

YEAR
3

GREAT TO BE ME

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!

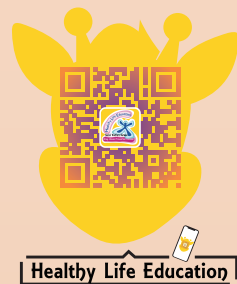
Participation of Parents

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

Address: Rua Nova de Areia Preta, n.º 577 Edf. "The Bayview", r/c, Macau

Tel: 2822 5778 Fax: 2822 5780



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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The Healthy Life Education Programme

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 1 Heart To Heart

Complete the crossword puzzle.



Across:

- We can feel the pulse from these blood vessels.
- We breathe this into our bodies.
- These appear as blue, green or purple lines on the body.
- This body part pumps blood.
- This is the red liquid in the body.
- The body needs 6-8 cups of this every day.
- This part of the air keeps us alive.

Down:

- These tiny blood vessels can be seen in our eyes.
- Arteries, veins and capillaries are all blood _____.
- A waste the body breathes out is called carbon _____.
- The circulatory system carries water, air, and _____.

BUSY BLOOD VESSELS

Colour code the circulatory system.



Arteries Red



Veins Blue



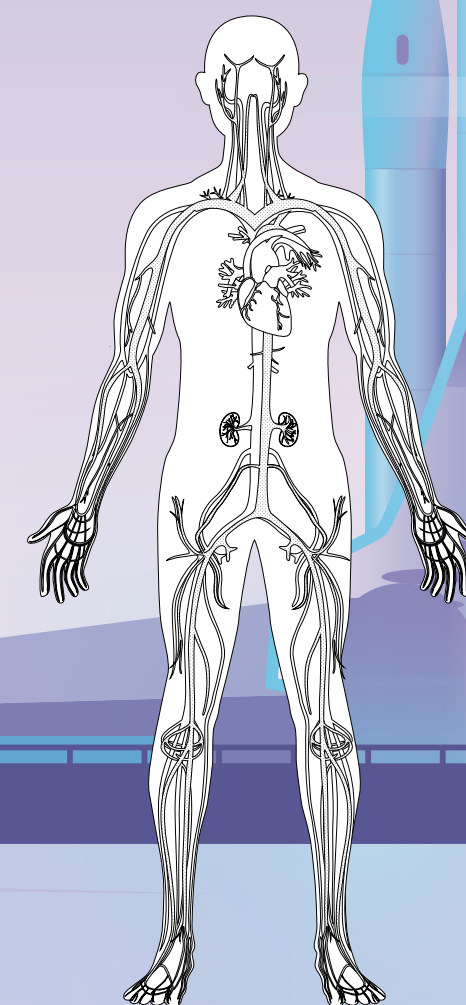
Heart Pink

The veins and the arteries have different jobs.

Try to connect the jobs with the correct body parts.

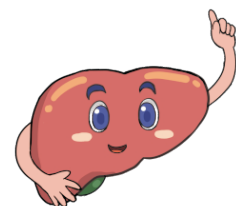
- Arteries • Bring blood from different parts of the body back to the heart
- Veins • Bring blood from the heart to the rest of the body
- Capillaries • Are the smallest blood vessels in the body

Answer: (Across: 1. Arteries 2. Air 3. Veins 4. Heart 5. Blood 6. Water 7. Oxygen) (Down: 8. Capillaries 9. Vessels 10. Dioxide 11. Nutrients)



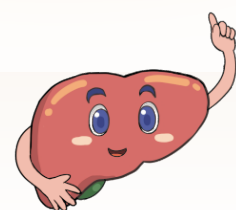
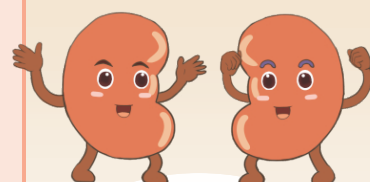
Activity 2 Who's The Most Important

Lenny Liver and the Kidney Twins are comparing against each other to decide who's the most important. They're not sure about some of the information. Help them find out the facts by putting a ☒.



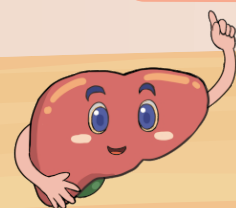
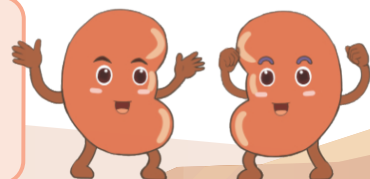
Liver: I sit at the top of your ①. (☐ A. kidneys ☐ B. heart ☐ C. stomach) in/on the ②. (☐ A. the middle ☐ B. left side ☐ C. right side) of the body. I have over ③. (☐ A. 100 ☐ B. 600 ☐ C. 500) jobs to do every day.

