

PHSCE - How can I keep myself safe?

I know how to cross the road safely

1. Look at the powerpoint slides to help you understand how to cross the road.
2. Watch the following clip to help you:
3. <https://www.bbc.co.uk/bitesize/topics/zfcvvhbk/articles/z62nxyx>
4. Cut out the pictures on page 6 and stick them in the correct order to make **The Green Cross Code** on page 5.



Why soap works

- We know it is really important to wash our hands to prevent germs from spreading.
- Have a go at the 'Why soap works' experiment in your pack on pages 7 and 8. Please record your results in your learning book.



Bread experiment

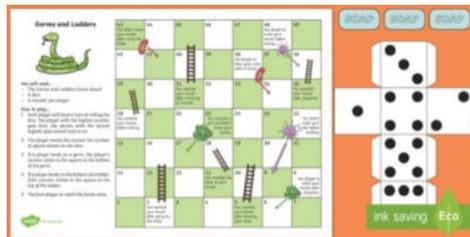
Try this experiment at home to show why it is important to wash our hands.

1. After playing outside, rub your hands over a slice of bread and place the bread in a sealed sandwich bag. Label this 'Dirty hands.'
2. Wash your hands very carefully and then rub them over a slice of bread and place this in a sealed bag. Label this 'Washed hands.'
3. Place another slice of bread in a sealed bag with a pair of tongs (so you haven't touched it) and label this 'Control.'
4. Leave the bags for a few days. Keep checking them. What has happened? Record your results on page 9.



Germs and Ladders

Play the game on page 6 all about germs!!



Dangerous Medicines

Watch the following clip on BBC Bitesize:

<https://www.bbc.co.uk/bitesize/topics/zfcvvhbk/articles/zm3nmfr>

1. Complete the worksheet by sticking the medicines in the correct boxes.
2. Can you add any more things?

How to be safe around electricity

Watch the following clip on BBC Bitesize:

<https://www.bbc.co.uk/bitesize/topics/zjrtd2p/articles/z96ckqt>

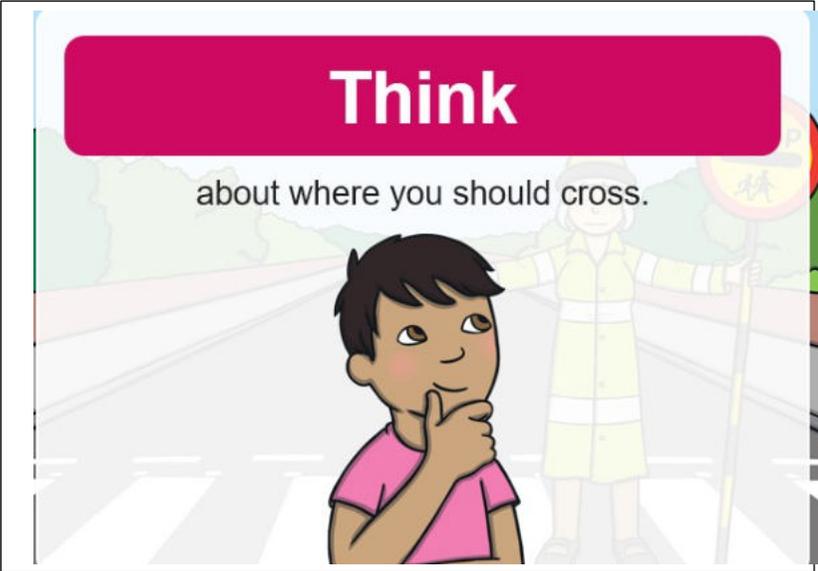
Now you should be an expert about electricity! Look at the sheet on page 9 and see how many dangers you can spot.

