



PHSCE

Healthy Me piece 4

To understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol.



Calm me



Does your mind feel relaxed and ready to learn?

Jigsaw!





Make A Good Decision (Healthy Me)

I know what's right,
And I know what's wrong.
When to say yes,
And say no, strong,
Strong.
I will make sure,
I can tell the difference, see.
I will make sure,
I'm as healthy as can be.
As can be,
Be, be.

Chorus:
I know what's wrong and what's right when
It comes to the bite.
I know just what to say,
It's my life.
Lets be healthy, be happy, be you,
Be the way that you want to be.
Make sure that you make a good decision.

INSTRUMENTAL

Chorus x2
I know what's wrong and what's right when
It comes to the bite.
I know just what to say,
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Lets be healthy, be happy, be you,
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Jigsaw!





Is being healthy only about eating well and being active?



Jigsaw!

ALCOHOL





1	You have to be 18 to buy alcohol	
2	When you drink alcohol, it takes about 15 minutes to move through your blood stream and into your brain	
3	When you drink alcohol, it can change your behaviour	
4	Only the brain is affected by drinking alcohol	
5	Your brain is mostly made up of water	
6	Most children between 9 and 13 years old drink alcohol	
7	Alcohol affects children's brains and behaviour much more than adults'	



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7	Alcohol affects children's brains and behaviour much more than adults'	True Because their bodies are smaller

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The Liver

An adult's liver is about the size of a rugby ball

It holds approximately half a litre of your total blood supply at any given moment

It cleans the blood and gets rid of toxins

It has over 500 functions

It is the largest internal organ

It is the body's factory

If the liver did not function we would not survive

You've only got one!





Puzzle 4 - Healthy Me (Pieces 4-6)

Ages 8-9

Name

TINT BOX - To improve next time I...

Piece 4	I understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol.				
	I can recognise negative feelings in peer pressure situations (such as embarrassment, shame, inadequacy and guilt) and know how to act assertively to resist pressure from myself and others.				
Piece 5	I can recognise when people are putting me under pressure and can explain ways to resist this when I want.				
	I can identify feelings of anxiety and fear associated with peer pressure.				
Piece 6	I know myself well enough to have a clear picture of what I believe is right and wrong.				
	I can tap into my inner strength and know how to be assertive.				

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