

Medway Primary PSHE Home Learning

Key stage 2
Year 5/6

What are habits and risky behaviours?

WABIT





We are learning about risks and habits



I can explain what we mean by 'risk' and 'habit'



I can assess when a habit may be a risk to someone's physical health



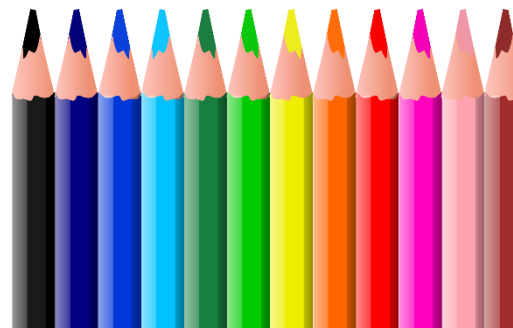
I can predict what might happen as a result of risky behaviour, now and in the future



You will need:



**A pen or pencil
and some paper**



**A few colour pens
or pencils**



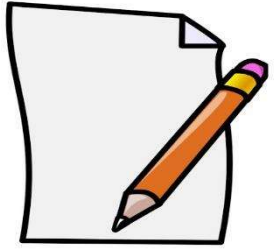
Risk: What's our starting point?

Make a graffiti wall – write the word **RISK** in the middle of a piece of paper.

Can you explain and write:

- what a risk is





Can you draw and write about:

- draw a picture of a teenager who smokes
- label what it is their teenager is smoking

Can you answer these questions?

1. Why does this person smoke?
2. How does it make them feel?
3. What effect does it have on them?
4. How does it affect them now?
5. How might it affect them in the future?



Once you've finished your picture, put it to one side — you will come back to this later!

Activity 1: Everyday habits

Can you talk about:

- What do we think 'habit' means?
- Are there any good habits that we have in common?
- Can habits be good for us, or not so good for us?
- How can habits make us feel?
- How do we recognise good and not so good habits?



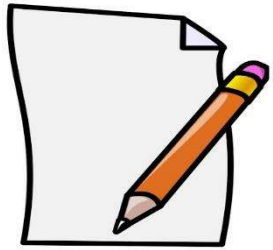
Grade the habits

- How risky do you think the habits are to their health and wellbeing?
- Grade the risk out of 10 – 10 being high risk, and 0 being no risk at all
- Write on a piece of paper what you think the risks are for each one

Amal's habit is to bite his fingernails	Joe is hooked on playing computer games
Sasha is addicted to watching TV all night	Nick is hooked on energy drinks
Sam's habit is thumb-sucking	Chantelle can't walk home without buying sweets to eat on the way

Activity 2: Risky habits and risky behaviour

Can you think of some more habits or behaviours that that are risky for someone's physical health?



Make a list, here's one to start you off:

- Smoking

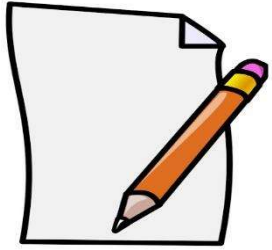
Choose three from the list and grade how risky you think the habits are to someone's health and wellbeing

- Grade the risk out of 10 – 10 being high risk, and 0 being no risk at all



Jordan's Habit

Jordan is hooked on smoking cigarettes.

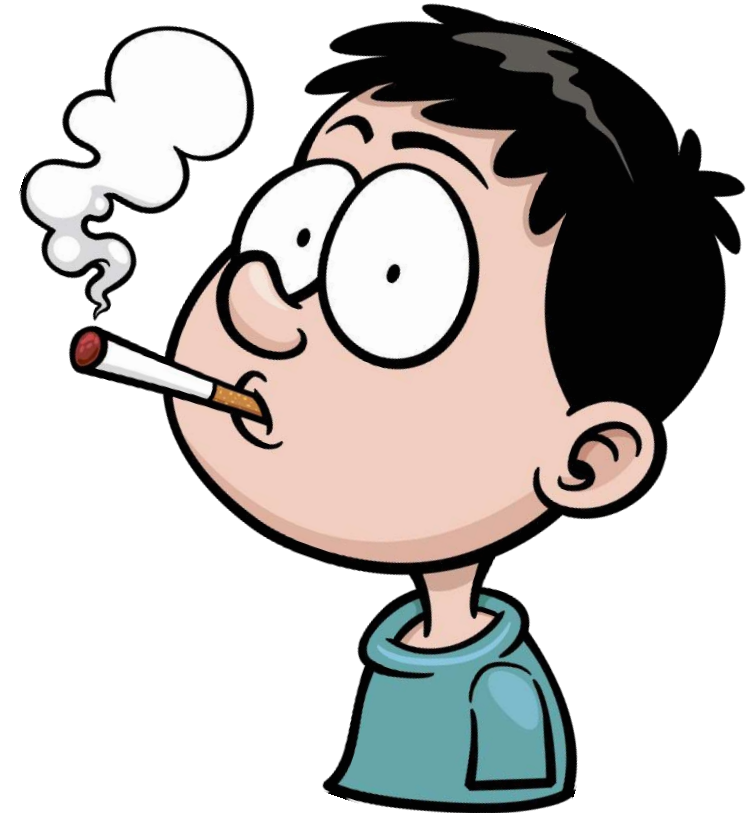


Can you draw and write about:

How the habit affects Jordan's

- looks
- feelings
- behaviour

What are the consequences of being hooked on smoking, now and in the future?



Jordan wants to give up smoking , but that the habit is hard to change



- Why do you think this is?
- What could Jordan do to stop smoking?
- How could encourage and support Jordan to give up smoking?



Do you know there is an 'addictive' substance called Nicotine in cigarettes that make it very hard to stop smoking as the body 'craves' the nicotine



Risk: Where are we now?



Go back to the 'What's our starting point?' activity

- Use a different colour pen or pencil to change your draw and write...
- Is there anything you would like to change about your pictures?
- Is there anything you would like to add to your pictures?



One thing this activity has made me think about is...



Remember...

If you're worried about your smoking or other risks and habits, you should always speak to your parent or a trusted adult so they can help you.



The **ChildLine website** also has advice about sleep for young people:

<https://www.childline.org.uk>