I know how to cross the road safely

1



2

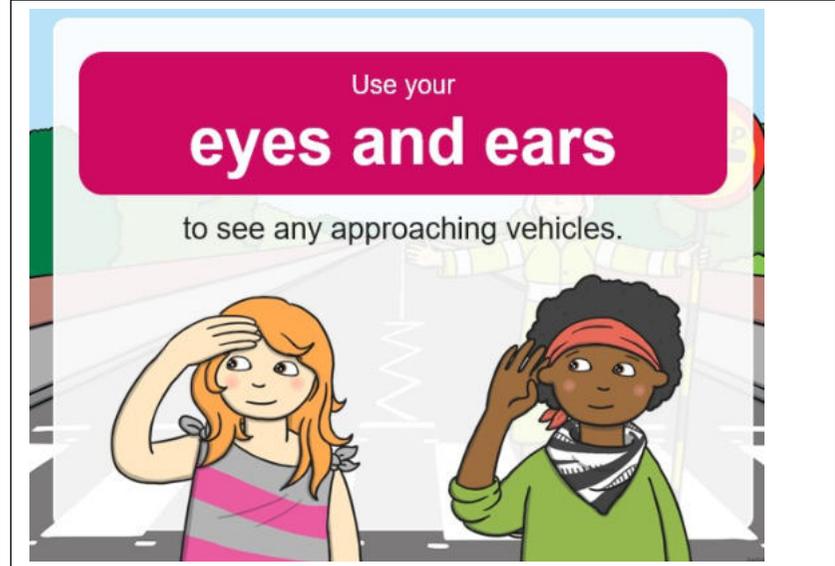


3



Year

4



2

5

Wait

Until any vehicles have passed



6

Look and listen

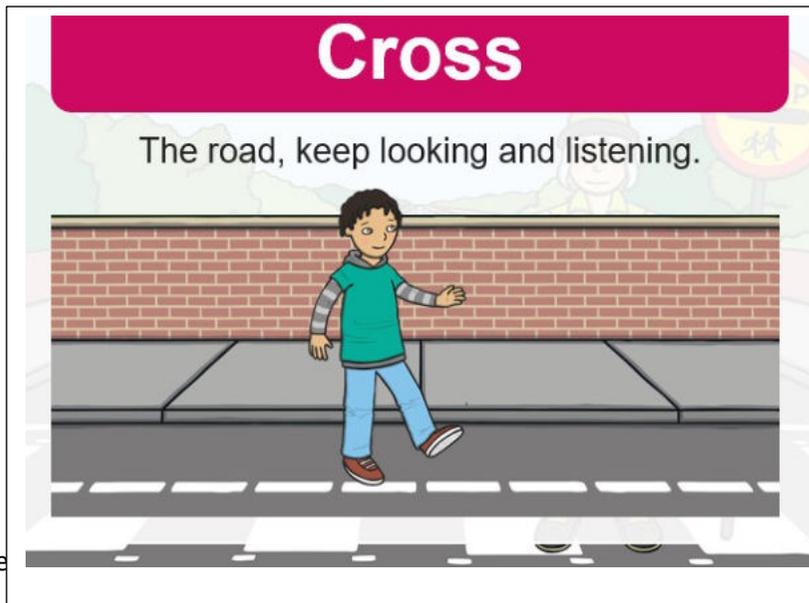
again to make sure all is clear.



7

Cross

The road, keep looking and listening.



