

YEAR
1

AIR TO LIVE

Participation of Schools

We welcome you all to join our programme and the good news is it is totally **FREE**.
Let's work together to promote an anti-drug world!

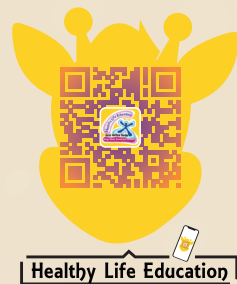
Participation of Parents

At the end of each session, every student is given a Student Workbook. We encourage parents and children to work together on the workbook to strengthen the messages of a healthy lifestyle.

The Healthy Life Education Centre

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Macao Anti-Drugs Website: www.antidrugs.gov.mo



澳門特別行政區政府社會工作局
INSTITUTO DE ACÇÃO SOCIAL DO GOVERNO DA RAEM

Student
Workbook

Healthy Life Education Programme

Help Children Lead a Healthy Life,
Prevent Them from Addiction to Drugs.

The Healthy Life Education Programme

The Healthy Life Education Programme is an internationally recognized healthy life education and drug abuse prevention programme, with the aim to raise awareness of primary school students on the benefits of healthy life style and dangers of drug abuse, in order to achieve the goals of drug abuse prevention. It started to operate in September 2000 and is implemented by Drug Abuse Prevention Division of Social Welfare Bureau.

Programme Content

The programme focuses on four main areas: body knowledge, food nutrition, drug education and social skills. The programme was designed, according to the need of children's growth, to nurture gradually the students' concept of healthy life and the correct attitude of taking drugs. When facing drug temptation, they are full of confidence to say "NO" to drugs.

Classroom Design

It includes illuminated models, body systems, a talking brain, the giraffe "Harold" (programme mascot) that can sing, audiovisual equipment, etc. It is also equipped with Augmented Reality (AR) and Kinect teaching technology systems to bring a new experience for students.

Programme Activities

Under educator's guidance, students can learn happily through games, discussions, role play, etc. The programme builds up students' problem solving and social resistance skills, helps them to establish a healthy life style and stay away from drugs.

Harold Fans Club

It is an online platform. After registered as members, students can participate in related activities and to be more aware of information concerning healthy life style and drug abuse prevention.



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YEAR 1

AIR TO LIVE

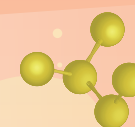
The Introduction of Healthy Life Education Programme

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Harold Song: Breathing	



The Healthy Life Education Programme

Activity 1 Five Elements



Please draw or cut out from magazines or newspaper the five elements that we need to stay alive with.



Level	Theme	Main Content	Duration
Kindergarten	Harold's Picnic	Functions of different body parts (brain, heart and lungs). The importance of the brain. Necessity of a varied diet. Safe use of medicines and self-protection.	1 hour
Year 1	Air to Live	Five elements for healthy living especially fresh air. Functions of lungs. How to avoid passive smoking. Communication among friends.	
Year 2	Food for Life	Digestive system. Balanced diet and choice of snacks. Media influence. Proper use of medicines.	
Year 3	Great to be Me	Circulatory system. Pharmacists' role; path of medicines into the body and safe use of medicines. The importance of accepting and helping friends.	1 hour and 20mins
Year 4	Body Network	Nervous system. Effects of medical / non-medical drugs and alternatives. Sources of stress and ways of handling them. Comforting a friend. Decision-making skills. Effects of alcohol.	
Year 5	Clear the Smoke	Physical, social and financial effects of smoking. Analysis the sources of information. Critical thinking. Peer pressure and training of refusal and assertiveness skills.	
Year 6	My Choice	Effects of psychotropic drugs. Reasons for and effects of bullying, the role of bystanders. Actions that victims of bullying can take. Challenges of peer problems; respecting friends.	

Activity 2 Air To Live

Please circle all the things that need air to live.