Kidneys: We are on the either side at the back, just behind the bottom of the rib cage. Each one of us has about ④. (☐ A. 1 ☐ B. 5 ☐ C. 10) million mini filters to filter out the waste from the blood. ⑤. (☐ A. 5 ☐ B. 50 ☐ C. 500) litres of blood pass through us every hour.



Liver: I'm extremely important, all the ⑥. (☐ A. blood ☐ B. urine ☐ C. gastric juice) must pass through me. I can ⑦. (☐ A. sort ☐ B. throw away ☐ C. increase) and store all the nutrients from the food, and turn them into ⑧. (☐ A. energy ☐ B. air ☐ C. water) I can also breakdown ⑨. (☐ A. poison ☐ B. water ☐ C. urine).

Kidneys: That is impressive. But if the two of us stopped working, the body can only live another ⑩. (☐ A. 2 days ☐ B. 1 month ☐ C. 2-3 weeks.).



Liver: If people don't take good care of me, I will get sick. And the other body parts wouldn't work properly.

Liver & Kidneys: Wow! We didn't realize we're each important in our own ways. Let's cooperate with each together and to be a smart body part.

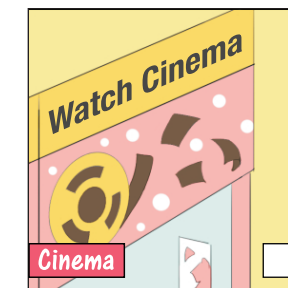
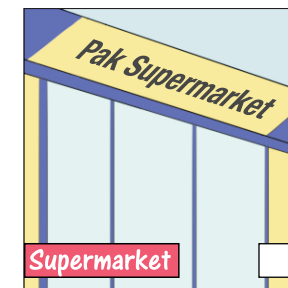
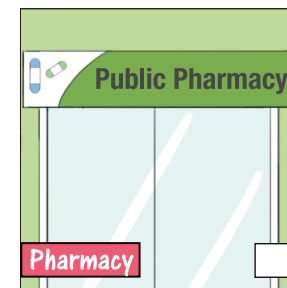
Answer: 1C 2C 3C 4A 5B 6A 7A 8A 9A 10C

Activity 3 Harold Meets A Professional

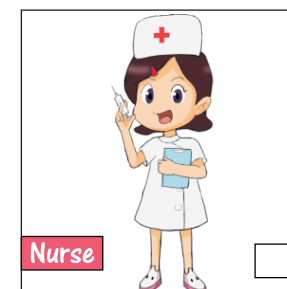
On Harold's day out, he saw a shop with the "Rx" sign. Do you know what kind of shop it is? _____



What does the "Rx" sign mean? (Please put a ☒)



Which professional will be in the shop with the "Rx" sign? (Please put a ☒)



- I am a professional.
- I know a lot about drugs.
- My task is to get the right medicine to patients according to doctor's prescriptions.
- Work location: hospitals, Health Bureau, community pharmacies, pharmaceutical companies



Harold noticed a professional inside the shop and saw this information on his name card. Can you guess this person's profession? _____

He explained to Harold how people could safely use medicines, but Harold forgot some of the words. Will you use the words below and help him write out guidelines to safe use of medicine?

Guidelines to Safe Use of Medicine

1. Listen to the doctor's (A) _____. And look at the (B) _____ and (C) _____ on the (D) _____.
2. Only use (E) _____.
3. Children should have an (F) _____ with them when they need to take medicine.



Answer: A. instructions B. expiry date C. warning D. medicine labels E. my own medicines F. adult

Activity 4 Zelda's Sick



Zelda is supposed to play in a soccer game tomorrow, but she hasn't fully recovered yet. She thought, "If I go from taking the medicines twice a day to four times a day, then I'll get better sooner."



1. What would happen if Zelda did that?

2. If you were Zelda, what would you do instead?



Medicines can be harmful to the body if not used correctly. That's why we must follow the doctor's instructions when using them.

Activity 5 Headache! Headache!



There are some things that can cause headaches. What can a person do if his/her headache is caused by the following? Please draw a line to show some of the things that you can do besides taking medicines.