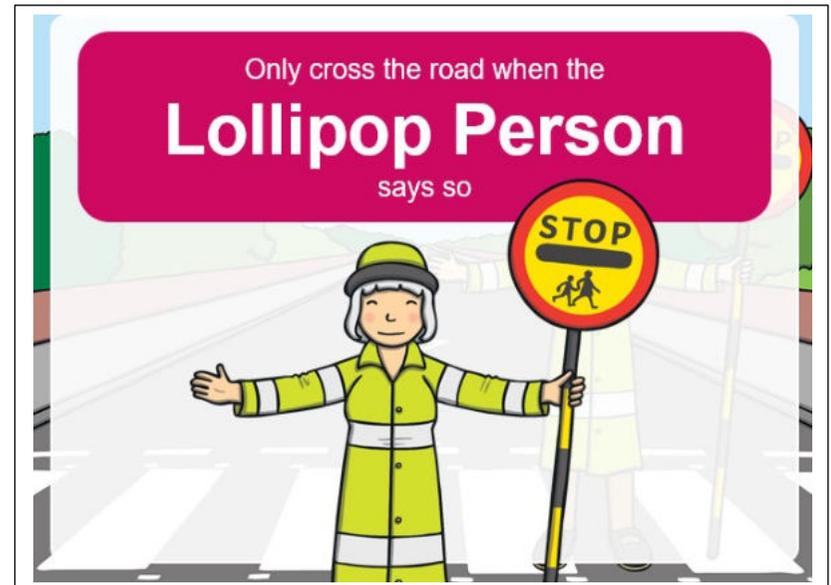
Ye

8

Lollipop Person

Only cross the road when the

says so

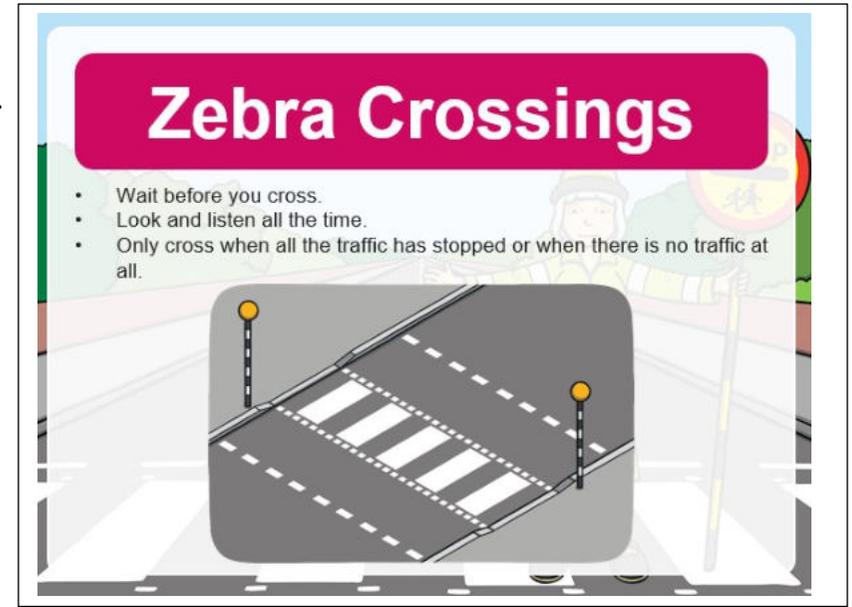


3

9.



10.

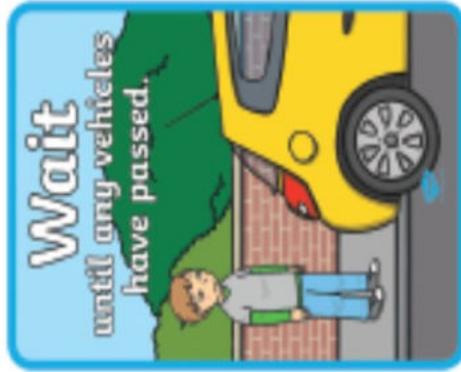


The Green Cross Code



Cut out the road safety pictures and then stick them in the correct order for crossing the road safely.



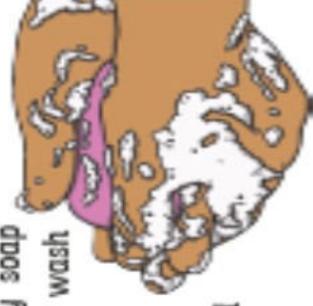


Why Soap Works Experiment

You will need:

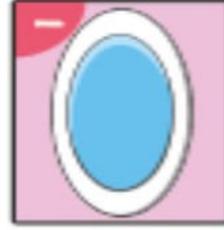
- A bowl
- Liquid hand soap
- Some water
- A hand towel
- A sprinkle of black pepper
- A camera (optional)
- (or another spice)

In this experiment, you are going to find out why soap works and why it is better than using just water to wash your hands.



In the experiment, the surface of the water in the bowl represents your hands. The pepper represents harmful dirt and germs that need to be washed away.

