



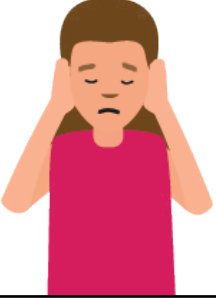



	What might help them to feel better?
<p>Nico has a tummy ache and is feeling sick.</p> 	
<p>Cody has a cold and a runny nose.</p> 	
<p>Ash feels tired.</p> 	
<p>Casey has a bruise on their leg.</p> 	
<p>Tori has earache.</p> 	
<p>Riley has a small cut on her finger.</p> 	

Match up - What might help them?

Nico has a tummy ache and is feeling sick.



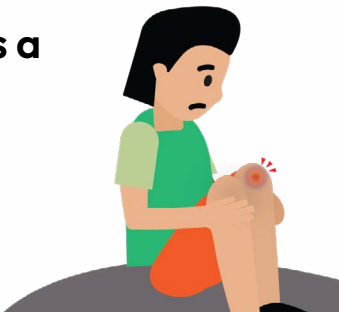
Cody has a cold and a runny nose.



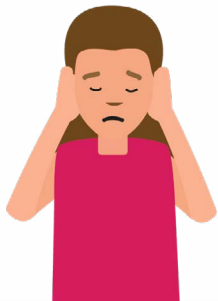
Ash feels tired.



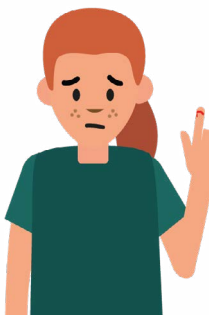
Casey has a bruise on their leg.



Tori has earache.



Riley has a small cut on her finger.



plaster

sleep

fresh air

hug from a parent

physical activity

medicine

antiseptic cream

water

rest





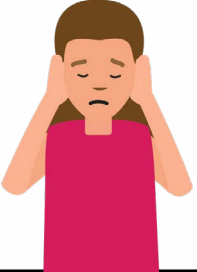
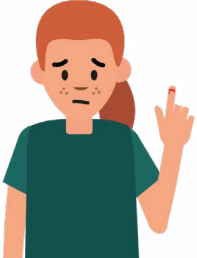
ear drops

tissue

being quiet

listening to a story

Match up - What might help them?

	Things that go onto the body	Things that go into the body	Something else?
<p>Nico has a tummy ache and is feeling sick.</p> 			
<p>Cody has a cold and a runny nose.</p> 			
<p>Ash feels tired.</p> 			
<p>Casey has a bruise on their leg.</p> 			
<p>Tori has earache.</p> 			
<p>Riley has a small cut on her finger.</p> 			

1.



2.



3.



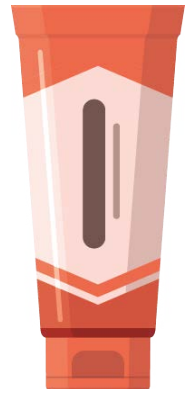
4.



5.



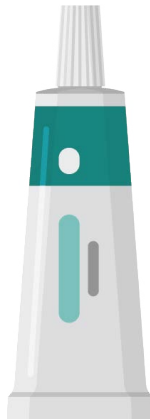
6.



7.



8.



9.



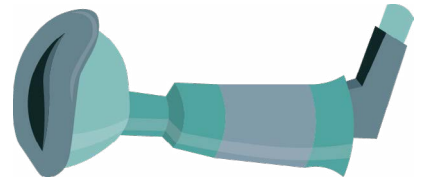
10.



11.



12.



What does it look like?	Where does it go? How is it used?	Why might it be needed?



Eczema

Ali has eczema. It means his skin can become dry and itchy. It particularly affects the back of his elbows and knees, his scalp and face. It can become sore, so Ali has to try not to scratch his skin.

Ali's mum puts some special liquid in the bath to help prevent his skin becoming too dry. The doctor gave Ali some cream to apply to his skin, to help soothe the dry patches.

Ali's mum reminds him to use the cream every day, morning and evening, because sometimes Ali forgets.

What medicine does Ali use?

Why is it important for Ali to use the medicine every day?



Asthma

Reagan has asthma. It means that she can sometimes find breathing more difficult. For example, she can feel out-of-breath when she runs or if the air is very cold outside.

Reagan keeps an inhaler with her, at school and at home. This is her 'reliever' inhaler – she uses it when needed to quickly relieve asthma symptoms for a short time. She also uses a 'preventer' inhaler every day to help prevent asthma symptoms from starting.

Reagan can use the inhalers on her own but it is important she remembers to use the correct inhaler at the right time.

What medicine does Reagan use?

Why is it important for Reagan to use the medicine every day?



Diabetes

Ben has diabetes. It means that the levels of sugar (glucose) in Ben's blood can become too high. This can make him feel very tired and ill.

To help keep the levels of sugar in the blood stable, Ben has to have an injection every day. The injection puts something called insulin into his body, it helps to control the level of sugar in his blood.

Taking the insulin keeps Ben healthy and well so it is very important that he does this every day. Ben's dad helps but Ben is learning how to use the injection pen too. This is so Ben can learn to manage his medicine in the future.

What medicine does Ben use?

Why is it important for Ben to use the medicine every day?



Teacher

**Class teacher, teaching assistant
or someone who helps us learn**

Pharmacist

**Someone who is qualified to give
out or sell medicines**

Paramedic

**Person trained to give emergency
medical care**

Counsellor

**Person trained to help people with
their feelings**

Parent

**Father or mother or someone who
looks after and cares for a child**

Nurse / Doctor

**A person trained to give health
advice and treat someone who is ill**

Cleaner

**A person who works to keep a
place or things clean**

Dentist

**A person trained to help people
have healthy teeth and gums**