



MY MAGICAL POTION



Author Lesson For Prep, Year 1 & Year 2

Lesson Overview

In this Activity, Students delve into aspects of the Health Curriculum, as they unpack what makes them feel good, physically and mentally. Students gain an awareness of the link between healthy lifestyle choices and feeling like a superstar!

Accompanying Resources

Potion Bottle Prop
Ingredient Cards
Potion Worksheet

Differentiation

Author scaffolds the activity allowing for different levels of independence across year levels.

Lesson Flow

Opening:

Follow the reading of 'Myrtle's Magical Medicine', and the performance of 'Myrtle's Mirror',

Author revisits the section of the book where Myrtle is saying positive affirmations in the mirror.

Discuss how saying nice things to ourselves helps our brain to learn that we are really special. The more we practise saying nice things about ourselves, the happier we feel in both our mind and body.

Author explains that as magical as this is, it's just one of the many things that you can do to make your mind and body healthy.





Lesson Flow Continued



Body:

Author brings out the Potion Bottle Prop, telling students that today they are going to make a magical potion of all the things that they need to make them happy and healthy.

Author asks students to share the magic ingredients (healthy habits) they think they need to make themselves feel like the superstar.

Author then gives mostly 'Positive' and a few 'Negative' examples.

Positive: Speak nicely to myself, Be kind to others (this makes you feel good too), Treat your body kindly, Get good quality sleep, Brush your teeth, Eat healthy food, Lots of green foods, Not too much technology, Dance, Sing, Paint, Play outside, Exercise for fun, Have good friends around you.

Negative: Eat lots of junk food, Stay up really late, Watch TV all day.

Discuss each and decide as a class what should go into the bottle.

Consolidating:

Students are then given a chance to think of the number one thing that always makes them feel happy and healthy in both their mind and body.

They then complete the *My Magical Potion* Activity Sheet, writing or drawing their favourite magical medicine (healthy habit).

Prompt students to think about all the different scenarios where they could use their "Magical Potion".

Examples:

A Friend is Unkind- I could listen to my favourite song and dance it away!

I feel like I'm bad at maths – I can use the positive affirmation "I can do hard things" to tell my brain I am capable.

Students are invited to share their responses with the class.