There are two tests in this experiment and they will show you what happens when you wash your hands with and without soap.



Fill the bowl with water, but not all the way to the top.



Sprinkle some black pepper on to the surface of the water. You should see the black pepper floating.



Test 1: Dip your finger into the centre of the bowl of water. Watch what happens to the pepper and record this.

Why soap works

Why Soap Works Experiment



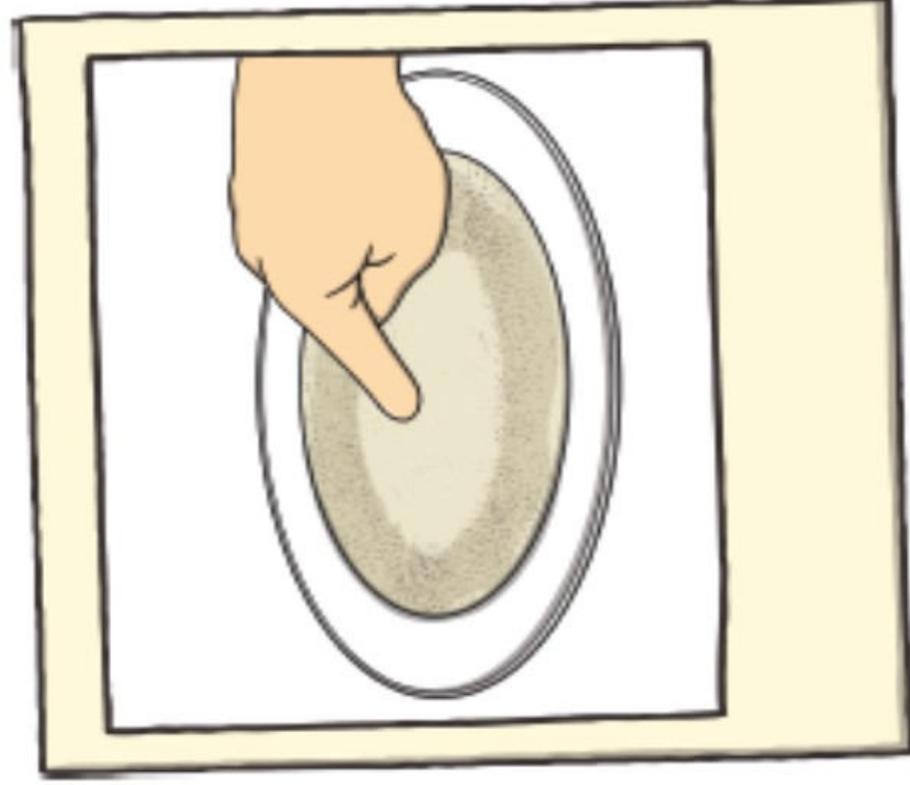
Dry your hand, then dip your finger into the liquid hand soap.



Test 2: Dip your soapy finger into the centre of the bowl of water. Watch what happens to the pepper and record this.

Top Tip

Use a camera to take photos to record what happens to the pepper each time you put your finger into the bowl.



Bread Experiment

Dirty hands

Clean hands

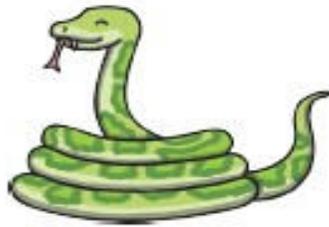
Untouched

I predict that...

I predict that...

I predict that...

Germ and Ladders



You will need...

