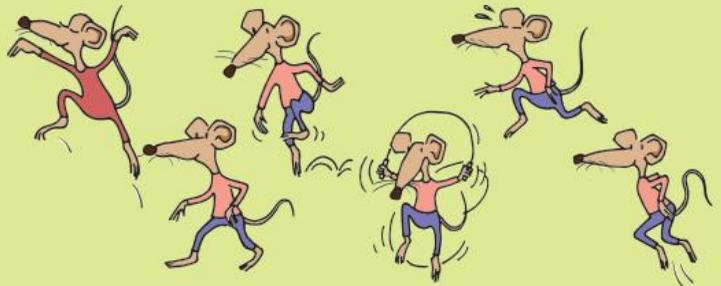
You have learnt some different actions and skills. It is time to use them to have some fun!

Role Play



Activity 18

Read the mouse story on the next page with your class. Act out the actions when you say them in the story. Be safe, only move on the spot.



Activity 19

Work in a group to make up some moves to a dance. Practise it all together and show the rest of the class.

Mouse story

This is a story about a mouse who loved to **dance** .

The mouse's name was Sally. She was not a normal mouse.

Sally did not only **walk** , she **hopped**  and she

skipped  and she **ran** .

Each morning Sally **danced**  hello to the sun before

heading into the rainforest.

She **hopped**  over small things like leaves and she **walked**

 over big things like fallen logs. She really loved to **jump** 

from rock to rock.

Sometimes scary birds such as hawks chased Sally, which meant

she had to **run**  as fast as she could. She would hide

in bushes, **jumping**  from branch to branch until she

was safe again.

At the end of the day, Sally always **skipped**  home the

same way. Just before she went to bed, she **danced** 

by the light of the moon.

Assessment activity

1 Look at the pictures carefully. Which are healthy foods and which are unhealthy foods? Tell your teacher.

a



b



c



d



e



f



g



h



i



j



2 Draw this table in your exercise book.

Draw three healthy foods and three unhealthy foods under each heading.

Healthy foods	Unhealthy foods

DO
NOT WRITE
IN THIS
BOOK

Chapter

3

Caring for your body

In this chapter, you will learn:

- essential daily hygiene practices
- how to care for your whole body
- how to clean your teeth, hands, ears and face
- why cleaning your body every day prevents diseases and maintains health and wellbeing.

A healthy body is a clean body

You can help keep your body healthy if you keep your body clean.
Sing this song with your class.

The cleaning song

Ears and teeth and hands and feet,
hands and feet.

Ears and teeth and hands and feet,
hands and feet.

Nose and clothes and grime between
your toes.

Ears and teeth and hands and feet,
hands and feet.

Cleaning your body every day is important
to be healthy.





Activity 1

Look at the pictures.

1



2



3



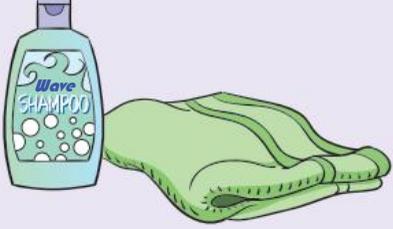
4



- When do you do these things?
- How do they keep you healthy?

Activity 2

What will help these children fix their problem?

	Health problem	Solution
1	 <p>Runny nose</p>	
2	 <p>Feeling sick</p>	
3	 <p>Dirty hair</p>	
4	 <p>Dirty face and hands</p>	
5	 <p>Dirty teeth</p>	

Health rules for children



Activity 3

Use these pictures to plan eight health rules for your class. Your teacher will help you write these rules on a large piece of paper. Display the rules so everyone can see them.

1



2



3



4



5



6



7



8



Washing your hands

Keep your hands clean. Germs like to live on your hands.

You can pass germs from your hands to your food.



You can pass germs from your hands to your mouth.

Germs can make you sick.



Activity 4

When should you wash your hands? Draw pictures.

Sing this song with your class.

The hand washing song

Washing my hands

Is fun to do.

When I play, when I cough,

After the toilet and before I chew.

It keeps me clean and healthy too.

Washing my hands

Is fun to do.



How to wash your hands

You will need:

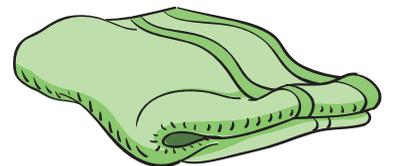
- water



- soap



- a towel



Activity 5



1 Wet your hands with water.



2 Apply enough soap for a lather to cover all of your hands.



3 Rub your hands palm to palm, backwards and forwards.



4 Wash between and along your fingers.



5 Wash the back of each hand with the palm of the other.



6 Rinse your hands under a tap.



7 Dry your hands thoroughly with a towel.



8 Now your hands are clean – and safe!

If you don't have a towel, shake your hands till they are dry.



How often do you wash your hands?

Now you know **why** it is important to wash your hands.

You also know **when** you need to wash your hands.

And you know **how** to wash your hands.

How often do you actually wash your hands every day?

Do you remember to wash your hands at the important times? Let's find out!

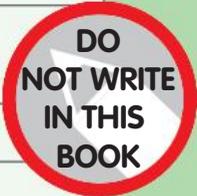
I predict I wash my hands 10 times a day. How many times do you think you wash your hands?



Activity 6

Draw this table in your exercise book. Note each time you wash your hands after each activity. Complete the table at home.

Hand washing	
After using the toilet	
After coughing	
Before preparing food/cooking	
After playing	
Before eating	
TOTAL	



Was your prediction right?

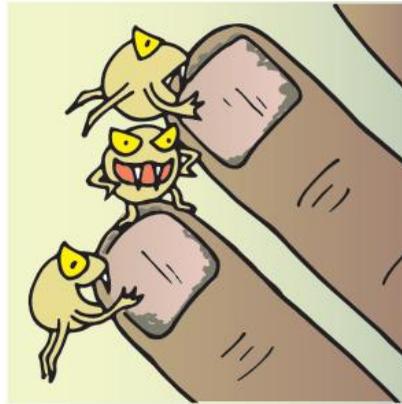


Cutting and cleaning your nails

Germs can make you sick.

Germs and dirt can hide under your nails on your fingers and toes.

Sometimes you can see the dirt.
Sometimes you cannot see dirt.



Clean under your nails when washing your hands and feet.



Use nail clippers or small scissors to keep your nails short.

Always ask an adult to help you cut your nails.



Activity 7

What would your hands look like if you did not wash under your fingernails or clip them? Draw a picture.

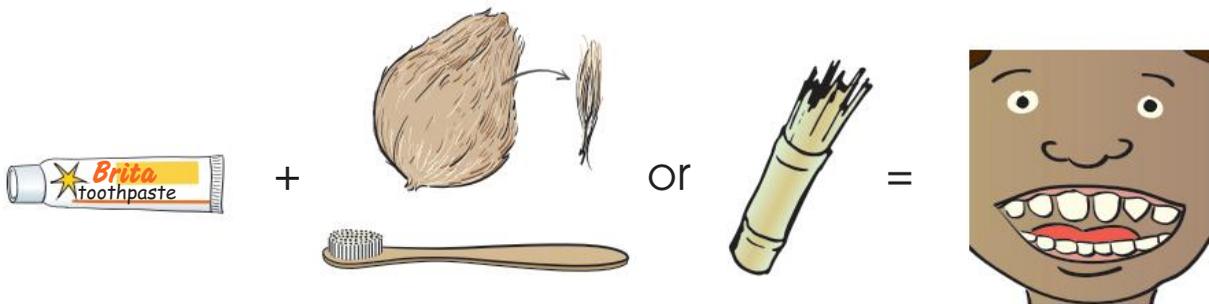
Cleaning your teeth

Think and Talk

Activity 8



How do you clean your teeth?
How often do you clean your teeth?



You need healthy teeth to eat food, to help you talk, and to keep you healthy!

Why should I clean my teeth?

Clean teeth are healthy teeth.



How do I keep my teeth clean?

To keep your teeth clean, you should brush them twice a day. Use a toothbrush and toothpaste or a piece of sugar cane husk.

Sing this song with your class.

The happy teeth song

Brush, brush, brush my teeth,

Brush, brush, brush my teeth,

Brush them every day.

Once in the morning, once at night,

Brush all the germs away.

Brush, brush, brush my teeth,

Brush them every day.

Front and back, flick off germs,

Now I smile all day!



Blowing your nose

Your nose filters the air you breathe.

It is important to blow your nose when it is blocked and when it is runny.

When you blow your nose, cover it with a tissue or toilet paper to stop germs going into the air.

Then wash your hand to get rid of germs.



Steps for blowing your nose:

- 1 Start with a clean tissue, clean toilet paper or cloth.
- 2 Hold the tissue, toilet paper or cloth with both hands against your nostrils.
- 3 Blow one nostril at a time, keeping your mouth closed.
- 4 Wipe your nose with the tissue, toilet paper or cloth.
- 5 Fold the tissue or toilet paper over and throw it in the bin.
- 6 Wash your hands with soap and water.
- 7 Dry your hands.





Activity 9

Your teacher will give you a clean tissue.
Practise the seven steps for blowing your nose.

Sing this song with your class.

Blowing your nose song

Use a tissue,
Use the bin,
Wash your hands,
So germs can't win.

Use a tissue,
Use the bin,
Wash your hands,
So germs can't win.



Washing your body every day

Do you have a class rule about these pictures?

You should wash your whole body every day.

Washing every day helps stop the spread of germs and diseases.

It also stops bad body odour and washes away dirt.

What are some parts of the body to clean?

Sing the cleaning song to give you ideas.



