



Educate Together

Lesson 4

Health & Well-being

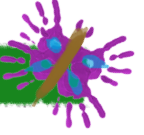


Class Level
5th/6th Class

Curriculum Links

Strand

Strand Unit



Science

Living Things

Plant & Animal Life

English

Oral Language; Writing

Developing cognitive abilities through language

SPHE

1. Myself
2. Myself & the Wider World

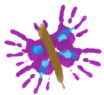
1. Growing & Changing; Making Decisions
2. Developing Citizenship

Learn Together

(Educate Together Schools)

1. Moral & Spiritual
2. Equality & Justice

1. Exploring Moral Development Cultivating Spiritual Growth
2. Activating Equality & Justice through positive Action



Content objectives:

- Children have a clear understanding of [Promise 3](#); Safety.
- Children are able to discuss the needs of an animal in relation to their health.

Learning objectives:

- Children understand that animals have a right to good health.
- Children understand that maintaining a healthy pet has cost considerations.
- Children understand the health needs of animals can differ based on the animal.
- Children relate this back to [Promise 3](#); Safety.

Resources:

- 5 Promises and Poems (attached)
- SPHE Booklet, as per previous lesson.
- Be Dogs Smart Classroom Poster (attached)

Assessment:

- Teacher questions/children's questions
- Written Task

Differentiation:

- Children draw ways to keep their dog healthy.
- Children explore other pets, cats, rabbits etc. They investigate health considerations.
- Children examine the cost of healthcare in general and use this information to debate the morality of high health costs.



Learning activities:



5th/6th Class

Lesson Plan 4

Introduction

- Remind the children about the 5 Promises.
- Discuss the human need for good health. What do we do to stay healthy? What would we do if we were sick?

Development

- Divide health into three main categories; (illness, injury and regular check-ups).
- Ask the class to work in pairs and create lists of ways that we maintain our good health based on the three categories. (e.g. if we are ill, we take medicine. If we get injured we visit a hospital).
- Read out Promise 3 – Safety and accompanying poem (5 Promises Pledge).
- Lead a discussion based on this poem. Do animals have the same right to good health as humans? Why?
- Ask the class to list the ways in which we can keep our pets healthy. Use the poem and the three categories as the basis for these lists.
- Remind the class that an animal needs to be brought to the vet at least once a year (even if they are not sick). All of these things combined will ensure a healthy dog.
- Discuss how pupils felt when they were sick. Did they go to a doctor? Why would a pet owner not take a sick animal to a vet? (cost of medicine and vet bills could be introduced here).
- Children imagine that they are an animal who

has fallen sick. They may choose the illness (toothache, sore paw, overweight etc).

- The class writes a letter/email to their owner. Remind them to explain to their owner what is wrong with them, how and why it began and also, how being sick/unhealthy makes them feel. They should conclude the letter/email with a recommendation from the pet. I think that if you did I would feel much better.

After this activity, the children read out their work. Question the child on why the animal felt like this. Other children can also recommend ways to solve this problem.

Conclusion

- Class regroups and discuss today's Promise.
- What guidelines should be given to pet owners in relation to their pet's health?

Further Discussion:

- Debate: Could Vet/medicine costs be supplemented in some way if the owner cannot pay?
- See details on Irish Blue Cross www.bluecross.ie
- There are other welfare groups that assist people who can't afford veterinary costs. Are there ones in your local area?



All About Vets...



5th/6th Class

Lesson Plan 4



So you love animals? So do vets! Vets are doctors for animals. They examine and care for animals, give them vaccinations and treat their illnesses. The vets that you may be familiar with often care for cats and dogs, but vets can also treat birds, horses, reptiles, farm animals and zoo animals!

Vets can care for animals in different ways. Many examine and treat pets in animal hospitals, while others work in big specialty hospitals where they see animals who are having a medical emergency or who have a problem that requires extra care. Other veterinarians work on farms, in zoos, at vet schools or in laboratories.

Did you know there are vets who specialize in the skin (dermatologists), the heart (cardiologist), x-rays (radiologists), the brain (neurologists) and more?

Becoming a vet requires a lot of hard work and studying. Vets have to know how animals' bodies work inside and out. While people can tell their doctor why they don't feel well or what hurts, animals can't! Vets have to be able to examine the animal, talk to its owner and from there figure out what may be wrong and what tests to run.



The Irish Blue Cross is an animal care charity dedicated to the needs of sick and injured animals. The charity has treated well over half a million sick animals since its foundation in 1945.

Every year up to 10,000 pets are treated and vaccinated and restored to full health at their mobile clinics and in their Animal Hospital in Dublin. There are ten mobile clinic locations in operation in Dublin at Ballybrack, Ballyfermot, Blanchardstown, Cabra, Crumlin, Donnycarney, Finglas, Smithfield, Tallaght and Walkinstown. All clinics are operated in the evenings by dedicated teams of volunteers, including drivers, veterinary surgeons and helpers.

The Irish Blue Cross horse ambulance service now operates at twenty-four Irish racecourses, working closely with veterinary staff to assist injured horses.