- The Germs and Ladders Game board
- A dice
- A counter per player

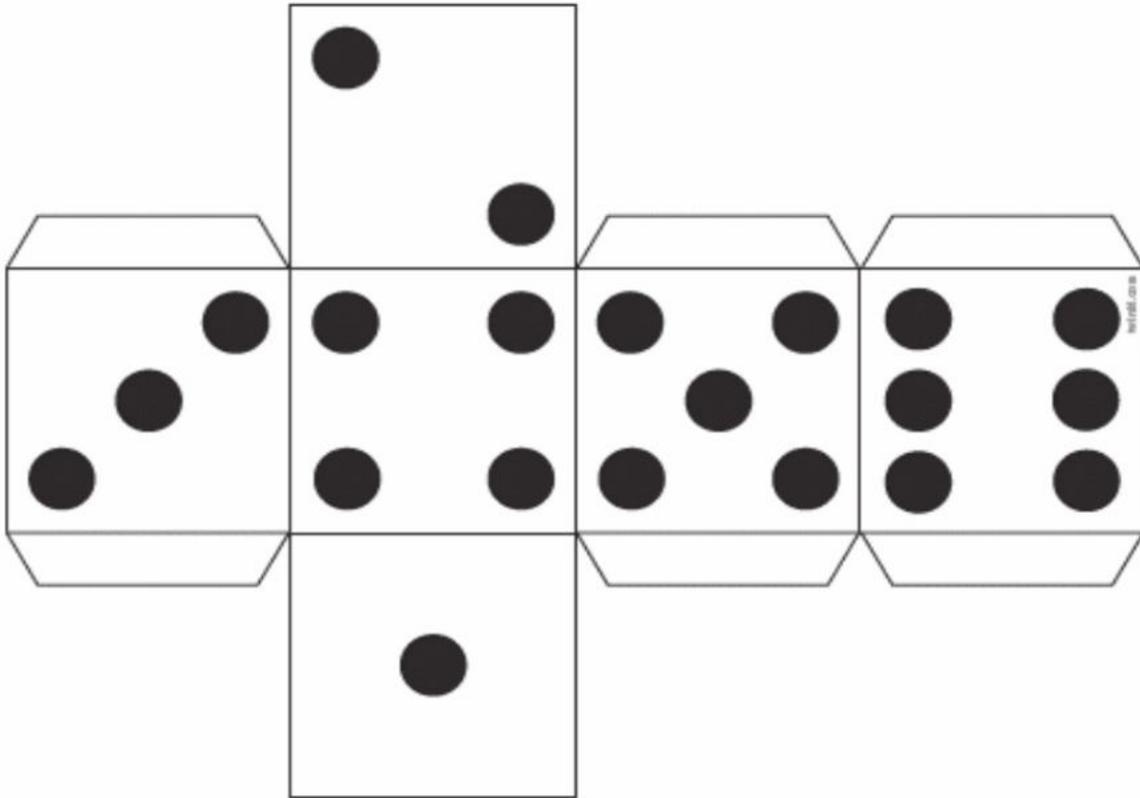
How to play...

1. Each player will have a turn at rolling the dice. The player with the highest number goes first, the person with the second highest goes second and so on.
2. The player moves the counter the number of spaces shown on the dice.
3. If a player lands on a germ, the player's counter slides to the square at the bottom of the germ.
4. If a player lands on the bottom of a ladder, their counter climbs to the square at the top of the ladder.
5. The first player to reach the finish wins.

43 You didn't wash your hands after using the toilet.	44	45	46	47	48 You forgot to wash your hands before eating.	49
42	41	40	39	38 You forgot to blow your nose with a tissue.	37	36
29	30	31 You washed your hands after touching an animal.	32	33	34	35 You washed your hands after playtime.
28 You washed your hands before eating.	27	26	25 You touched a pet and didn't wash your hands.	24	23	22 You didn't wash your hands before cooking.
15	16	17	18	19	20	21
14	13	12	11 You washed the back of your hands.	10	9	8 You forgot to wash your hands after playtime.
1	2 You washed your hands after going to the toilet.	3	4	5 You washed your hands after blowing your nose.	6	7