The cleaning song

Ears and teeth and hands and feet,
Hands and feet.

Ears and teeth and hands and feet,
Hands and feet.

Nose and clothes and grime
between your toes.

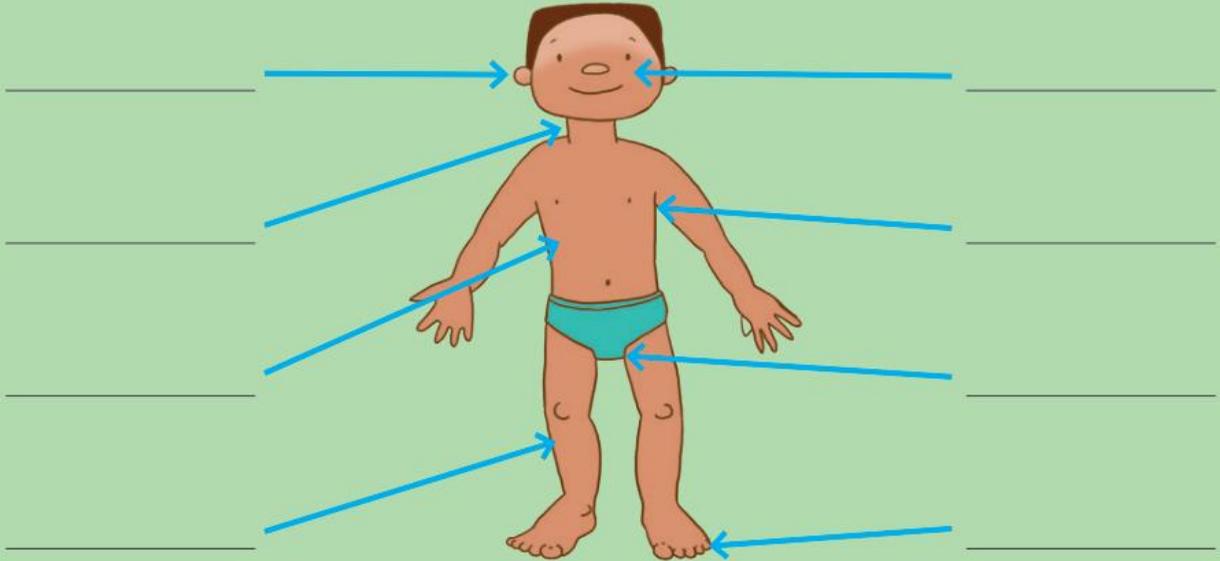
Ears and teeth and hands and feet.
Hands and feet.





Activity 10

Draw a picture of yourself in your exercise book.
Label the parts of your body you need to clean.



Where can you go to wash yourself?



There are many different ways and places to go to wash yourself.
No matter how or where you wash, it is important to always use
clean water.



Activity 11

Look at the pictures. Which of these water sources would you use to wash yourself?

1



2



Which soap, when?

It is important to use soap when you wash your body.

Soap helps kill germs and removes dirt.

There are many different types of soap.



Some soap is for washing your body.



Some soap is for washing clothes.



Some soap is for washing dishes.

You need to use the right soap for washing your body.

The wrong kind of soap can hurt your eyes and your skin.



Activity 12

Which soap should they choose?
Role play with a friend.

- 1 A woman wants to buy some soap to wash her clothes. The shop keeper offers her a bottle of body wash and a bottle of detergent. Which soap should the shop keeper sell her?



- 2 A young boy needs to have his daily wash. His father has a bar of soap and a bottle of detergent. Which soap should his father give him?



Keeping yourself clean

How to keep your hair clean:

- 1 Wet your hair completely.
- 2 Rub in shampoo for one or two minutes.
- 3 Rinse out shampoo with clean water.



Wash your hair every few days. Washing your hair keeps it clean and smelling nice.



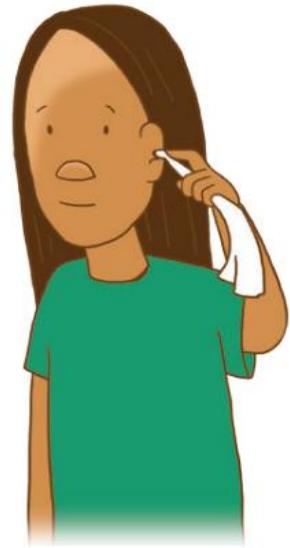
Brush or comb your hair every day. Brushing your hair keeps it neat and gets rid of painful knots. Use coconut oil to keep it neat.

To keep your ears clean, wipe your ears with a damp cloth when you wash your face.

Clean your ears to hear well and stop ear infections.

To keep your ears healthy, dry them after swimming and washing.

Do not put sharp things in your ears.

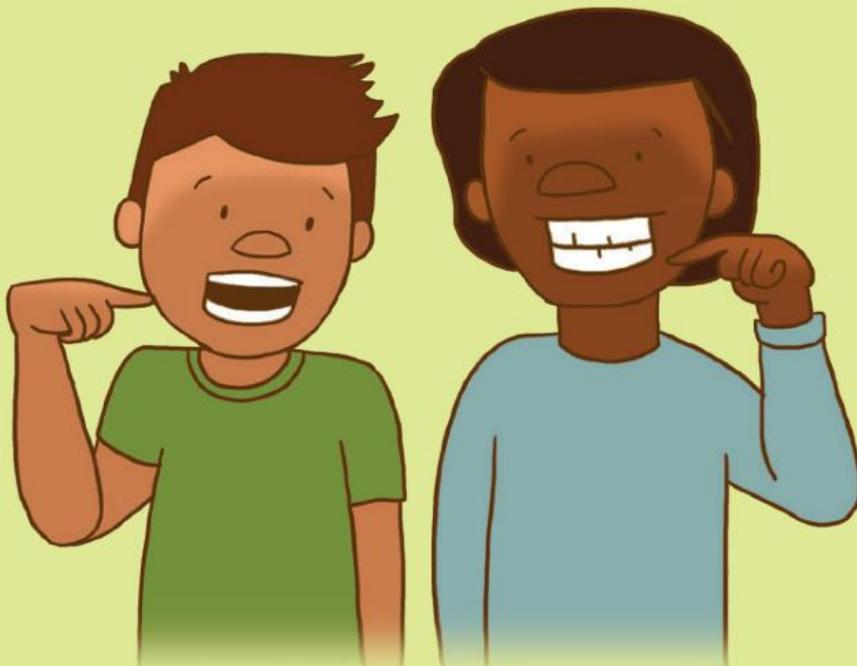


Role Play



Activity 13

Take turns acting out different actions that make you healthy. Other learners will guess the action. Use what you have learnt today and your class health rules for ideas.



Getting ready for school

Think and Talk

Activity 14



What do you do at home to get ready for school every morning?



1 waking up



2 getting dressed



3 washing face



4 brushing hair



5 eating breakfast



6 brushing teeth



7 putting on shoes

Sing this song with your class.

Getting ready song

Good morning! Good day!

It's time to wake up.

Good morning! Good day!

I have to get up.

I get dressed,

I wash my face,

I brush my hair.

There's such a lot to do!

I eat my breakfast,

I brush my teeth,

I put on my shoes.

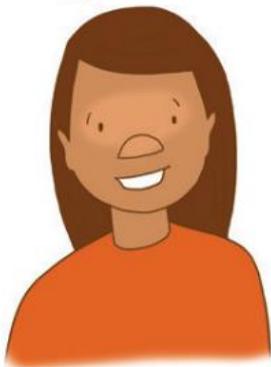
There's such a lot to do!



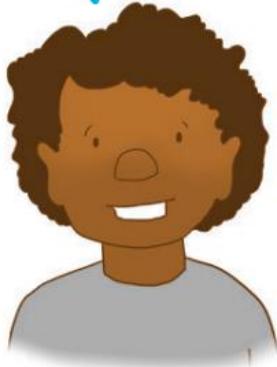
Being clean for school

.....

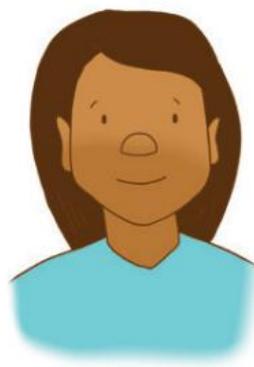
My goal is to wash my hands before I eat every time.



My goal is to brush my teeth twice a day.



My goal is to wash my body every day.



My goal is to blow my nose with a tissue when it is runny.



It is good to have goals to work towards. Goals help us to improve. You can set a 'being clean' goal.



Activity 15

Think about what you want to do to be healthier.
Take some action and you will be healthier.
Draw a picture of your health goal in your exercise book.

A message for other people

.....

Now you understand how important it is to keep your body clean. You can share what you know with other people. This will help them to be as healthy as you.



Activity 16

Choose one of the songs to teach to younger children.

Several blue musical notes are scattered around the green border of the song box, including a large note on the left, a group of three notes on the top right, and a group of three notes on the bottom left.

Getting ready song

Good morning! Good day!
It's time to wake up.
Good morning! Good day!
I have to get up.
I get dressed,
I wash my face,
I brush my hair.
There's such a lot to do!
I eat my breakfast,
I brush my teeth,
I put on my shoes.
There's such a lot to do!



The cleaning song

Ears and teeth and hands and feet, hands and feet.
Ears and teeth and hands and feet, hands and feet.
Nose and clothes and grime between your toes.
Ears and teeth and hands and feet, hands and feet.

