

New Resource

Healthy Heroes Find Out About... Drugs, Alcohol and Tobacco Education



Resource Contents:

6 Cards and ideas for lessons with cross curricular links:

What is Safe and Unsafe
Drugs
Alcohol
Tobacco
Medicines
Energy Drinks

4 Worksheets:

STOP AND THINK! - to summarise key learning
Keep Healthy and Safe Kit - to summarise how to keep themselves safe
What Choices Do Have? - age related choices linked to rule of law
Hero Face Summary Sheet

Healthy Heroes Teacher Guide
Overview of Cards Summary Sheet
List of Useful Website Links

Healthy Hero Passport - to send home to gather feedback from the family on the challenge they worked on together with their child or to use at school
Plus a Class Set of 30 Hero Cards and Stickers

Resources available to purchase from £35

Buy all four topics together and receive additional resources:
A3 display poster template, certificate of achievement and pledge certificate for the family,
Healthy Hero eye mask, face masks and logo to use for a Healthy Hero celebration event, evaluation sheets for healthy eating and physical activity topics.

Visit our website for further information on Healthy Heroes or to order resources
www.lhsp.org.uk/healthyheroes