SOAP SOAP SOAP SOAP SOAP SOAP

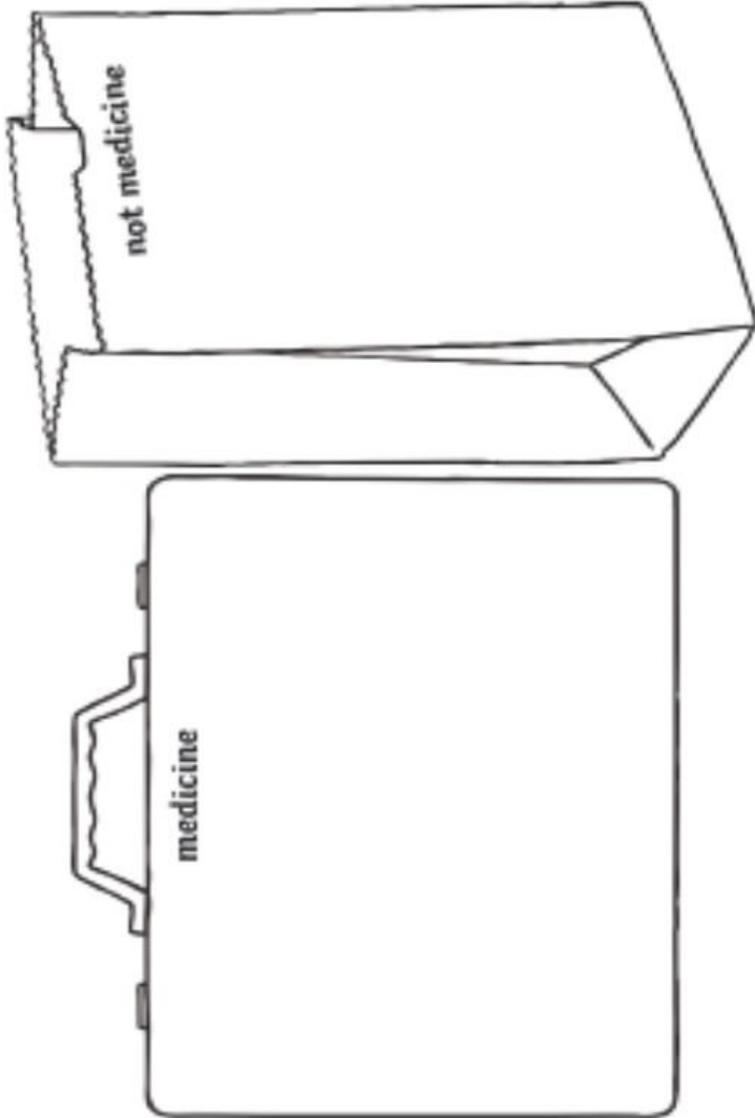


Dangerous Medicines

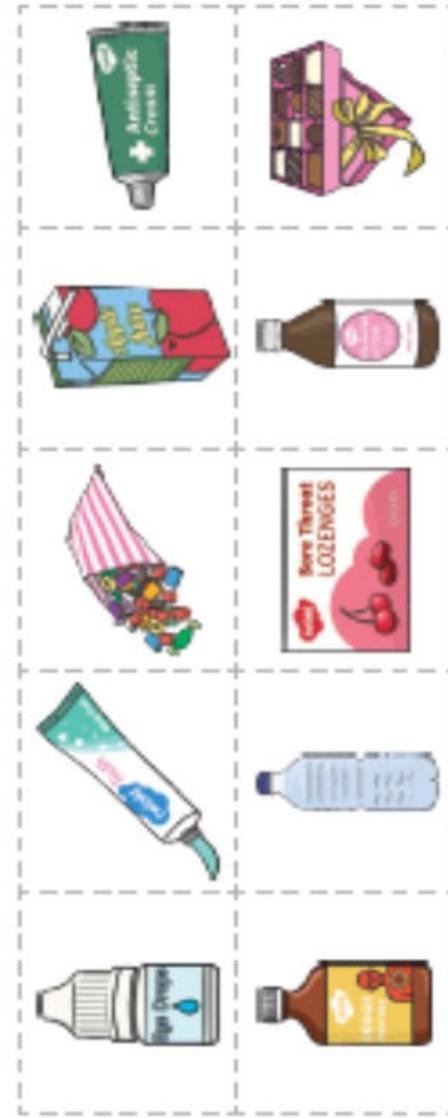
Medicine or Not?

I Can Identify Medicines

Cut out the pictures below and stick them in the right place.

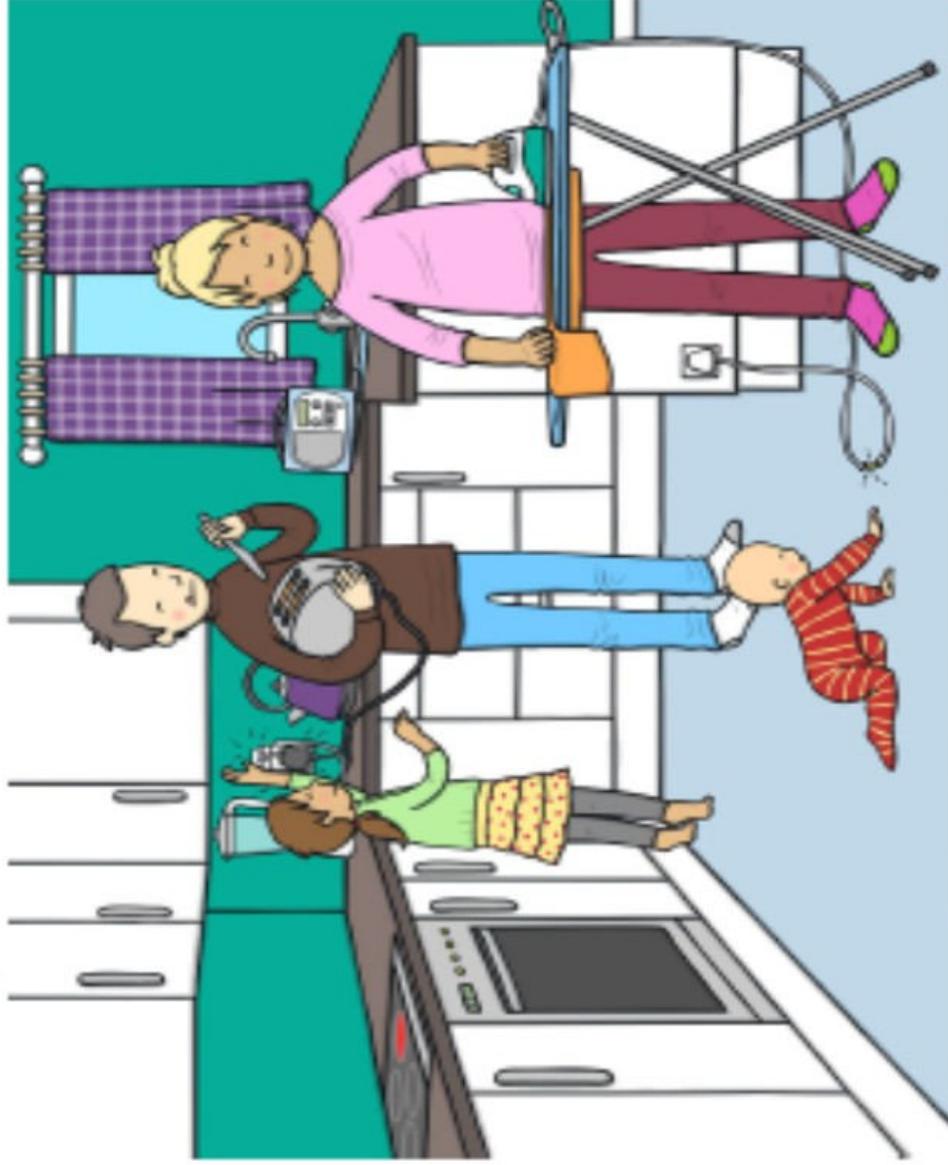


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How to be safe around electricity

Spot the Electrical Dangers!



Oh dear! This kitchen doesn't look very safe! How many electrical dangers can you find and circle?

Use your ideas from the picture to write a list of electrical safety rules for your home or classroom.

The first rule has been done for you.

1. Do not use electricity near water.
2. _____
3. _____
4. _____
5. _____
6. _____