The happy teeth song

Brush, brush, brush my teeth,
Brush them every day.
Once in the morning, once at night,
Brush all the germs away.
Brush, brush, brush my teeth,
Brush them every day.
Front and back, flick off germs,
Now I smile all day!

The hand washing song

Washing my hands
Is fun to do.
When I play, when I cough,
after the toilet and before I chew.
It keeps me clean and healthy too.
Washing my hands
Is fun to do!



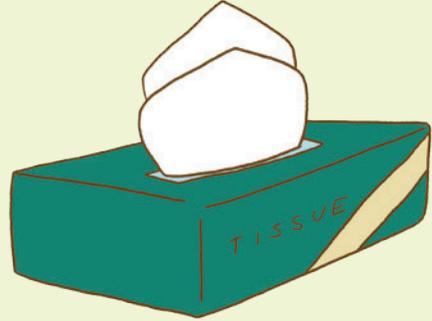
Assessment activity

1 Tell your teacher the correct order for blowing your nose.

a



b



c



d



e



2 Which body parts do these boys clean when they wash?
Show your teacher by pointing to your own body.
Explain how to clean that body part.



This boy cleans his armpit.



This boy washes his leg.



This boy cleans his ears.



This boy cleans his neck.



This boy cleans his whole body.

Chapter

4

Safety in the community and public places

In this chapter, you will learn:

- ways to be safe in public places
- safety rules when crossing the road
- safety rules when crossing the water
- how to spot a risk and stay safe
- why you must behave in public places for your safety and the safety of others.

Staying safe

An emergency is when you have an urgent need for help.
There are many different types of emergencies.

Think and Talk



Activity 1

What would you do to stay safe in these situations?

1



2



3



4



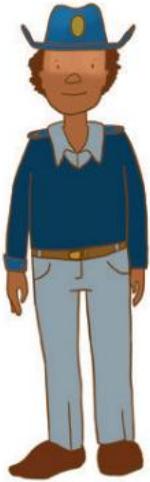
People who are there to help



Activity 2

Draw a picture of someone who can help you.

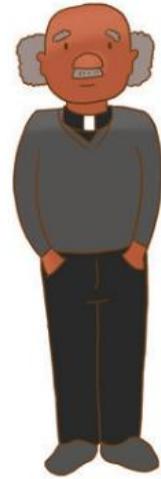
Here are some people in the community that can help you.



Police officer



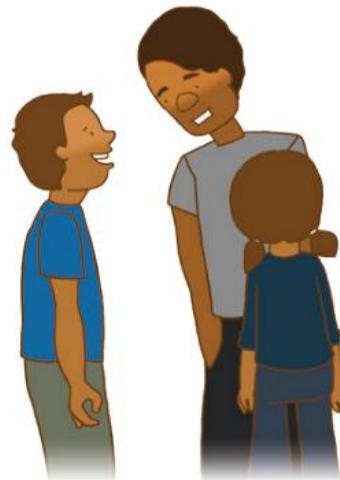
Doctor



Pastor



Teacher



Your parents

What could happen?

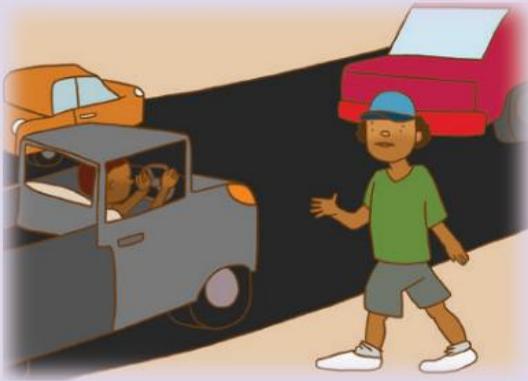
A risk is something that may lead to danger or harm.



Activity 3

Look at the pictures. Can you spot the risks?

1



2



3



4



I can spot the risks.
I keep myself safe.



I help keep my
friends safe!

Sing this song with your class.

The risk song

Risks, risks, risks,
Some are big.
And some are small,
If we can spot them, we can stop them,
Risks, risks, risks!



Rules for safety

Rules at school keep you and others safe.

Think and Talk

Activity 4



Can you think of a rule to go with each of these pictures?
Are these safety rules in your classroom?

1



2



3



Rules are there
to keep us safe!





Activity 5

- How do these two classroom rules keep you safe?
- What could happen if you do not follow these rules?



If you obey, what could happen?
If you don't obey, what could happen?



If you obey, what could happen?
If you don't obey, what could happen?

Be prepared



You can help yourself to stay safe by being prepared.



Activity 6

Copy this form in your exercise book and fill it in.

My emergency details

My picture:



My name:

Where I live:

Person to contact:

DO NOT WRITE IN THIS BOOK

Always tell a family member where you are going and what you are doing.

Always have a friend with you to help you.



Think and Talk



Activity 7

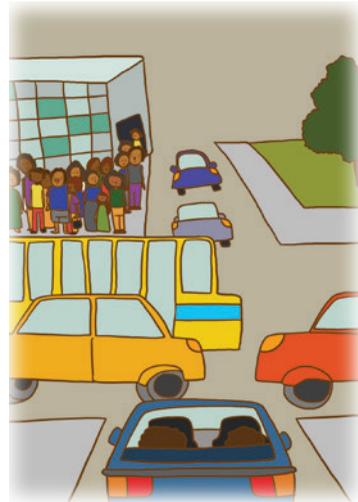
How could you stay safe in these situations:

- 1 You find a bottle that has 'poison' written on the label.
- 2 The river is in flood. Your friend wants you to cross the river.

Your teacher will read these suggestions for what to do in the situations in the pictures.



Don't go in the water if it is dangerous. Look for a safer place to swim and make sure you have an adult with you.



Cross the road with an adult, watch the traffic and only cross when the road is clear.



Tell your parents which way you walk to school.
Go with a friend who can get help if you hurt yourself. Keep to the track and avoid long grass.



In a crowded place, stay close to your parents and people you know. If you are playing with friends nearby, make sure your parents can see you.

Be aware of strangers

Sing this song with your class.

The stranger song

Never talk to strangers.

That's very good advice.

Because you can't tell if they're good or bad,

Even if they seem nice.

Never talk to strangers.

That's very good advice.

Because you can't tell if they're good or bad,

Even if they seem nice.



To stay safe, be ready to say 'No!'

.....

Steps to keeping yourself safe:

1 'NO!'

- Say 'no' out loud.
Be firm with your voice.
- Show you mean it in your body language.
- Make eye contact with the person you are speaking to.



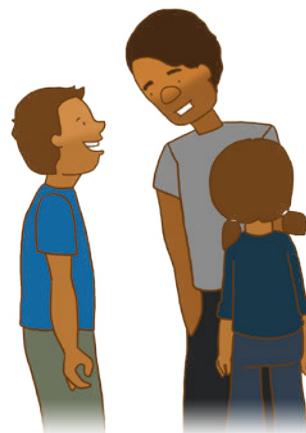
2 GO

- Leave the situation.
- Go quickly to a safe place.



3 TELL

- Tell an adult you can trust as soon as possible.



Touching



Your body is special.

You decide – good touching will make you feel happy and safe.

You decide – bad touching will make you feel scared, mixed up, uncomfortable or confused.



Your body is private and belongs to you.

Everything that is covered by your underpants is very private.

You have a right to say 'no' to anyone who tries to touch you.

A hug from your parents or a hug from a teammate during a sports game is a safe touch.



I can spot the risks – road safety

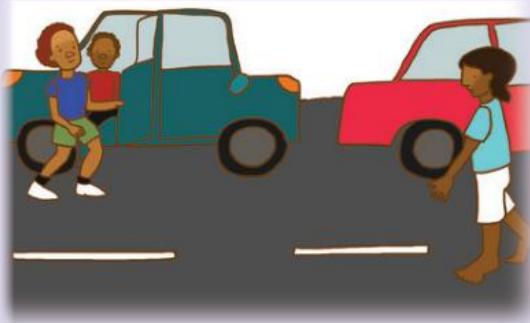
Roads and moving cars can be very dangerous.



Activity 8

Can you spot the risks?

1



2



3



4



Do not run across roads or play beside roads.

Always try to spot the risks when crossing the road.

Before you cross the road:

- STOP and think before stepping onto a road.
- LOOK both ways (left and right) to check for traffic coming.
- LISTEN to see if you can hear any traffic coming.

Road safety song

This is the way we cross the road,
We cross the road, we cross the road.
This is the way we cross the road,
We stop, we look, we listen.
We stand at the edge and look both ways,
Look both ways, look both ways.
We stand at the edge and look both ways,
Before we cross the road.
If the road is clear, we cross the road,
We cross the road, we cross the road.
If the road is clear, we cross the road,
We cross the road together.



I can spot the risks – water safety

Water is a lot of fun to play in, but you need to be careful and aware of any risks and dangers.

Think and Talk



Activity 9

Look at the pictures.

- Are these children safe?
- What are the risks?

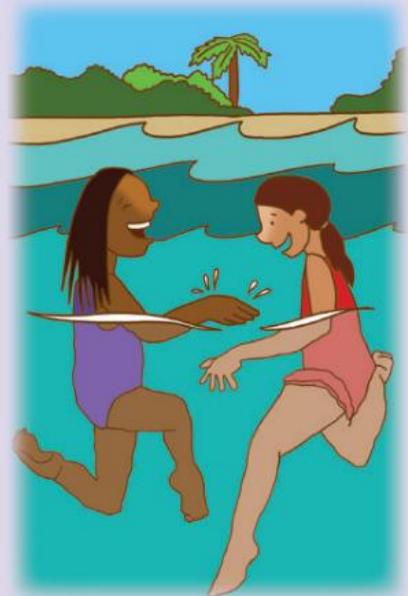
1



2



3



Always swim with a friend who can help you.