Activity 3 Oxygen Travels

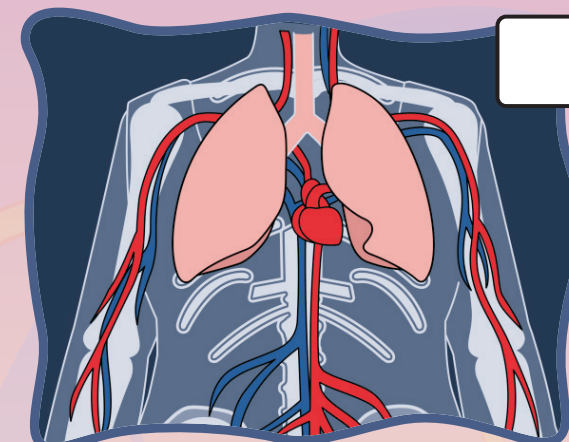
Oxygen travels from the air into our body. Put the pictures from the trip in order by numbering them.



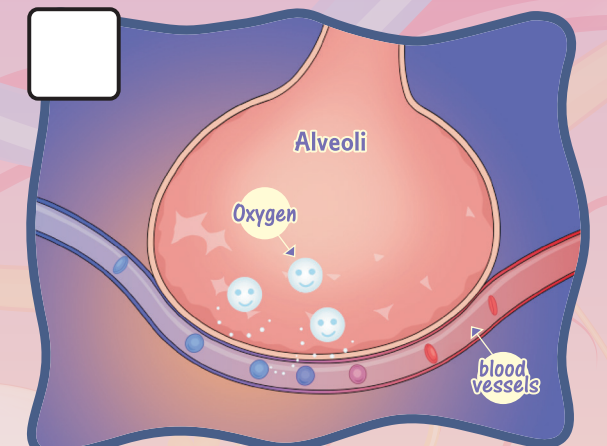
Oxygen is breathed in with the air.



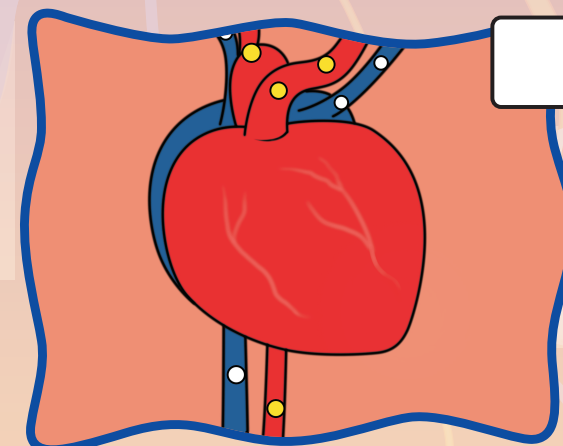
The body parts receive oxygen.



Air enters the lungs.



Oxygen goes from the lungs into the blood vessels.



The heart pumps the blood around the body.

When we take a breath of air, the oxygen passes from the lungs into the blood vessels and the heart pumps the blood which contains the oxygen to different parts of the body.