Lack of sleep

- Drink plenty of water
- Stay in a cool place



Being in a smoky room

- Stop the activity and take a rest / nap
- Don't engage in high-energy activities



Too much TV / Computer / Electronic Gadgets

- Open the window to let out the smoke
- Step outside for some fresh air



Sun and Dehydration

- Take a rest
- Stay away from the TV / computer screen

Our bodies do not always need medicines to feel better. Let's take care of our bodies in the first place by leading a healthy lifestyle.



Activity 6 Zelda's Story



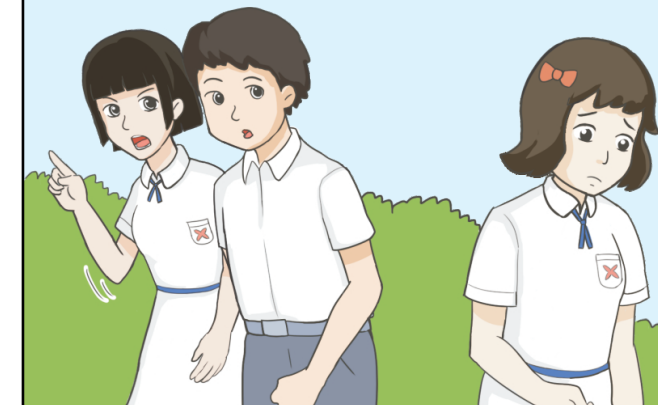
Dear smart readers, why do you think Zelda can have so many friends?

Activity 7 Let's Be A Good Friend



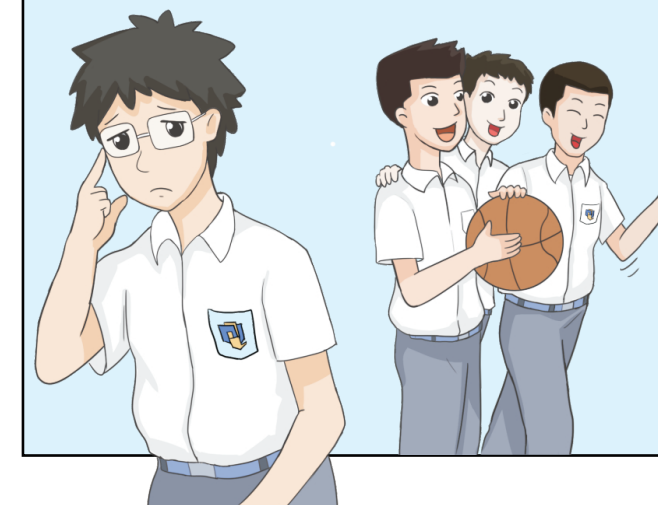
As each person is unique, we can make up for each other's shortcomings and become friends who help each other. Find out more about the situations below, and see how you can be a good friend to them.

Lilian is shy and speaks softly. She is frequently asked to repeat herself for others to hear her properly. Some classmates don't have the patience, so they avoid speaking with her.



To be a good friend to her, what could you do to help?

Emmanuel is a slow runner, and loses in many ball games. During recess, his classmates never ask him to join in a game.



To be a good friend to him, what could you do?

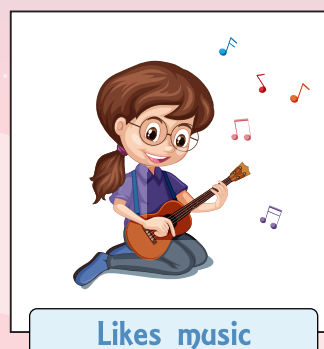
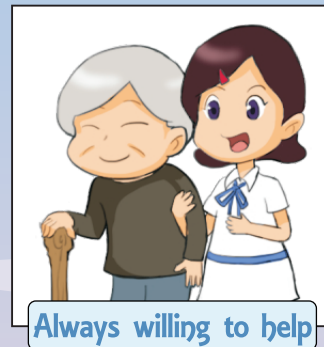
Each person is unique. When you overlook somebody's shortcomings, not only will you see their strengths, you'll also come to know your own.



Activity 8 You're Special



Each person has different characteristics, so we could learn from each other and share our opinions. Find a person in the class with the following interests or traits and put their names in the boxes below.



Was there ever a time when you were influenced by a friend to do something different? Share your experience here.

Sometimes it's fun to do what your friends do, but there's no need to join in if you feel uncomfortable. Remember: FRIENDS RESPECT EACH OTHER.



