

How can we keep ourselves safe?



What I should already know: Children should be able to describe some physical and emotional reactions to risk; describe how friends might influence them in risky situations; explain strategies for staying safer near roads and water; describe ways they could safely act in an emergency; carry out a simple first aid procedure and explain ways to prevent accidents in familiar settings.

Enquiry Questions:

When might it be good for my mental health for me to take a risk?

What are the possible benefits and consequences of taking physical, emotional and social risks?

Can I carry out basic first aid in common situations, including head injuries?

First Aid workshop

Money sense Workshop:



Key Vocabulary

Allergic reaction - where your body reacts to something that's normally harmless like pollen, dust or ascertain foods.

Anxious - feeling or showing worry, nervousness, or unease about something

Emotional / physical and social risks - physical risk: falling off your bike knocked down by a car, social risk: getting into an argument, losing a friend, getting told off and emotional risk: feeling upset, crying, feeling anxious, alone.

EpiPen - a medical injecting device that delivers a dose of epinephrine, used to treat severe allergic reactions, including anaphylaxis.

First aid - help given to a sick or injured person until full medical treatment is available.

Mental Health - a person's emotional, psychological, and social well-being.

Recovery position - a position used in first aid to prevent choking in unconscious patients, in which the body is placed facing downwards and slightly to the side, supported by the bent limbs.

Resilient - able to withstand or recover quickly from difficult conditions.

Risk - a situation involving exposure to danger.

Safety measure - a measure taken to increase or ensure safety or protection from danger

Unconsciousness - when a person is unable to respond to people and activities.

Well being - the state of being comfortable, healthy, or happy.



EpiPen - the brand name of an auto-injectable device that delivers the drug epinephrine. It is a life-saving medication used when someone is experiencing a severe allergic reaction, known as anaphylaxis.

Pupils will:

- describe some benefits and consequences of taking risks, in familiar and unfamiliar contexts
- describe ways their levels of responsibility are changing
- describe some first aid procedures to be used in familiar and unfamiliar situations.

The Recovery Position