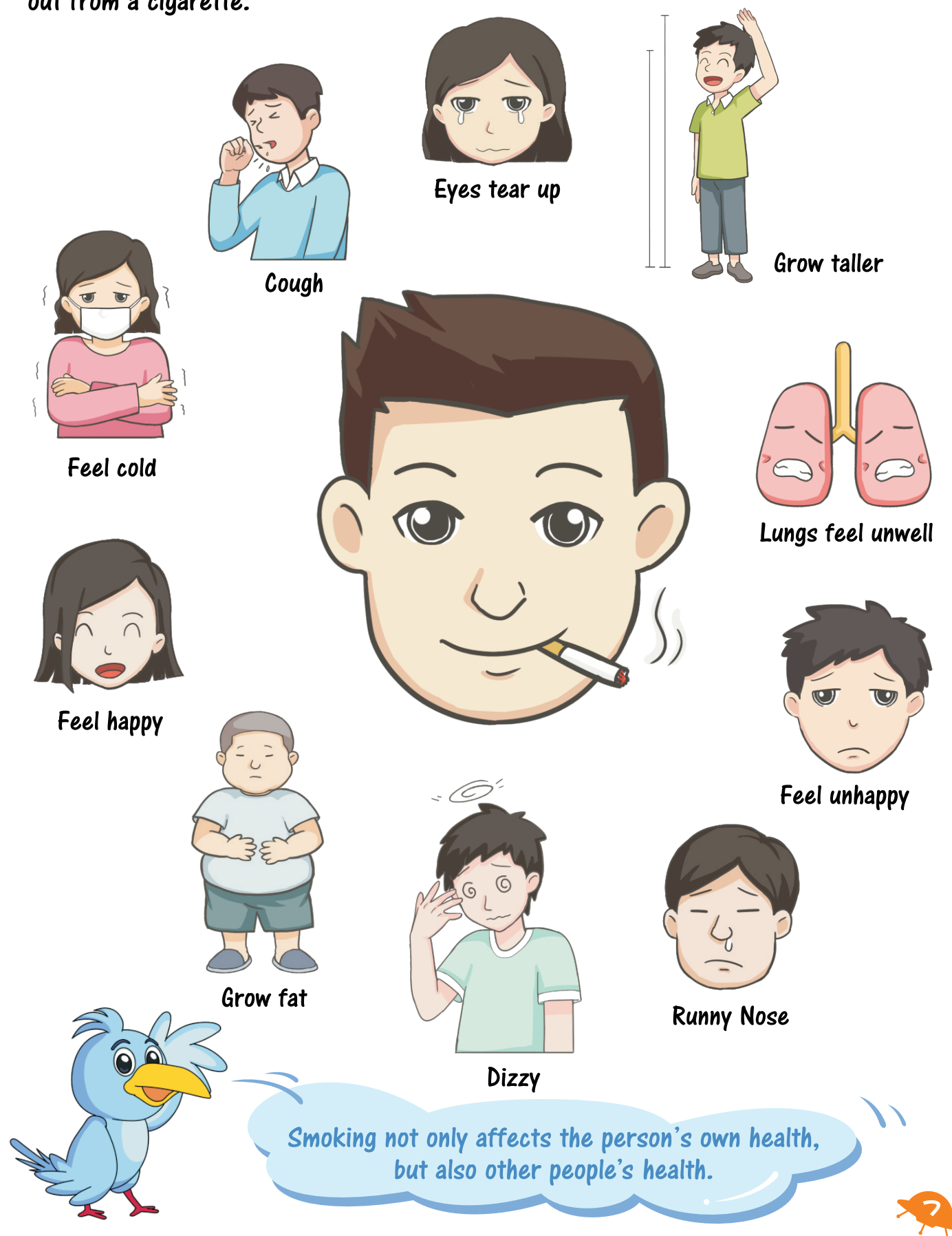
Activity 4 Let's Be Friends



When you treat others like a friend, they become your friends.

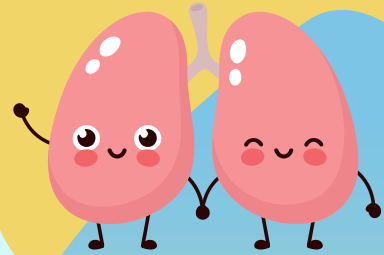
Activity 5 The Second-Hand Smoke

Circle the things that could happen if someone breathed in the polluted air coming out from a cigarette.

