

CATCH-UP FRIDAYS TEACHING GUIDE

(FOR VALUES, PEACE, AND HEALTH ED)

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| Catch-up Subject: | Health Education | Grade Level: | 3 |
| Quarterly Theme: | Drug Education <i>(refer to Enclosure No. 3 of DM 001, s. 2024, Quarter 4)</i> | Date: | APRIL 12, 2024 |
| Sub-theme: | Using medicines correctly and safety <ul style="list-style-type: none">- Improper use of medicine and its harmful effects (self-medication, under/overdosage or excessive use not following doctor’s prescription, etc.) <i>refer to Enclosure No. 3 of DM 001, s. 2024, Quarter 4</i> | Duration: | <i>(time allotment as per DO 21, s. 2019)</i> |
| Session Objectives: | By the end of the lesson, students will be able to understand the importance of using medicines correctly and the potential harmful effects of improper use (such as self-medication, under/overdosage, or not following a doctor's prescription). They will engage in activities that reinforce the safe use of medicines and articulate the dangers of misuse. | Subject and Time: | <i>(schedule as per existing Class Program)</i> |
| References: | K to 12 Basic Education Curriculum | | |
| Materials: | | | |
| Lesson Proper | Duration | Activities | |
| Friday Routine exercise/ Dynamic Stimulator | 5 minutes | Begin the class with a simple stretching and breathing exercise to energize the students. Play a fun song related to health and lead the students in gentle movements to wake up their bodies and minds, preparing them for learning. | |
| Current Health News and Sharing | 5 minutes | Discuss a simple current event related to health, preferably focusing on the importance of medicines or a story about doctors helping people get better. Allow a couple of students to share if they have ever been to the doctor and taken medicine to heal. | |
| Health Session | 30 minutes | Playing Games: <i>Medicine Safety Bingo - Create bingo cards with pictures representing do's and don'ts of medicine use (e.g., a doctor, a medicine bottle with a cross through it for "do not share medicines," a calendar for "take medicines on time"). As you call out the scenarios, students will place markers on their bingo cards. This game reinforces the learning objective in an engaging manner.</i> Sample Activities (select 1): <ul style="list-style-type: none">• Role-playing: Students can pair up and enact scenarios where one is a doctor prescribing medicine and the other is a patient. The doctor explains how to use the medicine correctly. This activity helps students understand the importance of following the doctor’s instructions.• Hands-on Activities: Create a 'medicine cabinet' sorting activity with empty boxes or | |

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| | | <p>bottles labeled with different times of the day or different conditions (morning, fever, cough). Have students 'prescribe' and sort mock medicines into the correct categories, emphasizing the correct time and purpose for each medicine.</p> <ul style="list-style-type: none">• Creative Activities: Students can engage in poster making, illustrating the theme "Using Medicines Safely." Provide them with drawing materials and ask them to draw what they think are important rules for taking medicine. This allows for creativity and personal expression while reinforcing the lesson's objectives.• Interactive Activities/Group Discussions: Facilitate a group discussion where students can share what they know about medicines and ask questions. Use this opportunity to dispel myths and reinforce correct information about medicine use. |
| Class Reflection and Sharing | 10 minutes | Invite students to share what they learned today about using medicines safely. Encourage them to talk about how they would apply this knowledge at home. This reflection time helps solidify their understanding and personal connection to the topic. |
| Wrap up | 10 minutes | <p>Conclude the lesson by summarizing the key points about the importance of using medicines correctly and the dangers of misuse. Emphasize the role of doctors and pharmacists in helping us use medicine safely. Hand out simple, colorful flyers summarizing the day's lessons for students to take home. End with a positive note, encouraging students to always ask questions and talk to an adult if they're unsure about medicine.</p> <p>Remember to praise the students for their participation and curiosity throughout the lesson, reinforcing the importance of the day's learning and encouraging them to continue asking questions and learning more about their health.</p> |
| Additional Notes: <ul style="list-style-type: none">• Ensure all materials used are safe and age-appropriate.• Keep the discussion light and engaging to maintain the students' interest.• Be prepared to answer questions in a simple, reassuring manner.• Encourage participation from all students, making sure no one feels left out.• Adapt the games and activities as necessary to fit the class size and dynamics. | | |

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Recommending Approval:

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