Always tell a family member where you are going.

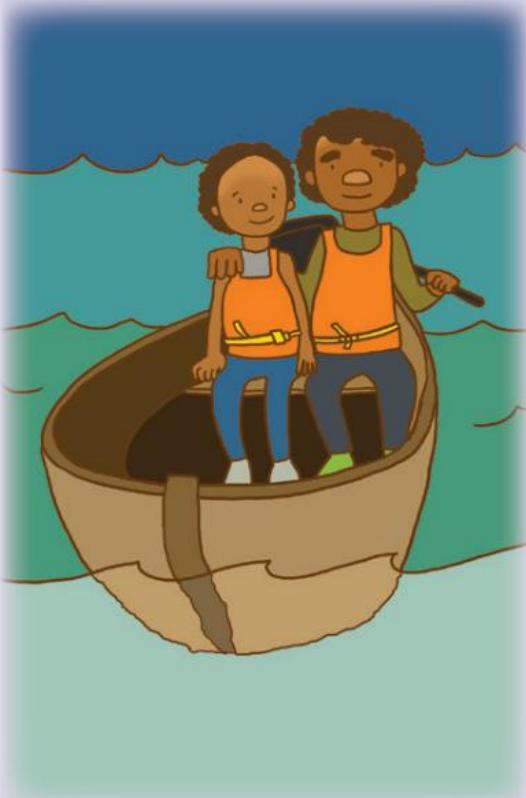
Activity 10



Look at the pictures.

- Are these children safe?
- What are the risks?

2



1



3

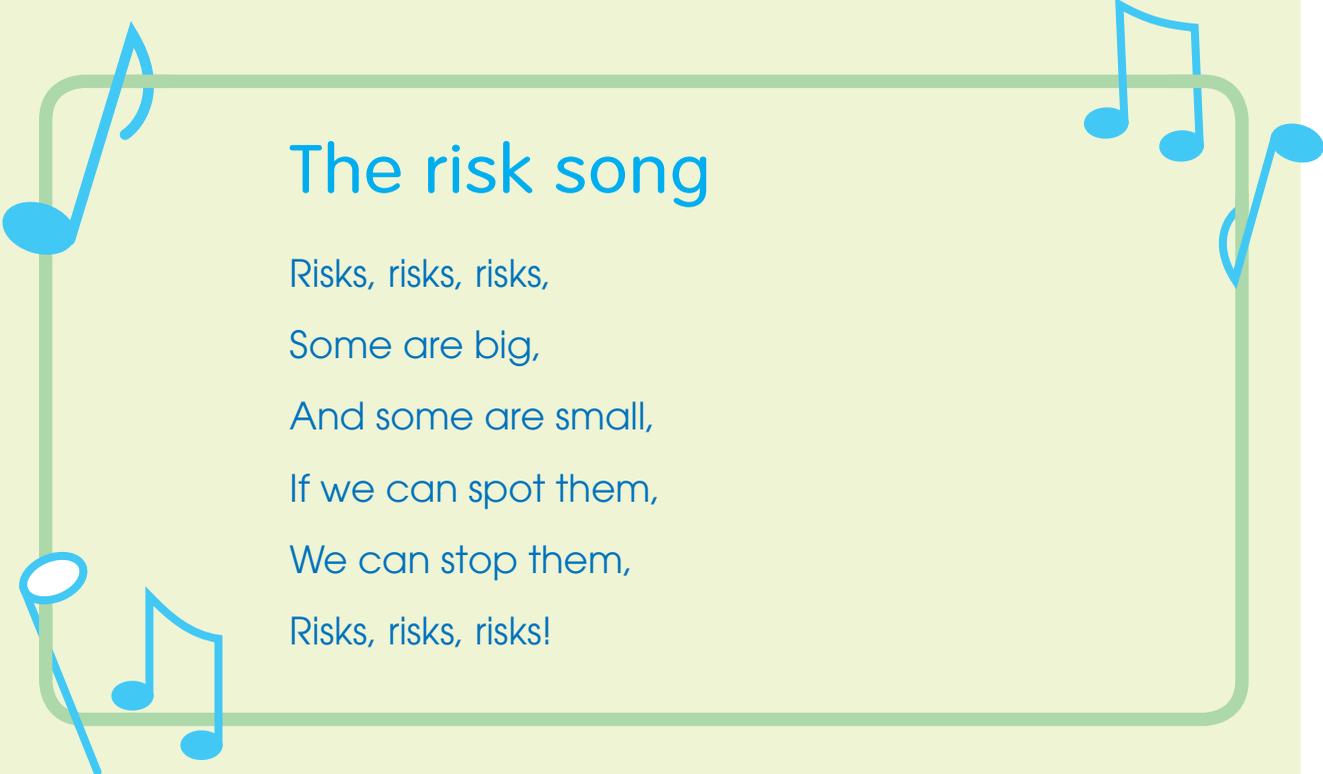


Stay close to an adult when you are in a canoe or boat.

Always wear a life jacket. It will help you float if you fall in the water.

Assessment activity

- 1 Sing the risk song to your teacher.



The risk song

Risks, risks, risks,
Some are big,
And some are small,
If we can spot them,
We can stop them,
Risks, risks, risks!

- 2 Draw pictures of two people in the community who you can go to for help.
- 3 How do you cross the road safely?
Draw a picture of you safely crossing the road.

Chapter

5

A clean and healthy home

In this chapter, you will learn:

- what a clean and healthy home and village look like
- why it is important to keep your home clean and healthy
- how you can help keep your home clean and healthy
- basic rules of cleanliness.

Your home

Your home is where you live with your family.



Think and Talk

Activity 1

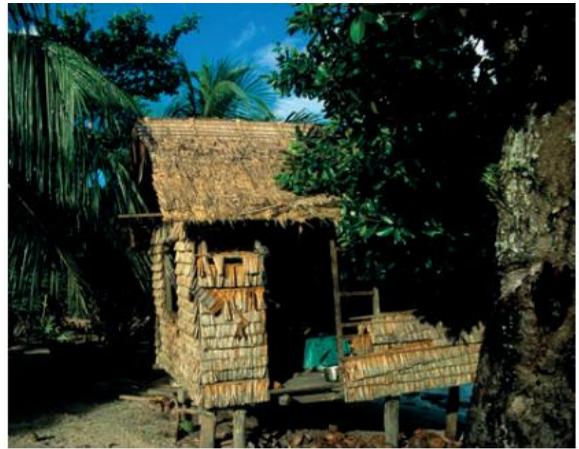


- What does your home look like?
- Who lives there?
- Where is it?

There are many different kinds of homes.



Some homes are big.



Some homes are small.



Some homes are in towns.



Some homes are in villages.

You need to help keep your home clean so your family stays healthy.

Think and Talk

Activity 2



- Who cleans your house?
- What do they do?
- Do you have any cleaning jobs at home?

Be clean, be tidy



These people are looking after their homes.



People clean their houses to get rid of dirt and germs.

Every family cleans their home a little differently.

People keep their houses neat and tidy so they can find things and don't trip over things.

Most families have rules for keeping things tidy.



Activity 3

- Who does these jobs in your house?
- Which jobs could you do?



1 Washing the dishes



2 Putting bedding away/making the bed



3 Washing clothes



4 Cleaning the toilet/covering the latrine



5 Throwing away rubbish



6 Sweeping the floor

Why clean? Why tidy up?

Which side of the river would you prefer to live?



It is important to keep your home and community clean and tidy.

A clean home and community:

- stops you from getting sick
- helps you be organised
- helps make you feel happy.



Activity 4

Do you do these things at home?

I always put my toys away after I play.



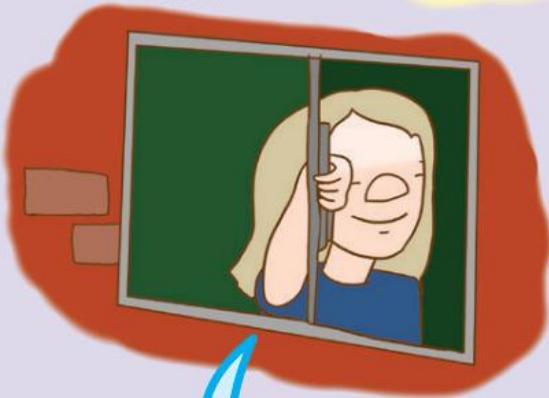
There are no animals on my bed.



There are no flies on my food.



I open the window to have fresh air in the house.



I always make my bed.



Sing this song with your class.

Clean home song

Sweep and wash,
Sweep and wash,
Throw your rubbish out.
Keep things tidy,
Keep things clean,
Leave no mess about!



Keep the kitchen clean

You prepare food in your kitchen.
You need to keep your kitchen clean
all the time.



Activity 5

Here are some important steps for keeping the kitchen clean
so everyone in your family stays healthy.

Draw these steps in your exercise book.

What other ways can you think of for keeping the kitchen clean?

1



Clean the benches or table
before you put food down.

2



Wash your hands before you
start preparing food.

3



Only use clean kitchen utensils, dishes and cutlery.

4



Wash your dishes after you have finished eating.

5



Throw any rotten food or rubbish into the bin and put the lid on.

6



Wipe the kitchen benches and table tops again when you have finished.

Dirty kitchen benches and dishes attract pests.

Pests carry germs.