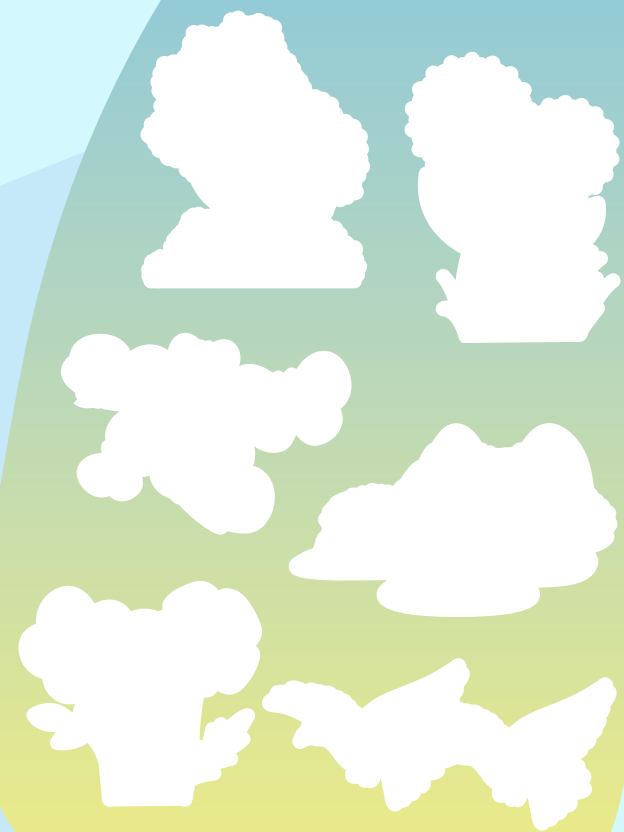
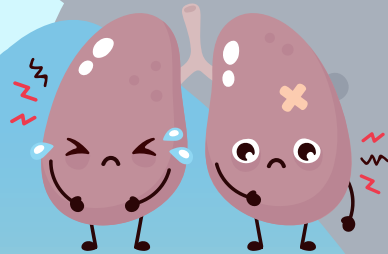


Activity 6 Happy Lungs, Sad Lungs

What kind of environment would make the lungs happy? Please paste the stickers in the box below.



What kind of environment would make the lungs sad? Please paste the stickers in the box below.

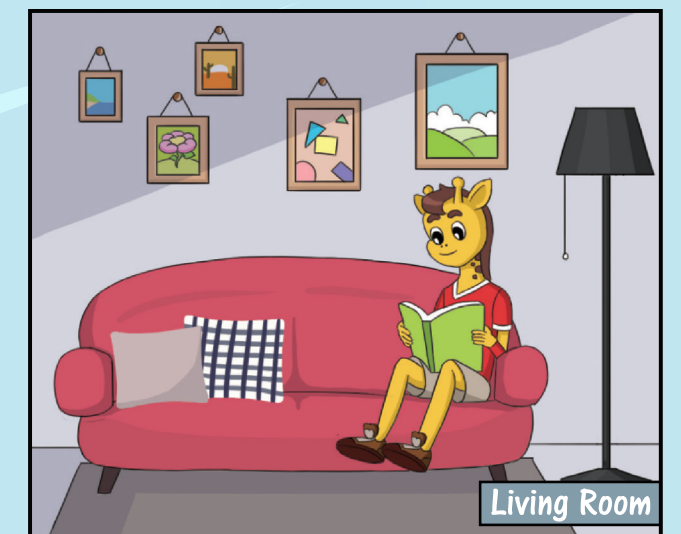
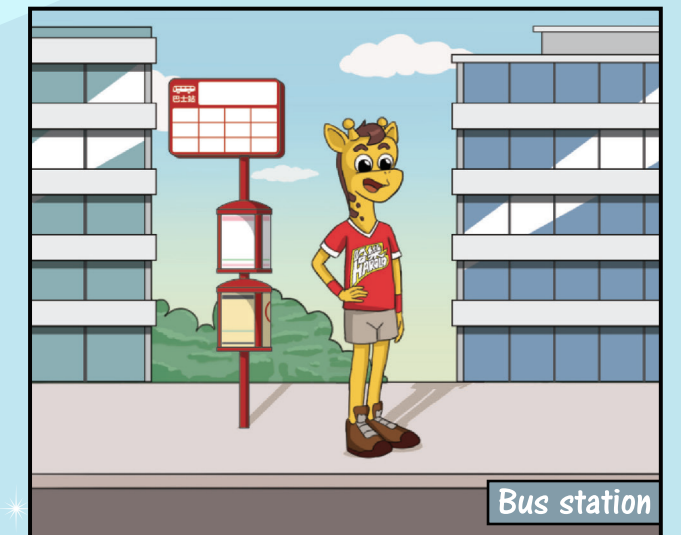