Activity 9 Where There's A Will, There's A Way

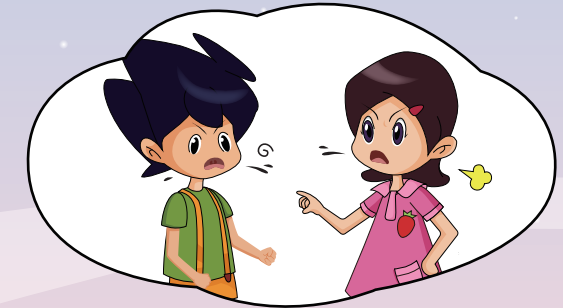
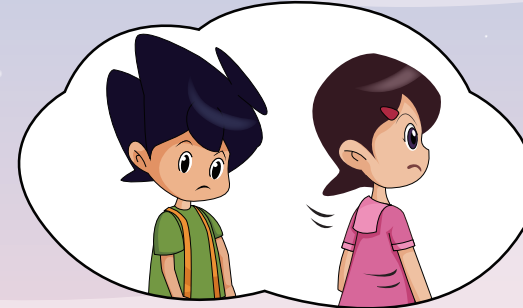


At recess time, Kyle wants to play soccer while Emma wants to play hide and seek. What should they do?

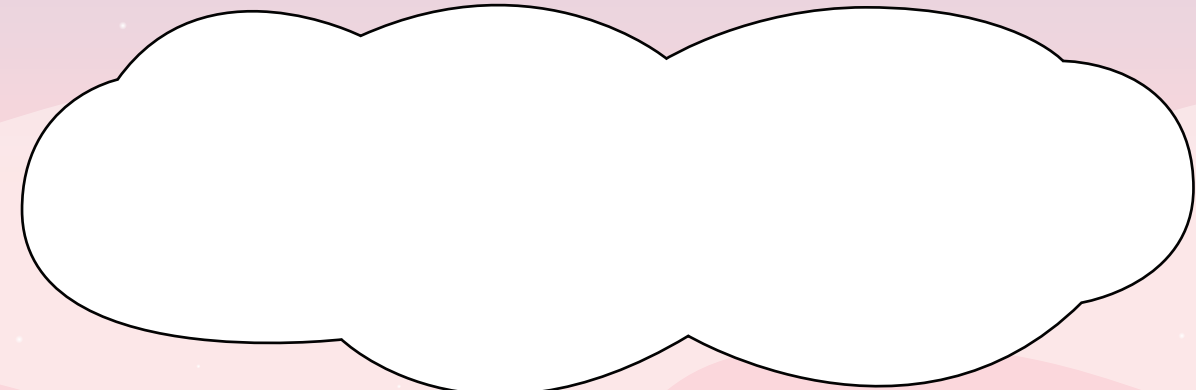


Option 1: Turn around and leave.

Option 2: Fight it out.



Option 3: Think of a way to solve the problem without hurting the friendship.



Which option seems to work best?

What's wrong with the other two options?

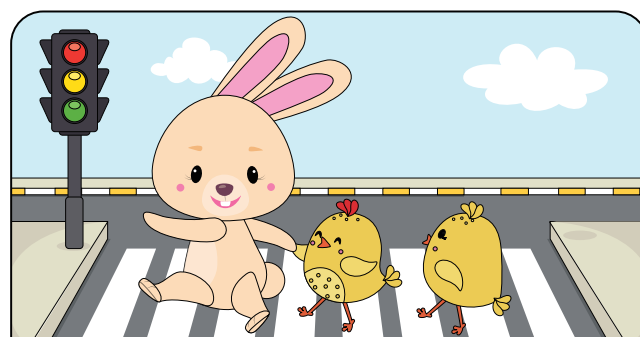


Sometimes we disagree with friends, the important thing is to respect each other, value the friendship and work out a solution together.

Activity 10 Animal Personality

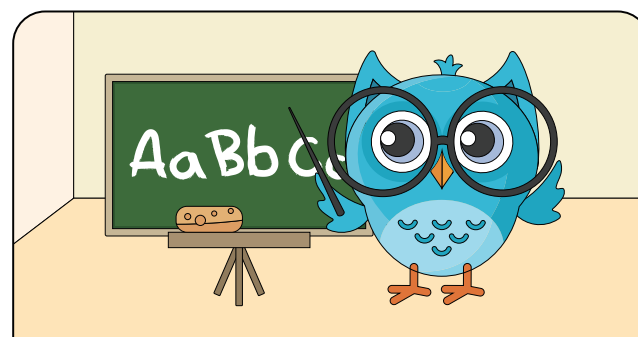


Sometimes people think an animal reminds them of a person they know. They seem to have a personality. Write down what personalities you think these animals have and think of someone that each animal reminds you of. Remember to pick one animal for yourself.



