



# Life Education Victoria

## Follow Up Activities for Parents



### **HAROLD'S MYSTERY TOUR-P/1, 1/2, 1**

#### **SYNOPSIS:**

Harold invites the class to go on a mystery tour in a special bus. On a humorous journey they visit a variety of places where different health/drug related issues are examined. They visit The Full Body Experience, a beach and a waterslide.

They discuss issues and engage in activities centred around:

- the main internal human body parts especially the lungs with regard to passive smoking
- appropriate remedies when feeling sick along with safe storage of medicines
- safety in public places including syringe safety
- being scared/pressured to do things and ways of coping

#### **OUTCOMES:**

##### Knowledge

- Recognises that their safety depends on their own & others' behaviour as well as the environment
- Recognises that people can enjoy being physically active when they recreate
- Recognises that a balanced diet promotes health & well-being
- Describes stages of human development & how body parts change as they grow
- Recognises that health has many dimensions

##### Skills

- Recalls past experiences in making decisions

##### Values

- Accepts responsibility for personal and community health

#### **SUGGESTED PARENT FOLLOW-UP:**

##### **Different Rules/Signs in Different Environments**

Create a game where your child identifies signs when they are out and about (e.g. shopping, at the beach, in the park).

Discuss with your child what the sign means and why they think that sign has been put there. Pose *'What would happen if...'*

### No Smoking Sign

Play 'SPOTTO!' Your child calls out "SPOTTO!" everytime they see a 'No Smoking' sign. Discuss with your child why they are found in so many different places.

Design A 'No Smoking' sign with your child for them to display on their bedroom door.

### Roleplay Strategies to avoid passive smoking

Brainstorm some ideas on how your child can reduce the harm from passive smoking. For example: move to other side of smoker, move away, open doors or windows. Act out some of these ideas with your child in different imaginary settings.

### Problem Solving-The Search Model

The problem-solving model we use to explore problems throughout our resource from P-6 is the Search Model.

This is a great way to develop a process for your child to analyse their problems and come up with effective strategies to deal with the issue.

Situation-	What is the problem?
Emotions-	How would the person be feeling? Why? <i>What outcome does the person want?</i>
Actions-	What could the person do/say?
Review-	What would be the consequences of each action? Which action would work best to achieve the desired outcome?
Choice-	Role-play the chosen action.
How did it go?	Discuss the effectiveness of the action How did the person get what was wanted/avoid what was not wanted. When, where, how, could these ideas be used in real life?

- Use this model with your child to help them with their problems
- Create What If... scenarios to give your child practice in problem solving
- Explore dilemmas that you feel are relevant to your child's age that arise in their favourite TV program/book/video.