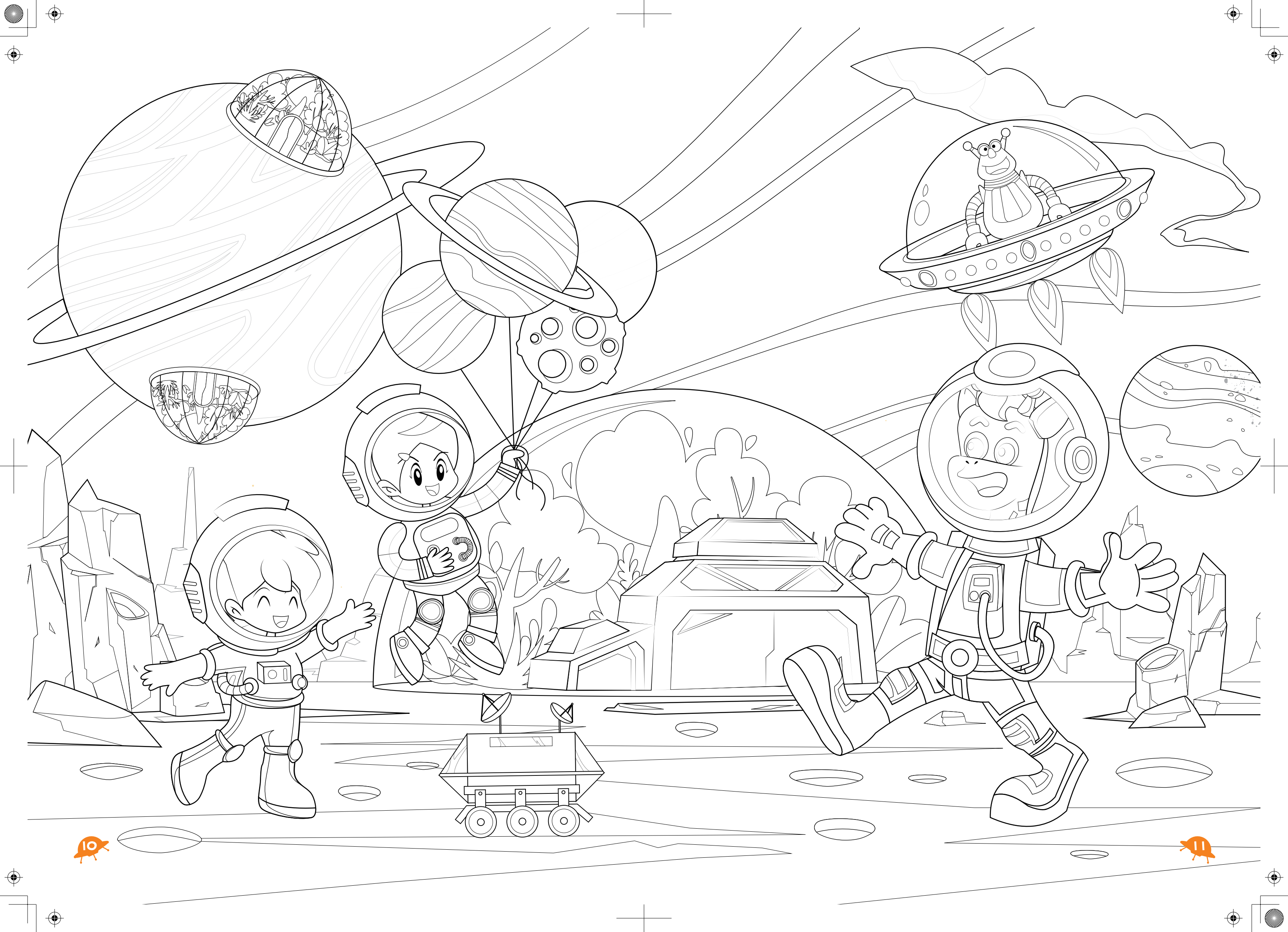
We need clean fresh air for the lungs and the rest of the body to stay healthy.