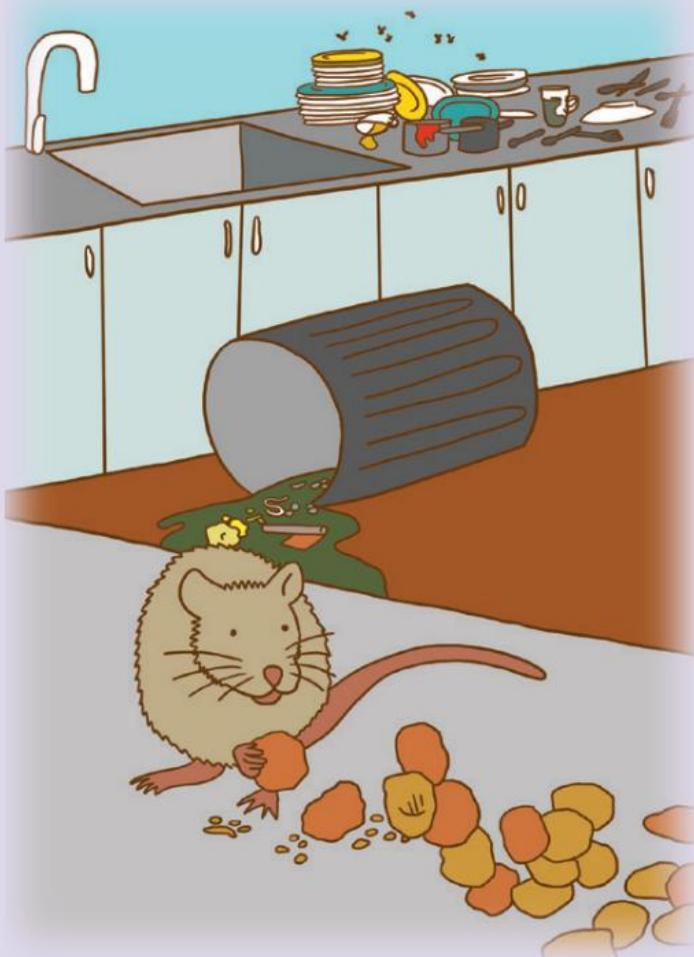
Germs can make you very sick.



Activity 6

Look at the picture.

Is this kitchen clean and safe from germs?



This kitchen needs cleaning up.
How can we help?



What can we do to make it a clean, healthy kitchen?



Cleaning your home

Here are some cleaning jobs in your home.





Activity 7

- 1 Draw a map of the rooms or main areas in and around your home.
- 2 Draw or list the jobs you can do to keep each area clean. Remember, keeping your home clean includes the outside area around your home too.

What can you do about rubbish?

.....

There is a lot of rubbish in Solomon Islands.

An illustration of a woman and a boy standing in a littered area. The woman, on the left, has her hand on her head and a worried expression. The boy, on the right, has his hands outstretched in a questioning gesture. They are surrounded by various pieces of trash, including a purple cup, a blue can, a yellow umbrella, and several sticks of wood. The background is a simple green bush.

What can we do to clean up the rubbish?



Activity 8

Answer these questions as a class.

What does your family do with rubbish?

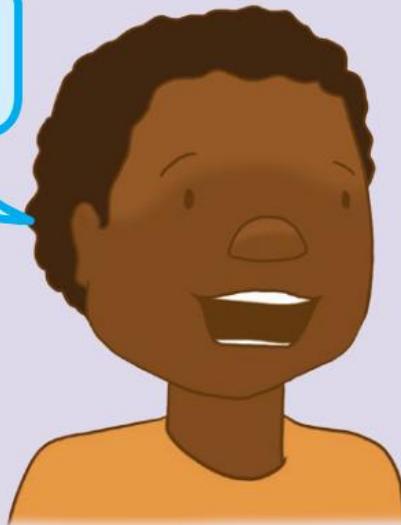


Where do you think rubbish goes after you throw it in the bin?



Where does the rubbish in the waterways go?

Where does the rubbish on the ground go?



Sing the rubbish song with your class.

Rubbish song

In the bin,
In the bin,
Put your dirty rubbish in!
In the bin,
In the bin,
Do not let germs and mess win!



If we do not throw our rubbish away in the right place,
it can pollute our land and water.



I can help



Think and Talk



Activity 9

- 1 Which community would you like to live in?
- 2 Take turns pointing out the healthy and the unhealthy things in these pictures of two communities.

1



2





If you keep your community clean and tidy, it will:

- be healthier for all the people who live there
- make you feel happy about where you live
- help look after Solomon Islands for when you grow up.



Activity 10

What do you do?

- 1 Draw a picture of each of these actions in your exercise book:
 - I use the toilet or latrine to pee and poop.
 - I put my paper and scraps in the bin.
 - I do not spit on the ground.
 - I put rubbish in the bin.
- 2 Add a tick ✓ to your pictures if you do these things.

You can do it



Now you know how important it is to keep things clean.

You can teach others.



Show them how to keep toys and books tidy.

Show them how to keep the house clean.

Show them how to keep the community clean.

Activity 11

Think of one way to share your cleaning knowledge.
Draw a picture.

I put my rubbish in the bin.



Make it a goal.

My goal is to teach my little brother the rubbish song. Then he will know what to do with rubbish.



Assessment activity

- 1 Draw three things you can do to keep your home clean.
- 2 Choose one of the songs and sing it with your classmates.
Make up actions if you can.



Rubbish song

In the bin,
In the bin,
Put your dirty rubbish in!
In the bin,
In the bin,
Do not let germs and mess win!

Clean home song

Sweep and wash,
Sweep and wash,
Throw your rubbish out.
Keep things tidy,
Keep things clean,
Leave no mess about!



Chapter

6

Using water and the toilet properly

In this chapter, you will learn:

- to use the toilet properly
- to look after and clean a toilet properly
- to look after and use your water source properly
- to apply hygiene practices when using the toilet
- why we need clean water sources and toilets at all times.

What is body waste?

Think and Talk

Activity 1



What happens when you drink?



What happens when you eat?



Activity 2

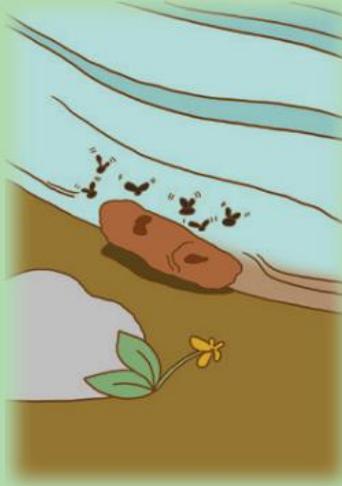
Think about where you go to the toilet at school and at home.

- 1 Write the letters A, B, C, D and E in your exercise book.
- 2 Add a tick (✓) to the letter if the picture shows the right place to pee and poop.
- 3 Add a cross (X) to the letter if the picture shows the wrong place to pee and poop.

A



B



C



D



E



Using a toilet

You have to use the toilet properly.



Activity 3

- 1 Write A, B, C and D in your exercise book.
- 2 Add a tick (✓) to the letter if the picture shows healthy toilet use.
- 3 Add a cross (X) to the letter if the picture shows unhealthy toilet use.

A



B



C



D

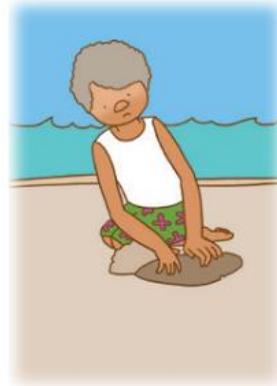


Where should I go?

Here are some steps for pooping if there is no toilet.



- 1** Find a place where you can dig a hole.



- 2** Dig a hole.

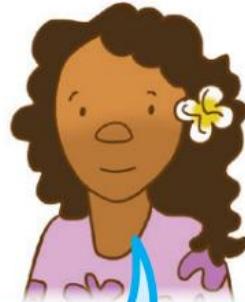


- 3** Poop into the hole.



- 4** Cover the poop completely afterwards.

Why do you dig a hole?



Why do you cover your poop?

Wash your hands as soon as you can!

Activity 4

What is the correct order for pooping if there is no toilet?
Draw your own pictures in the correct order in your exercise book.

A



B



C



D



Cleaning yourself



Here are some steps for cleaning yourself after using a toilet or latrine.

1



2



3



4



5



Remember to wash your hands after every time you use the toilet.

Activity 5

What is the correct order for using the toilet or latrine?
Draw your own pictures in the correct order in your exercise book.

A



B



C



D



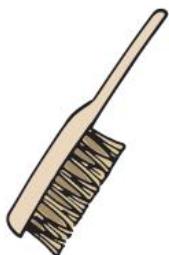
E





I can clean the toilet

Here are some things you need to clean the toilet or latrine.



Brush



Cloth



Rubber gloves



Cleaning liquids



Activity 6

Draw a picture of your toilet at home and how you and your family keep it clean.

Wash your hands

Do you remember the hand washing song?
Sing it with your class.

Hand washing song

Washing my hands
Is fun to do.
When I play, when I cough,
After the toilet and before I chew.
It keeps me clean and healthy too,
Washing my hands,
Is fun to do!



Remember, it is very important to always wash your hands after using the toilet.



Activity 7

When do you wash your hands?

1



2



3



4



Do you remember how to wash your hands?



1 Wet your hands with water.



2 Apply enough soap for a lather, to cover all of your hands.



3 Rub your hands palm to palm, backwards and forwards.



4 Wash between and along your fingers.



5 Wash the back of each hand with the palm of the other.



6 Rinse your hands under a tap.



7 Dry your hands thoroughly with a towel.



8 Now your hands are clean – and safe!

Being healthy

Do things every day to keep clean and healthy.

