

Life Education Centres West Sussex Programme Synopsis

Taking Care of Myself. Age Range: 3-4 years. 30-40 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 Harold the giraffe puppet and Sam's Day for older children.

All About Me. Age Range: 4-5 years. 50 mins.

The children find out about their bodies, all of the things to do to help their bodies stay healthy and about medicine safety. 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 the giraffe puppet's visit to his Grandparents.

My Wonderful Body. Age Range: 5-6. 1 hour.

The children find out about their bodies and all of the things they can do to keep their bodies healthy and safe with an emphasis on healthy food and also medicines. There are also opportunities to explore relationships especially within the peer group. Feelings about relationships are discussed and also the affects of teasing and name-calling. Activities, songs, drama and discussion are based around the audio visual of Harold the giraffe puppet's picnic and the children's visit with the baby animal puppets.

Feelings. Age Range: 6-7. 1 hour.

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, drama and discussions are based around Harold the giraffe and the audio visual of his friend Brenda who is being left out by her friends.

Meet the Brain. Age Range: 7-8. 1 hour.

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, drama and discussions are based around the talking brain and Sam in the Supermarket.

It's Great to be Me. Age Range: 8-9. 1 hr.15mins.

The children find out about the organs and body systems inside the body. They also explore the effect on the body of cigarettes and alcohol. 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. Activities, songs, drama and discussions are based around audio- visuals of aliens discovering facts about humans and a trip to the planet Conformatron. The children also help a friend with a difficult decision.

Friends. Age Range: 9-10. 1hr.45mins-2 hrs.

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 and discussions are based around audiovisuals of aliens reporting about humans and the 'Steve's Bike' audio-visual. Children use drama and role-play techniques to explore the issues raised.

Decisions. Age Range: 10-11. 1hr.45mins-2hrs.

Children explore the effects of drugs on the organs and systems of the body. They discuss cigarettes, alcohol, cannabis and, if appropriate, volatile substances. There are opportunities to explore attitudes and possible alternatives to drug use. The main focus of the programme is peer dynamics. Audiovisuals, discussion, drama and role-play are used to explore reactions to a situation involving alcohol and bullying behaviour. Children are given an opportunity to understand the group dynamic and develop skills to function more effectively in peer group situations.