

Time to Reflect

Activity: Healthy, Happy and Safe school



A happy, healthy and safe school environment and positive relationships are essential to children's health and wellbeing. In this activity, children are reminded of children's human rights by thinking about what every child needs to be healthy, happy and safe and able to do their best at school. This activity can be completed inside or outside.

Links to Curriculum for Excellence Experiences and Outcomes

- As I explore the rights to which I and others are entitled, I am able to exercise these rights appropriately and accept the responsibilities that go with them. I show respect for the rights of others. *HWB 2-09a / HWB 3-09a*
- Through contributing my views, time and talents, I play a part in bringing about positive change in my school and wider community. *HWB 2-13a / HWB 3-13a*
- I value the opportunities I am given to make friends and be part of a group in a range of situations. *HWB 2-14a / HWB 3-14a*

Learning Intentions

- Learners identify and discuss what children need to be happy, healthy, safe and able to do their best at school.
- Learners understand that children have human rights and can identify what they are.

Duration

1 hour

What You Need

- A2 sugar paper (one sheet per group of 4-5 children)
- Optional: A photograph of your school (one per group)
- Colouring pens

Activity

Divide everyone into groups of 4-5 children. Explain that this activity is designed to get everyone thinking about what makes a happy, healthy and safe school. While the children can consider what works in their school, they can also think of new things to make the school even better. It's important to remind the children that there are no right or wrong answers.

Each group should be given their sugar paper and pens and, if possible, the photograph of the school. Ask the children to draw a very rough sketch of their school, using the photograph for inspiration. Next, ask the children to record using drawings or words their ideas to the following prompts:

- What helps children to be healthy at school?
- What helps children to be happy at school?
- What helps children to be safe at school?
- What helps children do their best at school?

It is important to introduce one prompt question at a time to allow children time to answer each one.

Using a different colouring pen for each prompt helps the different aspects stand out. The posters should be busy, even messy, and full of ideas.

Once completed, invite the children to form a big circle where they can share the ideas that they feel strongly about. You might also like to encourage the children to share their ideas with other teachers, pupil support assistants and the senior leadership team.

