

Home learning

PD: H&SC and CLL: S

Date: _____ Name: _____

Who do you visit to help you?

We would like you talk to your child about different places and people they visit to look after them and why they are important. It is important that your child learns people who can help us to live a happy and safe life as they grow older.

doctor

dentist

optician

Here are some questions to ask your child:

- What do we need to do to look after our body? (*brush our teeth, eat healthy, exercise*)
- What places do we visit to look after ourselves? (*dentist, opticians, hospital, lolly pop man or lady,)*
- What people help us? (*nurse, doctor, dentist, dietician*)
- What equipment do people need to do different jobs?
- What people keep us safe? (*police officers, fire fighters*) How?

dietician

Dear Parents,

Please complete the following questions with your child and return the sheet to school.

1. Have you ever been to the dentist? Yes No

When? _____ How did you feel? _____

2. Why do you have to brush your teeth? _____

How many times a day? _____

3. What does an optician do? _____

4. When do you visit a doctor? _____

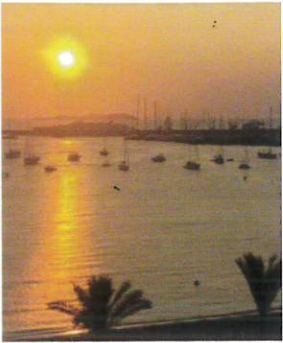
5. Why do you need to eat fruit and vegetables? _____

What fruit / vegetables do you like? _____

6. Did you enjoy this activity? (*Please circle*)

Yes No Why? _____

Parent comments:



Date: _____ Name: _____

How do you stay safe in the summer?



We would like you to talk with your child about how to be safe in the summer. Talk about the weather and the different clothes you should wear and why. We would also like you to go outside and experience the sunshine.

Here are some questions to ask your child:

- What does the weather feel like in summer? (*hot, warm, scorching, boiling, sunny*)
- What clothes should we wear in summer? (*sun hat, t-shirt, shorts, dress, sandals, flip flops*)
- Do you like summer? Why?
- What things can you do when it is sunny? (*play outside, go for walks, have a BBQ, go to the beach/ on holiday, watch the sun set/ sun rise*)
- What happens to the plants and trees in summertime?
- Why is it important to keep hydrated in summer? How? (*drink lots of water to keep hydrated*)
- Why should we wear sun cream? (*to protect our skin from the sun, and stop us getting burnt*)
- Why should we wear a sun hat? (*to protect our head from sun stroke, headaches and sun burn*)



Dear Parents,

Please complete the following questions with your child about 'Summer' and return the sheet to school.

1. Do you like summer? Yes No Why? _____
2. What clothes should you wear in summer? _____
3. What do you enjoy doing when it is sunny? _____
4. What should you wear on your skin when it is hot? _____
5. Did you enjoy this activity? (*Please circle*)
 Yes No Why? _____

Parent comments:

Empty box for parent comments.