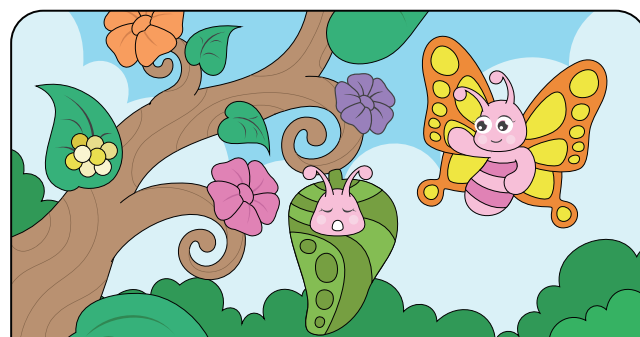
Personality: _____

It reminds me of: _____



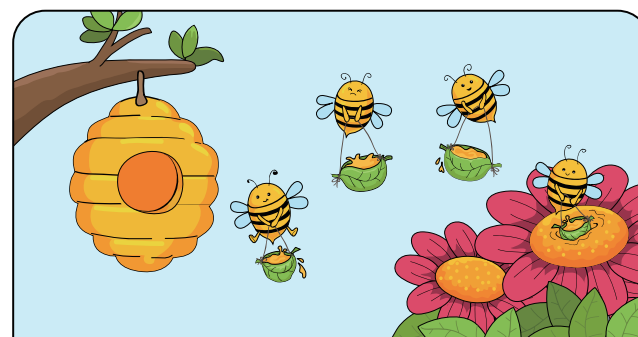
Personality: _____

It reminds me of: _____



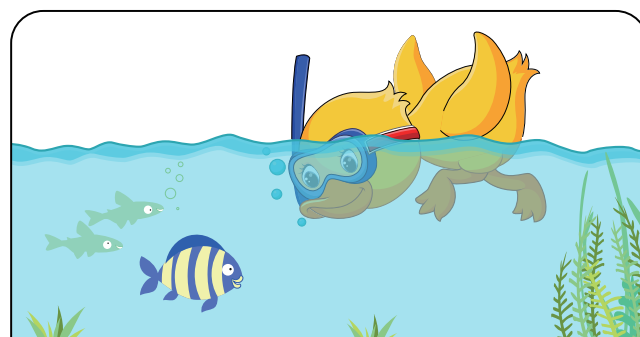
Personality: _____

It reminds me of: _____



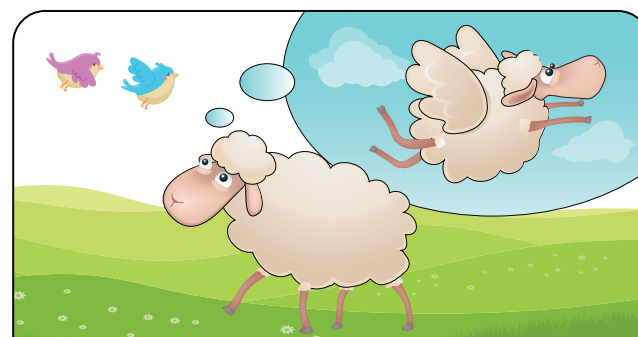
Personality: _____

It reminds me of: _____



Personality: _____

It reminds me of: _____



Personality: _____

It reminds me of: _____

Harold Song

So You Want To Rock'n Roll



So you want to rock and roll
Think it's time to start
Beat the blood right out of your heart
Knees together, eyes closed, make a honk come out your nose
Stomach in, chest out, wave your shoulders all about

The whole body boogie
You know it's really boogie
You do the whole body boogie
Get all your organs, teach them how to rock and roll

Hear your fingers click, that's really neat
Get your kidneys dancing as your joints keep the beat
Make you liver quiver, let your stomach go insane
Suck in lots of clean fresh air and blow it out again

The whole body boogie
You know it's really boogie
You do the whole body boogie
Get all your organs, teach them how to rock and roll

A message from your frame, through your spine, to your toes
Get your body wiggling wherever it goes
Some say it might blow your mind
But it might just blow your nose

The whole body boogie
You know it's really boogie
You do the whole body boogie
Get all your organs, teach them how to rock and roll