Activity 7 Where would you put it?

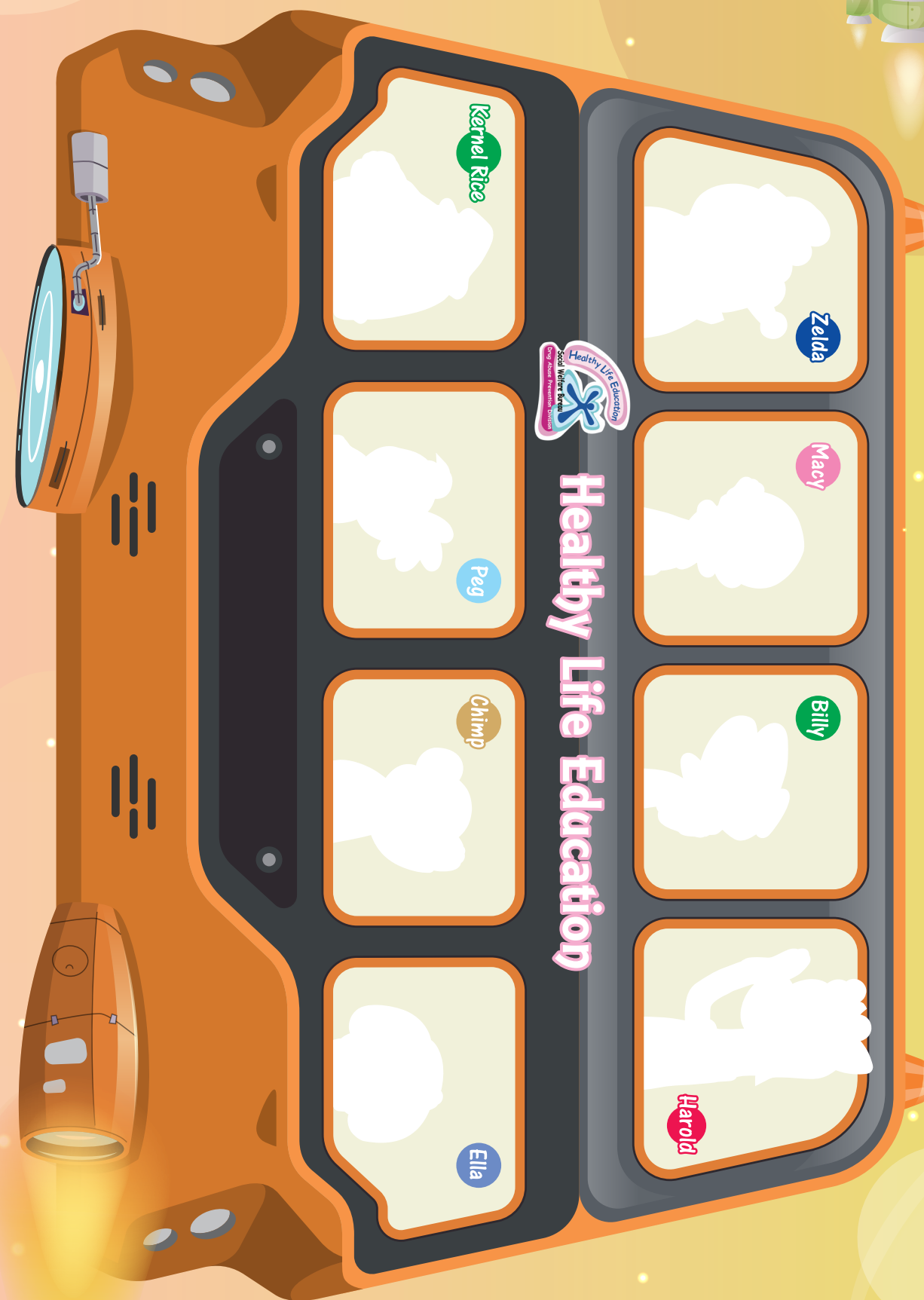
Please paste the No-smoking sign in the proper place.





