

It's Your Body

Drugs Awareness & Healthy Living

Ages 5-8 (School Years 1-3)

Key Stages 1 & 2



An engaging and fun-filled educational project for younger school children that tackles the basic questions about the various substances that go both into and onto the body.

"Fantastic, fun, colourful, entertaining, educational and informative!"

S. Murdock, Class Teacher, Northwold Primary School, London Borough of Hackney

THE PROJECT

It's Your Body is an energetic and exciting 25 minutes of song-packed entertainment that enables children to understand that "all medicines are drugs but not all drugs are medicines". Whether it be a can of beer, a bottle of Calpol, a bar of chocolate or a packet of cigarettes every child should understand the risks involved with different substances. This is a fun introduction to the concept of making healthy choices, whilst always making clear the importance of asking for the help of a responsible adult.

It is vital that, at a young age, children begin to understand the power they have to make simple choices that can safeguard their health throughout the whole of their lives. *It's Your Body* gives guidance about medicines, and helps children understand the benefits of sun protection, the harm of alcohol and cigarettes, and the benefits of a healthy diet and exercise.

The development of *It's Your Body* was funded by the London Borough of Barking & Dagenham Drugs & Alcohol Action Team. The project is perfectly designed for 5-8 year olds. It guarantees enormous fun and raises crucial questions about the importance of good health and the control they have over it.

"Just to say how impressed I was with the performance. I had already heard good things from the Havering schools, but great to see it for myself. Many thanks."

David MacKintosh, Policy Adviser, London Drug Policy Forum, Corporation of London

THE SHOW

Based on the children's classic *Cinderella*, *It's Your Body* is a lively, song-filled journey that follows Cindy and her sisters Fagita and Zitora on their quest to win a place in a new pop group. However, through a combination of a bad diet, smoking, drinking and too much unprotected exposure to the sun, the sisters are not the most beautiful of creatures!

With the help of the magical Fairy God-Doctor, Cindy finds out how to combat health problems, learns about medicines and a variety of other substances and goes on to win a part in the pop group! Along the way Cindy meets a lot of fun and friendly characters who help her to stardom and a happy, healthy life!

"Children were animated, engaged and happy the whole way through... They became thoughtful and aware, were able to talk about the show and its messages weeks later... Children listened and learnt about sensitive subjects in a child centered, appropriate way. Story, song and visual effects made the children think while they were enjoying themselves."

S. Flindall, Class Teacher, New City Primary School, London Borough of Newham

"The young people enjoyed the performance a lot! I think the show really reinforced what we have recently been doing in science.... A fun enjoyable approach to some serious issues – the children will remember aspects of the show in a fun yet educational way."
Candice Ferrand, Teacher, Reglan Infants School, London Borough of Enfield

IT'S YOUR BODY TEACHES CHILDREN...

- How to be fit and healthy
- That all medicines are drugs but not all drugs are medicines
- The negative effects of smoking and alcohol
- The dangers of discarded syringes and needles
- The importance of using sun cream
- The benefits of having a healthy diet
- The importance of consulting an adult and reading and following instructions carefully when taking medicine
- That they can make sensible informed decisions to safeguard their health

"[The performance] was based on the curriculum and supported the learning in a lively, interesting, and at their level way."
A. Singh, Teacher, Waterside Primary School, London Borough of Greenwich

"The children's attention was maintained during the whole show which is rare!
Because it was so visual and active and fun, they were gripped.
Made an important subject understandable for young children. Well done!"
Nikki Lines, Teacher, Riverley Primary School, London Borough of Waltham Forest

A FEW FAQS...!

How long is the show? 25 minutes

Who's it for? Ages 5 to 8/ Years 1 to 3/ Infant and lower key stage 2

What school work does it link to?

- PSHE (Personal, Social & Health Education)
- National Curriculum for Sciences
- Healthy Schools

Are there any accompanying resources?

Yes – you'll get a free hard and digital copy of the *It's Your Body* Teachers' Resource Pack including further information, lesson plans and much more.

"High energy and high quality. Very slick and beautifully performed.
It supported our PSHE drugs unit really well."
Chrissie, Year 1 Teacher, Clara Grant Primary School, London Borough of Tower Hamlets

For more information on this show or any of our other work, please feel free to get in touch and we'll be happy to help!

Chain Reaction

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We look forward to hearing from you!