Think and Talk

Activity 8



Look at the pictures.
Why did this happen?

1



2



3



4



Being clean helps us to stay healthy.

Water at home

You need clean water to keep healthy.
Dirty water can make you very sick.
Water comes from different places.
Do not pollute your water source.



Activity 9

What could you say to these children?
Draw a message to tell them why they should keep water clean.

1



2

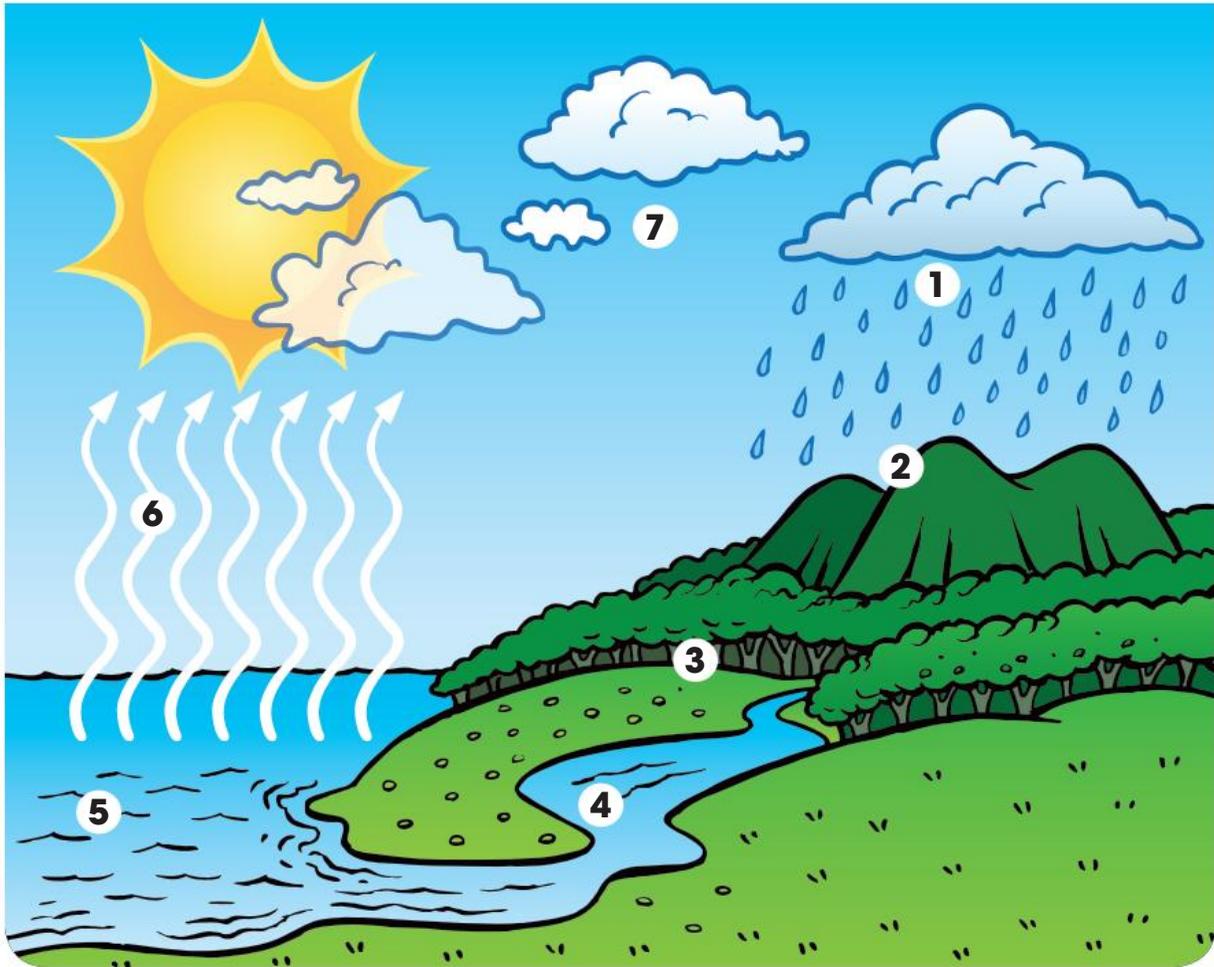


3



Rain is precious

This picture shows the water cycle.



Water goes around and around.

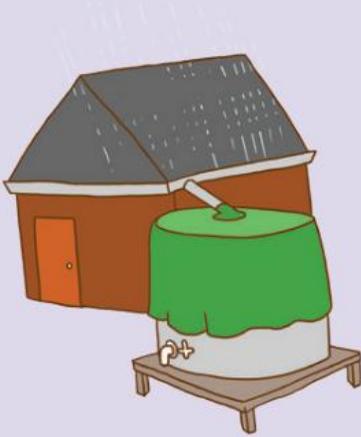
- 1 Water falls from the sky.
- 2 Some rain soaks into the soil.
- 3 Some rain flows into streams and rivers.
- 4 These rivers flow into bigger rivers and the sea.
- 5 Water is heated by the Sun.
- 6 This water changes into water vapour and rises up.
- 7 Water vapour turns into clouds. Rain falls from the clouds.



Activity 10

Which pictures show healthy water choices?

1



2



3



4



5



6



Clean water in the river

.....

Say this rhyme as a class.

Clean up rhyme

Keep water clean,
Keep it safe,
Be a part of the clean water team.

Keep water clean,
Keep it safe,
Be a part of the clean water team.





Activity 11

What is wrong in this picture?

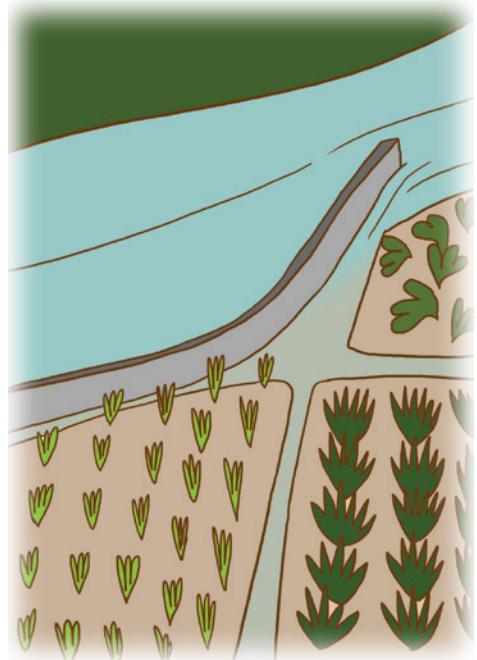


You can help keep your water clean.

Healthy food choices need clean water.



Fish is a healthy food choice.



Vegetables are a healthy food choice.

If we pollute the river, fish and plants will die. We need fish and plants to eat.

We all need clean water to drink.

If we pollute the river, we will get sick.





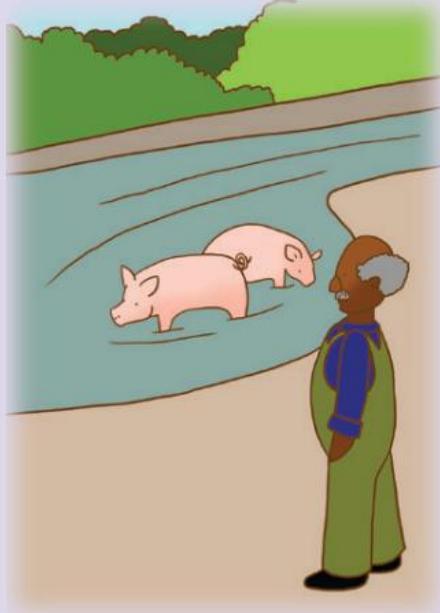
Activity 12

- Which pictures show healthy actions?
- Which pictures show unhealthy actions?

1



2



3



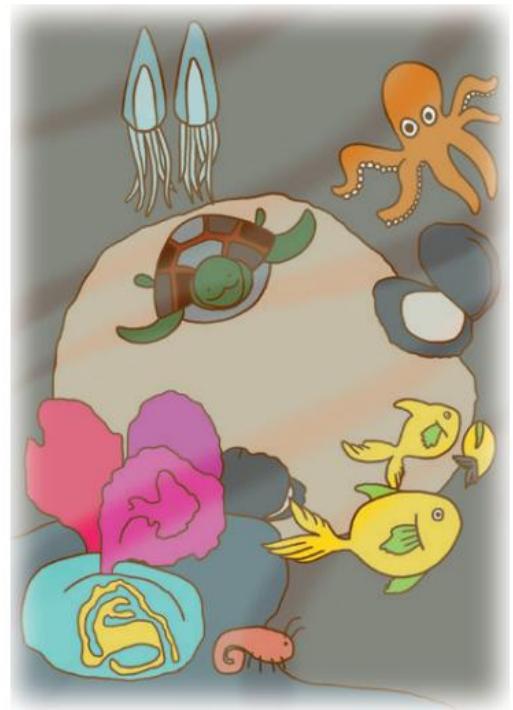
4



Clean water in the ocean

The ocean is for everyone to play in and hunt in.

You must keep the ocean clean and free from rubbish.



Fish and many other animals we eat live in the ocean.

Think and Talk

Activity 13



Why must we keep the ocean clean and free from rubbish?
How many reasons can you think of?

Activity 14

- 1 Copy these pictures below in your exercise book.
- 2 Add a tick (✓) for the healthy actions.
- 3 Add a cross (X) for the unhealthy actions.

A



B



C



D



Make a plan

The ocean gives us food.