Activity 8 The Programme Characters

Please paste the characters to match their names.



Harold Song Breathing

Breathe deep, clean air, stay cool with me,
Let's play, float free,
Great days and real friends we'll be.

My name is Harold and I love being me
Under the sea, there're lots to talk about
Respiration, heart, lungs, breathing and things
Make us want to run free
Jump and twist and shout!

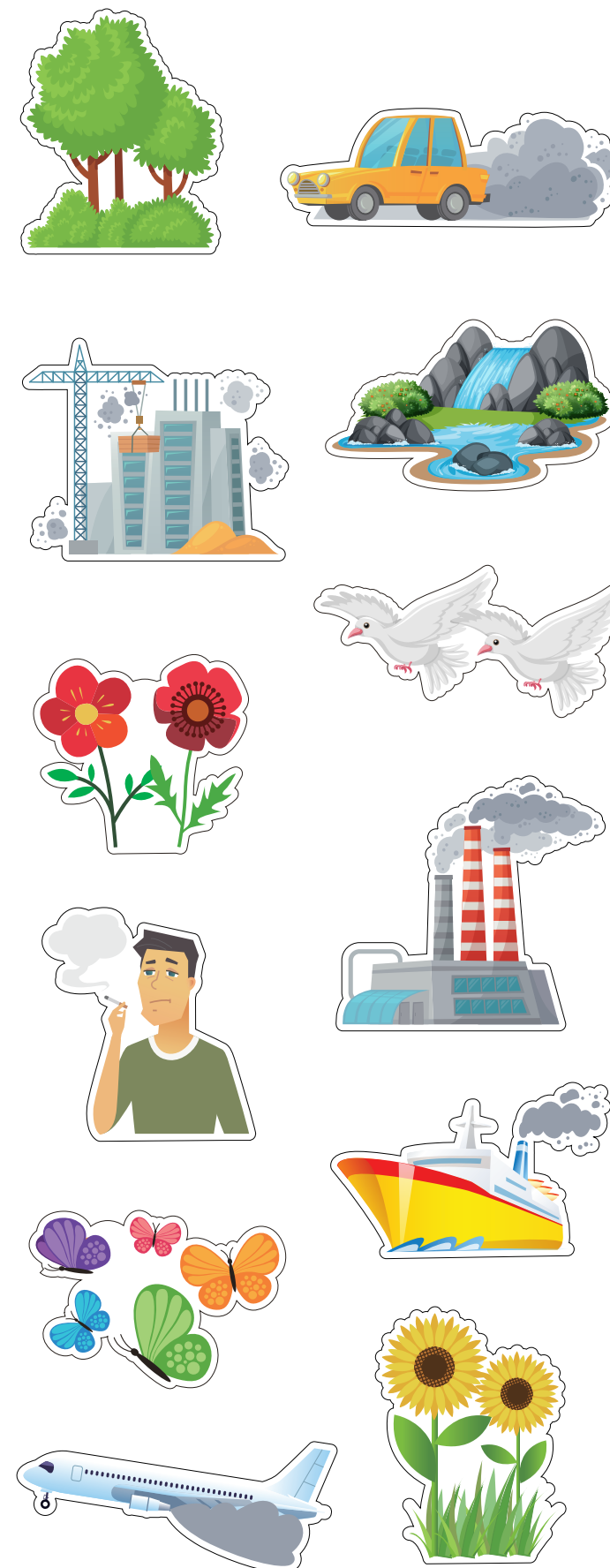
Breathe deep, clean air, stay cool with me,
Let's play, float free,
Great days and real friends we'll be.
Dive



Activity 7



Activity 6



Activity 8



Zelda



Macy



Billy



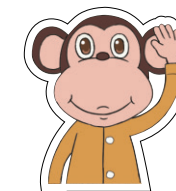
Harold



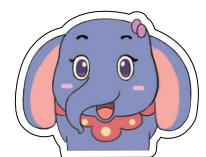
Kernel Rice



Peg



Chimp



Ella

