

Puzzle 4 Healthy Me	Puzzle Outcome Help me fit together the six pieces of learning about Healthy Me to create 'The Happy, Healthy Me Recipe Book'	Key questions to start discussions and useful links	
Pieces			
1. Food	<p>I know the impact of food on the body, e.g. creating energy, giving comfort and altering mood</p> <p>I am motivated to give my body the best combination of food for my physical and emotional health</p>	<p>How do some of the foods and drinks you enjoy affect how you feel?</p> <p>What does eating a balanced diet mean to you? Which sections contain your favourite foods? Why are carbohydrates so important for us?</p> <p>How will you help your body be as healthy as it can be?</p>	
2. Drugs	<p>I know about different types of drugs and their uses and their effects on the body particularly the liver and heart</p> <p>I am motivated to find ways to be happy and cope with life's situations without using drugs</p>	<p>What do you understand by the word 'drug'?</p> <p>Why do you think that some drugs are legal and some drugs are illegal?</p> <p>What do you think about drugs? Should all drugs be legal/illegal? How can people feel better without using drugs?</p> <p>A good source of information on illegal drugs is the FRANK booklet 'The truth about drugs. Know the Score' which can be downloaded from www.talktofrank.com/sites/default/files/The%20truth%20about%20drugs%20v1.2.pdf</p>	
3. Alcohol Assessment Opportunity ★	<p>I can evaluate when alcohol is being used responsibly, anti-socially or being misused</p> <p>I can tell you how I feel about using alcohol when I am older and my reasons for this</p>	<p>Do you think you might try alcohol when you are older? Why/why not?</p> <p>How many reasons can you think of for why people choose to drink alcohol?</p>	
4. Emergency Aid	<p>I know and can put into practice basic emergency aid procedures (e.g. the recovery position) and know how to get help in emergency situations</p> <p>I know how to keep myself safe to avoid emergencies and also how to deal with emergencies if they happen</p>	<p>What do you remember about putting someone in the recovery position? Do you think you could help if someone had stopped breathing?</p> <p>www.sja.org.uk/sja/first-aid-advice/videos.aspx?m=ry347juq2g</p> <p>www.nhs.uk/Conditions/Accidents-and-first-aid/Pages/CPR.aspx</p>	
5. Emotional and Mental Health	<p>I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness</p> <p>I know how to help myself feel emotionally healthy and can recognise when I need help with this</p>	<p>How many emotion words can you think of?</p> <p>Does your mind feel calm and ready to learn?</p> <p>What do you think of when you hear about mental illness? What could you do if you heard someone use an unkind word or phrase about mental illness?</p> <p>How would other people know you were having a good or a bad day? What can you do to help yourself feel better?</p> <p>www.youngminds.org.uk</p>	
6. Managing Stress	<p>I can recognise when I feel stressed and the triggers that cause this and I understand how stress can cause alcohol misuse</p> <p>I can use different strategies to manage stress and pressure</p>	<p>What makes you stressed more than anything? Does it help if someone else can suggest a solution?</p> <p>How do other people try to manage stress?</p> <p>Why might people who don't feel good about themselves misuse alcohol?</p>	

Puzzle 5 Relationships	Puzzle Outcome Help me fit together the six pieces of learning about Relationships to create 'Our Relationship Fiesta'
Pieces	
1. My Relationship Web	<p>I can identify the most significant people to be in my life so far</p> <p>I understand how it feels to have people in my life that are special to me</p>
2. Love and Loss 1	<p>I know some of the feelings we can have when someone dies or leaves</p> <p>I can use some strategies to manage feelings associated with loss and can help other people to do so</p>
3. Love and Loss 2	<p>I understand that there are different stages of grief and that there are different types of loss that cause people to grieve</p> <p>I can recognise when I am feeling those emotions and have strategies to manage them</p>
4. Power and Control Assessment Opportunity ★	<p>I can recognise when people are trying to gain power or control</p> <p>I can demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control</p>
5. Being Safe with Technology 1	<p>I understand how technology can be used to try to gain power or control and I can use strategies to prevent this from happening</p> <p>I can take responsibility for my own safety and well-being</p>
6. Being Safe with Technology 2	<p>I can use technology positively and safely to communicate with my friends and family</p> <p>I can take responsibility for my own safety and well-being</p>

Key questions to start discussions and useful links

Who is special to you? How does it feel to think about this special person?
Who are the most special people to you. When you think of those people what are the feelings you feel inside?

If you can find it read the book: The Sad Book by Michael Rosen (https://www.youtube.com/watch?time_continue=1&v=F4WOo0Lsr14&feature=emb_title&safe=active)
What other feelings do you think people feel as well as sadness? What might help someone to cope with sadness?
What strategies can help with sadness or loss?

Look online at the stages of grief and discuss how this might manifest in someone's thoughts, behaviours and manner.

What does power mean? What does control mean? What gives someone power or control over others?
How can we tell when it is justified and when it is not? Why might someone want to have power or control over others? Do people always know this is what they are doing? What is the best way to stand up for yourself or for others? In what ways do you see people around you trying to gain power or control over others?
What are the right and wrong ways of standing up for yourself or others?

Who are the adults you could talk to if you had any worries connected with phone or internet communication?
http://www.kidsmart.org.uk/downloads/cn_A2posterPRIMARY.pdf

How much do you know about internet safety? Where can you go to find out more?