Activity 15

Look at the picture.

- How can you help make the ocean clean and healthy?
- How can you help make our beaches look like this?



Draw your goal.

Assessment activity

- 1 Draw a picture showing how to use a toilet.
- 2 Tell your teacher why we need to keep rivers and oceans clean.

Chapter

7

Understanding germs

In this chapter, you will learn:

- that there are different types of germs
- to recognise some ways germs can enter the body
- to prevent the spread of germs.

Germs make us sick

Germs are very tiny.

We cannot see them with our eyes alone. But they are still there.



Germs are harmful.

Germs can live in lots of places.

Germs can enter your body and make you sick.



Activity 1

Imagine that you can see germs as they are being spread. What are these children doing wrong?

1



2



3



4



5



6



Activity 2



Look at the pictures.

- What might have made these children sick?
- How might they have avoided getting sick?

1



2



3



4



Germs get in

Remember, germs are very tiny.

We cannot see them with our eyes.

Think and Talk

Activity 3



Look at the pictures. Can you spot the risk?

1



2



3



4



Protect your eyes, ears and mouth from germs



To protect your eyes, wash your face every day and keep your hands and nails clean. This will stop germs getting into your eyes when you wipe them.



To protect your mouth, brush your teeth twice a day and blow your nose with a tissue when it is runny. This will stop germs getting into your mouth.

To protect your ears, wipe them every day to stop germs getting inside.

Wash your body every day with soap and keep your clothes clean.



Activity 4



Look at the pictures. These children have germs in their body. How do you think the germs got into their bodies?

1



2



3



Sing this song with your class.

The soap song

Wash your face and hands with soap,
 Hands with soap,
 Wash with soap.
 Wash your face and hands with soap,
 It'll keep the germs away.
 Keeping clean by using soap,
 Using soap,
 Using soap.
 Keeping clean by using soap,
 Will keep the germs away.



Germs in the air

Germs can live in the air.

When people cough, sneeze or spit they can pass germs to others.



You can stop germs from getting into the air.

Cover your mouth and nose with a tissue or your elbow so you do not get germs on your hands.

Do not spit.

If you have to cough on your hands, wash them afterwards.



Activity 5

Draw a picture of you and your family stopping germs from getting into the air.

Germs in water

Germs can live in water.



You can help keep germs away by keeping our waterways clean and free from rubbish and poop.



Think and Draw

Activity 6



Draw a picture of you and your family stopping germs from getting into the water.

Germs on your skin

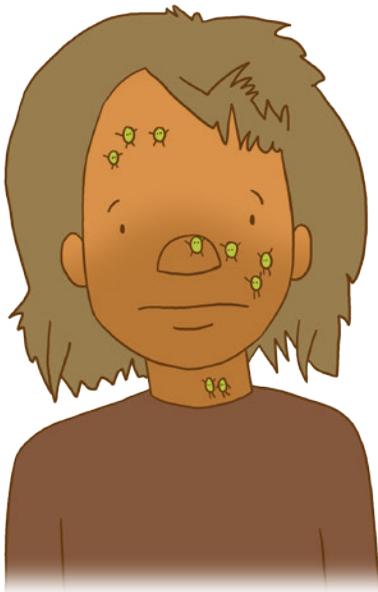
You should wash every day.

Germs like to live on your skin.

Germs try to get into your body and make you sick.

If you wash with soap and water, you will wash the germs off your skin.

Your skin will stay healthy and you will not get sick.



If your skin is itchy, you may have unhealthy skin.

If you have a rash or marks on your skin, you may have unhealthy skin.

You should go to a nurse or doctor at your local clinic if you have skin problems.

Activity 7



What should you do if you have any of these skin problems?



Scabies



Ringworm



Tinea



Boil

Keeping your skin clean is important because it reduces the risk of infection.

Learn this chant with your class.

Scabies, worms, tinea, boils

Scabies, worms, tinea and boils,

Oh MY!

Scabies, worms, tinea, boils,

Oh MY!

Scabies, worms, tinea, boils,

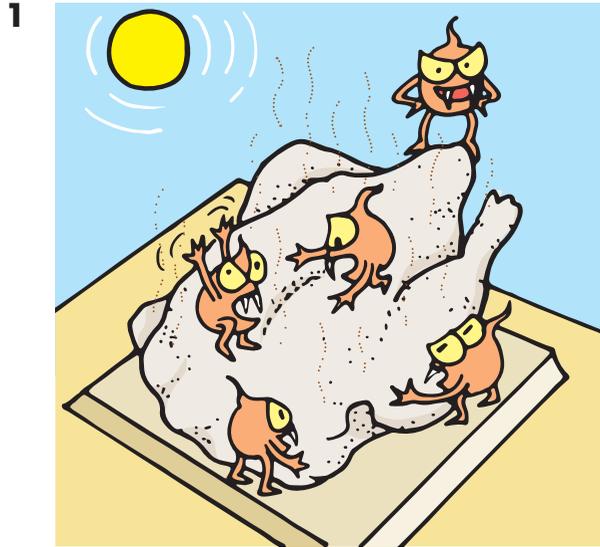
Oh MY!

What are we going to do?

WASH THEM!!!

Germs in food

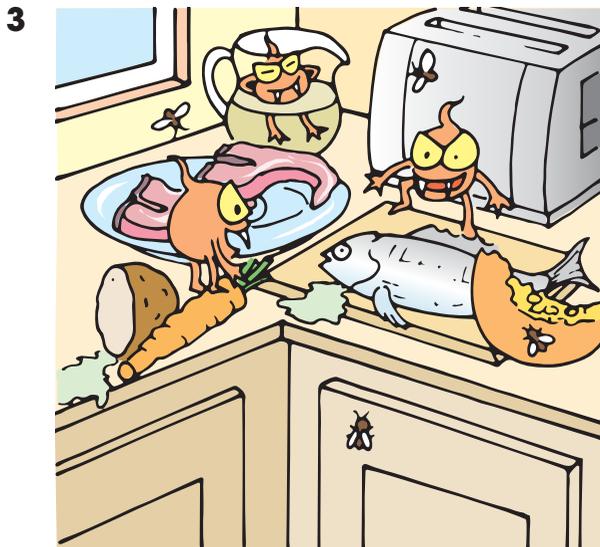
You know germs live in many places.



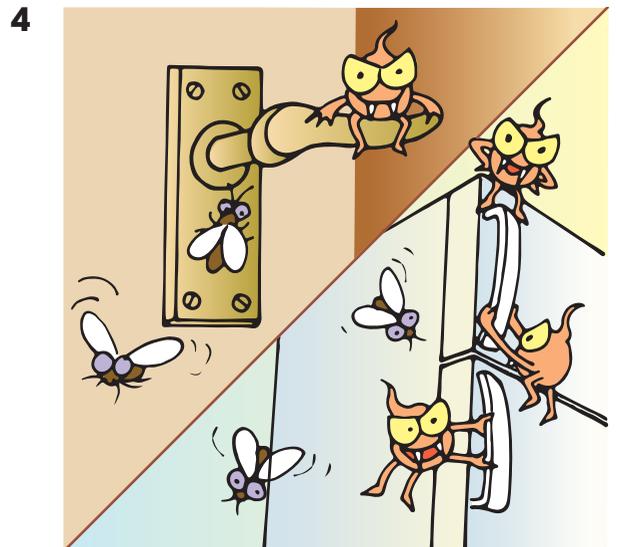
Some germs grow on food that is not properly stored.



Some germs live in food that grows in the ground.



Some germs live where you prepare food.



Germs can be found everywhere.



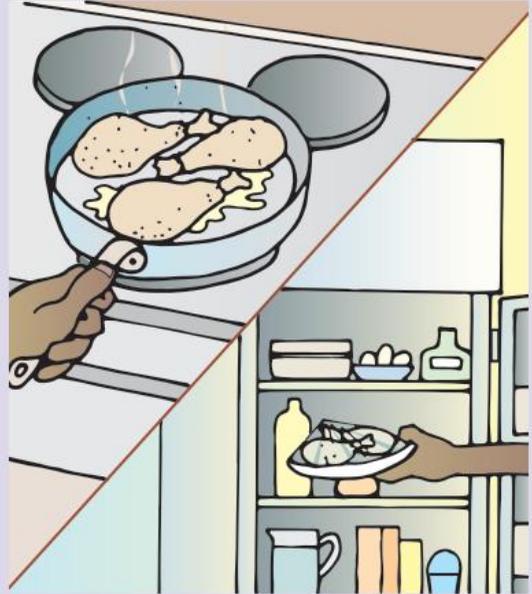
Activity 8

Match the pictures on page 140 to the correct pictures below to kill the germs.

A



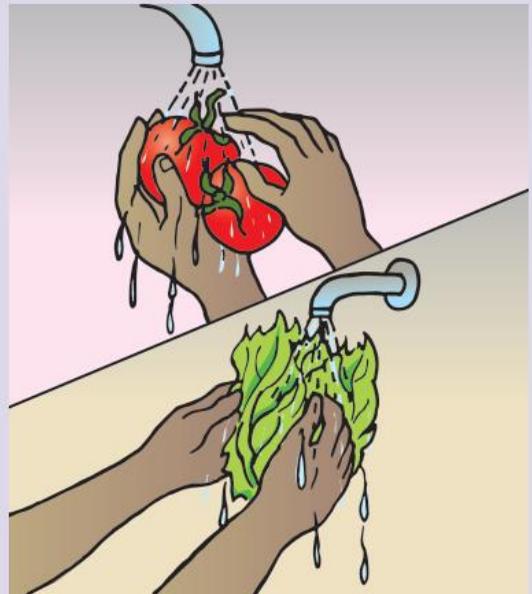
B



C



D



Who can you tell?

