



Session Plan

Project Name: Daily needs

Programme Session Name: Protection from Pain, suffering, injury and disease

Session Date:

Session Time: 30 mins

Group Name/ Age Group: KSI

Session Lead/Planner

Healthy Living		Promoting and supporting healthy lifestyles to secure physical, spiritual, social and emotional well-being
Feel Safe		Ensuring that members of the community are supported to feel safe
Life Enhancement		Inspirational and exciting learning opportunities that ensure members of the Community raise their aspirations and achieve at the highest level
Participation		Opportunities for the voice of the Community to be heard to help shape the services available to them to make a positive contribution to their local community
Learning and Development		Providing access to a range of learning pathways so that members of the community develop knowledge and robustness

Session Aims and Objectives:

To understand that we can try to keep ourselves and animals safe

To understand that there are ways of protecting ourselves and animals from harm

To know how to protect ourselves and animals from harm

Notes and Background Information

Return to the rules from Week 2 and ask them to remember what they were

Session and Activity Outline

Introduction: Look at the rules from Week 2; why do they need to be there?

This should illicit answers of 'to keep us safe and well'

Do they need to add to the rules or take any away?- discuss in groups or as a class

Main activity:

Consider the rules for animals- what does each rule help the animal with?

Eating food that is healthy, and drinking fresh water

Sort food and drink that is good for different animals, and the food and drink that they should not have so often, or at all.

Exercise- Daily exercise for an animal

What kind of exercise might an animal have- bring in visual representations of exercises, and encourage the children to choose the exercise that might help an animal

Avoiding danger-

What could cause danger or injury to an animal? Need pictures of possible dangers- broken glass; wrong food; fire; water; getting lost- how can we prevent these things? Telling an adult at this stage, and thinking how the adult might respond. How can we reduce danger? What would the rule be- is it for the house or the animal?

Illness, or injury

Injury can be linked with avoiding danger, and being kept safe is a rule for the house when caring for an animal

Illness- regular check- ups at the vet; keeping the animal calm and safe; making sure that their routine is not disrupted; any illness or injury to be monitored carefully with the vet

Question- what do your parent/carers do for you to keep you safe from all these areas?

Plenary:

Each think of a danger to animal, go around all the class and ask them for one thing that would be a danger to themselves or an animal

Resources/Materials

Pictures

Rule templates or a card to write one rule for themselves.

Paper. Pencils/pens to write relevant rules down

Extension Exercise/Take Home Activity (if the group is fast to finish, or members of the group are fast to finish)

Which are the same rules for animals and humans? Compare and contrast

Session Evaluation

Participation Comments/ Evaluation

Staff Evaluation	
Issues Raised/ Discussion Points	
Follow-up Action Required	
Additional Notes:	
Staff Signature:	Date: