MEDICINE SAFETY AND ASKING FOR HELP

Activity Pack -- FREE Resource

Ages 8-12 | No Prior Reading Required
Classroom, Library and Home Use

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Body Signals

Bodies send signals. A signal does not always mean something serious, but it does mean you should tell a trusted adult.

Activity 1: Signal Detective

Body Signal	Tell a Trusted Adult	Probably Fine on Its Own
A headache that won't go away	[ ]	[ ]
Feeling hot and shivery at the same time	[ ]	[ ]
A rash that appears after eating something	[ ]	[ ]
Feeling hungry before lunch	[ ]	[ ]
Tummy pain that keeps getting worse	[ ]	[ ]
Feeling tired after a big day of sport	[ ]	[ ]

Activity 2: Where Do I Feel It?

Draw a body outline. Mark where you might notice these signals: headache, sore throat, tummy ache, itchy skin, fast heartbeat.

Think About It

* Why do some people not tell anyone when they feel sick?

* Why is it better to tell someone early?

Reading a Label

A medicine label tells adults what it is, who it is for, how much to use, when to use it, and when to ask for help. Only adults should give medicine.

Activity 1: Pretend Label Hunt

PRETEND LABEL (for learning only)
SNIFFLE-AWAY Pretend Syrup | For: children 6-12 years | How much: 5 mL | When: every 6 hours if needed, no more than 4 times a day | Ask a doctor or pharmacist if symptoms last more than 3 days. | Keep out of reach of children.

Question	Answer
What is the medicine called?	
Who is it for?	
How much is one dose?	
How often can an adult give it?	
When should you ask for help?	
Where should it be kept?	

Activity 2: Right Time

An adult gives the first dose at 7 am. If it's needed every 6 hours, when could the next doses be? _____ _____ _____

Why does the label say 'no more than 4 times a day'? _____

Think About It

* Who should read and follow medicine labels?

* What should you do if the writing on a label is too small or confusing?

Design a Safety Compass

A safety compass puts one message at each point. In the centre: 'When you are confused, do not guess. Ask, learn, and choose safely.'

Activity 1: The Five Messages

Unscramble the five safety messages.

Scrambled	Message
signals / body / Notice	
adult / Ask / trusted / a	
time / right / dose / Right	
medicine / share / Never	
questions / Ask	

Activity 2: My Compass Poster

Draw a compass. Put one message at each point and your own safety message in the centre.

Think About It

* Why is a picture sometimes easier to remember than a list?

* Where in your school would your poster help most?

Worried and Brave

Note to students:
This worksheet explores personal feelings. There are no right or wrong answers -- your thoughts are your own. Sharing is always optional. If any question brings up big feelings, please talk with a trusted adult.

Many people feel nervous about medicine, needles or doctors. You can be worried and brave at the same time. Big feelings are easier when shared.

Activity 1: Feeling Check-In

Circle the words that show how you feel.

Before a doctor or dentist visit, I feel:
Calm, Worried, Curious, Scared, Other: _____

When I ask a question out loud, I feel:
Brave, Shy, Proud, Nervous, Other: _____

After I tell someone how I feel, I feel:
Lighter, Relieved, Safe, The same, Other: _____

Activity 2: My Brave Question

Write a health question you have wondered about (no names needed).

_____

Who could I ask? _____

Something that helps me feel brave: _____

Think About It

* Why can sharing a worry make it feel smaller?

* What makes a question 'brave'?

Safe Choices

Medicine should never be shared. The same symptom does not always mean the same solution.

Activity 1: Safe or Not Safe?

Situation	Safe	Not Safe
Telling an adult you found a pill on the floor	[ ]	[ ]
Sharing your medicine with a friend who has the same cough	[ ]	[ ]
Tasting something from a bottle with no label	[ ]	[ ]
Asking the pharmacist what a medicine is for	[ ]	[ ]
Eating vitamin gummies because they look like lollies	[ ]	[ ]
Letting a grown-up keep medicine up high	[ ]	[ ]

Activity 2: Who Can Help?

List the trusted adults who can help with health questions.

At home: _____

At school: _____

In the community (e.g. pharmacist, doctor): _____

Think About It

* Why should younger children never be able to reach medicine?

* What would you do if you found a bottle with no label?

Safety Compass Club

Two rules to remember. Rule 1: When we are confused, we do not guess. Rule 2: We ask, learn, and choose safely.

Activity 1: My Goals

Write or draw one health and safety goal for each time.

Goal Tier	My Goal	How I Will Do It	When I Will Start
THIS WEEK			
THIS TERM			
THIS YEAR			

Activity 2: Brave Questions Tracker

Colour a star each day you do it.

I did it!	Mon	Tue	Wed	Thu	Fri
I noticed how my body felt	*	*	*	*	*
I asked a question when I wasn't sure	*	*	*	*	*
I told an adult about a worry	*	*	*	*	*
I washed my hands well	*	*	*	*	*
I helped someone stay safe	*	*	*	*	*

Think About It

* What rule would you add to your own safety club?

* Who will you share the five safety messages with?

Teacher's Companion

No Prior Reading Required
This pack is fully standalone. No book or characters are referenced. Any student can complete these worksheets without prior reading. Suitable for classroom, library, and home learning programmes. This pack is an excerpt of a full book-specific learning pack available with purchase at **learningsmart.au**

Australian Curriculum Alignment

Learning Area	Strand	Year Level	Content Description (summary)
Health and PE	Personal, Social and Community Health	Yr 3-6	Safe use of medicines; help-seeking strategies (WS1, WS5)
Health and PE	Personal, Social and Community Health	Yr 3-6	Recognise and share emotions (WS4)
Science	Biological Sciences	Yr 3-6	The body sends signals when something changes (WS1)
English	Literacy	Yr 3-6	Locate information in a procedural text (label) (WS2)
Mathematics	Measurement	Yr 3-6	Calculate time intervals (WS2)
Design and Technologies	Design Processes	Yr 3-6	Design a clear safety message poster (WS3)
Gen. Capabilities	Personal and Social Capability	Yr 3-6	Help-seeking and goal setting (WS6)

16 Key Medicine Safety and Asking for Help Lessons

#	Lesson
1	Bodies send signals.
2	A signal means tell a trusted adult.
3	Bravery can be speaking up.
4	Medicine is stored safely by grown-ups, out of reach of younger children.
5	Never touch or taste something from an unlabelled bottle.
6	Only adults should give medicine.
7	A label says what it is, who it's for, how much, when, and when to ask for help.
8	If a label is confusing, ask an adult or pharmacist.
9	Never share medicine.
10	Same symptom does not always mean same solution.
11	Measuring tools help adults give the right amount.
12	Right dose, right time.
13	You can be worried and brave at the same time.
14	Big feelings are easier when shared.
15	If you find medicine on the floor, don't touch it: tell an adult.
16	When you are confused, do not guess. Ask, learn, and choose safely.

Answer Keys and Discussion Guidance

WS1 -- Signal Detective (Guidance)
Tell an adult: lasting headache, hot and shivery, rash after eating, worsening tummy pain. Probably fine: hungry before lunch, tired after sport (but tell an adult if it continues).

WS2 -- Reading a Label (Answers)
Sniffle-Away Pretend Syrup; children 6-12; 5 mL; every 6 hours, no more than 4 times a day; if symptoms last more than 3 days; out of reach of children. Times: 1 pm, 7 pm, 1 am. Limits keep doses safe. Stress that only adults give medicine.

WS3 -- Five Messages (Answers)
Notice body signals. Ask a trusted adult. Right dose, right time. Never share medicine. Ask questions.

WS4 -- Sensitivity Note for Educators
Some students live with chronic illness, allergies or medical anxiety. Do NOT require sharing. Follow your school's wellbeing, medication and child safety policies.

WS5 -- Safe or Not Safe? (Answers)
Safe: telling an adult about a pill; asking the pharmacist; grown-up storing medicine up high. Not safe: sharing medicine; tasting unlabelled bottles; eating gummies like lollies.

WS6 -- Challenge Tracker
There are no correct scores. Celebrate every attempt. Poisons Information Centre: 13 11 26.

Upsell Note for Educators
This generic pack is based on the Learning Smart book series. The full book-specific learning pack -- which references the characters, story moments, and adventure narrative -- is available with book purchase or subscription at **learningsmart.au**. Book-specific packs significantly increase student engagement and reading motivation.

Differentiation Strategies

Level	Strategy	Example Application
Below Level (support)	Reduce written output; use sentence starters; allow verbal responses; pair with peer.	WS2: read the pretend label aloud together and highlight each part in a different colour.
On Level (standard)	Complete all activities as written. Use discussion partner for Think About It sections.	Standard completion with class debrief of Think About It questions.
Extension (enrichment)	Invite the school nurse or a pharmacist to answer anonymous class questions.	Research how medicines are tested and approved in Australia (TGA) and present findings.

7 Discussion Questions

1. Why is a compass a good symbol for safe choices?
2. Why should medicine be stored up high with a latch?
3. What does 'bodies send signals' mean?
4. What five things does a medicine label tell adults?
5. Why should medicine never be shared?
6. Can you be worried and brave at the same time?
7. What does 'When you are confused, do not guess' mean?

Classroom Display Ideas

Safety Compass: A giant compass with the five safety messages.

Body Signals: A body outline with signals that mean 'tell an adult'.

Pretend Label: An enlarged pretend label with each part labelled.

Question Box: An anonymous box for brave health questions.

Worried and Brave: Feeling cards showing both feelings together.

Trusted Adults: Photos or drawings of the people who can help.

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This free activity pack is inspired by the **Learning Smart book series** -- everyday adventures about character, confidence and growing into a kind, capable leader.

The Full Book-Specific Learning Pack Includes:

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* Story-based Think About It questions that deepen reading comprehension
* A Teacher's Companion with book-specific discussion questions
* Access to the full Learning Smart resource library

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Professor Bee's Body Expedition	Human Body and Science
Belinda and James: Beach Smart	Sun and Water Safety
Guardians of the Web	Internet Safety
The Magical ABC Adventures: Letters A-F	Early Literacy and Phonics

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