Sometimes you get sick even if you follow all the rules and try to stay healthy.

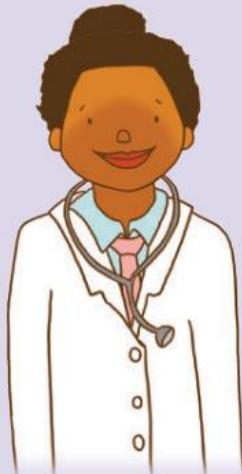


Think and Talk

Activity 9



Who should you tell if you are feeling sick?



Staying healthy at school

You can help stop the spread of germs at school.



Activity 10

Which children are doing healthy things at school?

1



Washing hands after playing outside

2



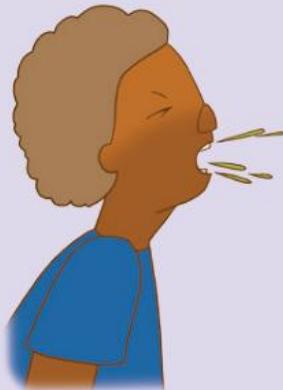
Sharing a drink bottle

3



Throwing away rubbish

4



Not covering mouth when coughing

5



Washing hands after using the toilet

Assessment activity

- 1 Draw one healthy thing you can do at school and one healthy thing you can do at home to stop germs from spreading.
- 2 Can you spot the risks in the pictures below? Tell your teacher.



- 3 The pictures below show how the boy and girl could avoid these risks. Tell your teacher what actions they are taking.



Chapter

8

Commonly used medicines and other household substances

In this chapter, you will learn:

- about medicines used at home
- about household substances
- basic rules for taking medicines
- how medicines and household substances should be stored
- about the dangers of medicines and household substances if they are not used correctly
- that safe storage and the correct use of medicines and household substances is important.

Try to be careful!

Healthy food is good for you. Healthy food is safe to eat.

Clean water, milk and juice are healthy and safe for you to drink.

At home there are things you should **not** eat or drink, such as unknown liquids, substances or medicines.



Activity 1

What are some things you should **not** eat or drink?

1



2



3



4



5



6



7

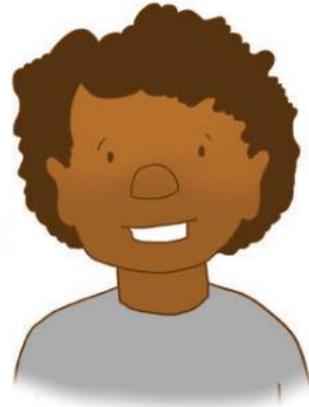


8



It is important to know what is safe and what is NOT safe to eat or drink.

If you are not sure, do **not** eat or drink it!



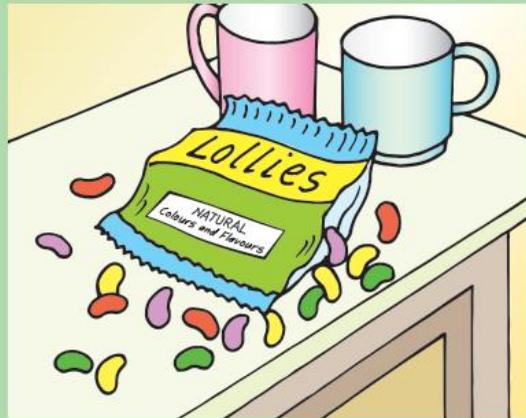
Activity 2

- 1 Copy these pictures in your exercise book.
- 2 Add a tick (✓) for the things that are safe to eat.
- 3 Add a cross (X) for the things that are not safe to eat.

1



2



3



4



Household substances

Symbols like this mean **danger**. Do not touch.



Adults need household substances to do their jobs.

Some of these substances can be dangerous and even poisonous.

You should never play with them.

You should never drink them.

You should never eat them.

Think and Talk

Activity 3



Which household liquids are used for these jobs?

- a** Petrol **b** Washing detergent **c** Bleach

1



2



3





Activity 4

Look at the pictures.

- Which things can you use?
- Which things should you not use?

1



Water

2



Petrol stored in a water container

3



Dishwashing liquid

Store household substances safely

Household substances that are not safe should be stored out of reach of young children.



Activity 5

Draw your house.

Draw where you think household substances that are not safe should be stored.

Children can make the right choices

Your body is still growing and needs good healthy foods and drinks.



Alcohol, betel nut, beer and cigarettes are **not** safe.

Alcohol, betel nut, beer and cigarettes can make you sick.



Adults have grown up and their bodies are stronger. Sometimes adults make unhealthy choices.

Activity 6



Draw a poster with these messages:

- I keep my body healthy.
- Cigarette smoke is not healthy for me.
- I do not drink or fight.
- Smoking, drinking alcohol and chewing betel nut can make me sick.

What is safe? What is unsafe?

Medicines help you when you are sick.

Medicines keep you healthy.

Use medicines properly. Do not play with medicines.

Medicines are not food or treats.

If you find medicines at home or in the yard, do **not** put them in your mouth.



No, thank you.



Do **not** take medicine from a stranger.

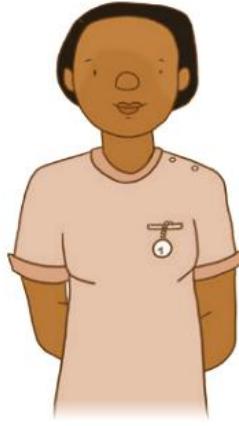
Who helps you when you are sick?

These people can help you when you are sick.

These are the only people you should take medication from.



Doctor



Nurse



Pharmacist



Parent

If you get the wrong medicine or take medicine that is meant for someone else, you can become very sick.



Activity 7

- Who was the last person to give you medicine?
- Who is allowed to give you medicine?

It is important that you only take medication from an adult at home.

You must always check with your parents before you take any medicine.

Where can you go when you are sick?

If you get sick, you need to know where to go to get help.

If you are hurt, you need to know where to go to get help.



If you are sick or hurt, you should see a nurse or a doctor at the hospital or clinic.

If they prescribe medicine to make you better, you can get this at the pharmacy.

It is important to know where to go if one of your friends gets sick, too.

Do you know where to go?



Activity 8

Your teacher will draw a map of the nearest clinic, hospital or pharmacy.

Draw the map in your exercise book.

Rules if you are sick



- 1** Always tell your parents or teacher when you feel sick.



- 2** Visit a doctor or nurse with a parent.



- 3** Always let your parents collect medicine.



- 4** Only take medicine from your parents.

If you do not know what something is, do not eat it or drink it.
Ask an adult first.

Activity 9

These steps are in the wrong order.
Write the letters in the correct order in your exercise book.

A



B



C



D



If you're feeling sick

If you are feeling sick before school, tell your parents.

Stay in bed so you do not make your friends at school sick.



If you are feeling sick at school, tell your teacher.



Activity 10

What would you do if you became sick at school?

Sing this song with your class.

If you're sick song

If you're sick and you know it, tell a friend.

If you're sick and you know it, tell your mum.

If you're sick and you know it, and you can't help but show it, tell a friend.

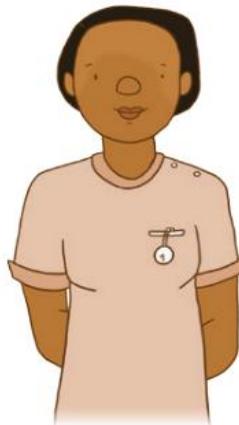
These people can help you if you are sick or hurt and you are not at home.



Teacher



Doctor



Nurse



Village elder



Close friend

Can you think of anyone else?



Activity 11

If you are sick and alone, where would you go for help?
Draw a picture of two places in your exercise book.

Where is safe?

Store medicines and household substances safely.

Keep them away from small children.

Put medicines and dangerous household things away, up high.



Some medicines must be kept in a cool place like the fridge. Do **not** touch medicines in the fridge. Ask your mum or dad.



Activity 12

Draw a picture of a safe place to store medicines.

Warning labels

Remember, if you see these labels on a container do **not** touch.

These symbols mean **danger**.



Sing this song with your class.

The danger song

STOP! Check the label.

Is it safe?

Does it have a warning?

Will you be safe?

Check the label.

Check again.

Are you sure you will be safe?



Look for danger labels on bottles, cans and packets.



What will you do when you see a container with a warning?



Assessment activity

Write the letters a-i in your exercise book.

Add a tick (✓) for the things that can keep you healthy.

Add a cross (X) for the things that can make you sick.

a



Betel nut

b



Alcohol

c



Fruit

d



Cigarettes

e



Juice

f



Fish

g



Petrol in
a drink
container

h



Milk

i



Medicine

In the *Solomon Islands Primary Health Education Learner's Resource Book Year 2*, learners will develop the appropriate attitudes and skills to enable them to handle health and social issues in their everyday lives.

The Learner's *Resource Book* provides skill-building exercises and hands-on activities that allow learners to observe, demonstrate and actively practise skills to deal with and manage everyday health challenges. The material is presented in an interactive and colourful way that generates enthusiasm for learning about health.



The *Solomon Islands Primary Health Education* series for Years 1-6 addresses the Key Learning Outcomes of the Primary Health Education Syllabus 2008. The series uses common health terms and encourages practices that contribute to healthy living. Throughout the series learners will gain the knowledge, understanding and values which will lead to positive health behaviours and practices.



ISBN: 978-1-4860-0673-1



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