



Introduction

The National Health Service is front and center of today's society. Known to most of us now as the NHS, it was not always around. In fact, it was the product of a lot of hard work and commitment from a collection of people whose motivation was to provide a good, strong and reliable health care system for ALL.

There are activities you can access as a whole family or independently, as well as activities for individual age groups. Feel free to access them all!

Presenting ideas – mind maps, PowerPoint presentations, leaflets, letters, reports, posters, images, labelled diagrams, pictures, paintings

Suggested websites

<https://www.bbc.co.uk/newsround/38906932> (70 years of the NHS)

<https://www.youtube.com/watch?v=Rb6smSWpkig> (The early NHS)

<https://www.historic-uk.com/HistoryUK/HistoryofBritain/Birth-of-the-NHS/>

<https://www.wikihow.com/Make-a-Paper-Lantern> (How to make a lantern)

<https://www.youtube.com/watch?v=QEpfNnAmyYc> (How to make a lantern)

<https://wordart.com/> (Word art website)

<https://www.bbc.co.uk/bitesize/topics/z9yycdm> (Parts of the human body)

<http://www.crickweb.co.uk/ks1science.html#bodypart> (Body parts KS1)

<https://www.youtube.com/watch?v=jONlz7vaMnU> (Life and work of Florence Nightingale)

<https://www.youtube.com/watch?v=cR3y2VjboEk> (how to draw a skeleton)

<https://www.youtube.com/watch?v=nc0cht6Yfl8> (Vile Victorians – Florence vs Mary)

Remember to send what you've done to your teachers – we love seeing what you have all been up to! We wonder who will be this week's Home Learning Superstars?

Family activities

- ★ Learn how to make an emergency phone call – role play to practice <https://www.daisyfirstaid.com/free-kids-activity-sheets/>
- ★ X-rays - draw a skeleton of themselves/animals. Can you label the parts?
- ★ Research what a hospital needs and design your own top of the range hospital!
- ★ It would have been Florence Nightingale's birthday on 12th May – research what a birthday party might have looked like during the Victorian era. Good excuse to make a belated birthday cake and have a pretend party to celebrate??!!
- ★ Make and decorate some lanterns for your household (examples can be found in the websites above)
- ★ As a family, bank as many words you can about the NHS. Use these words and <https://wordart.com/> to create your own Word Art poster.
- ★ Clapping for carers – record how this makes you and your family feel. Could you turn these feelings into a poem or a song?
- ★ Make a list of all the things you do to keep yourselves healthy – mentally and physically.
- ★ Design your own 'Get Well' card and/or a 'Thankyou' card for a carer.
- ★ Pay attention to all the things you do to care for others during your day – what actions to you take to help another person? – celebrate them.
- ★ Find out about the different parts of a hospital e.g. the operating theatre, the wards, x-ray department. Design and label your own hospital and then build out of junk or Lego.
- ★ Write about what job role you would do if you worked in a hospital.

EYFS

- Sing 'Head, Shoulders, Knees and Toes' and 'Miss Polly has a Dolly.'
- Have a look in the mirror at your teeth. What do they look like? How many do you have? Look at your tongue and gums. Use a timer on phone or stopwatch to clean your teeth for 2 minutes.
- Draw around your body and label the different body parts?
- Make a get well card for a poorly patient.
- Write the letters NHS and/ or draw a big red cross. Can you form the letters with Lego, sticks etc.
- How can you stay healthy? Can you go to the toilet, wash your hands and face and get dressed by yourself?
- Set up a role play hospital in your bed with your soft toys. Put a bandage on your teddy. Think about how you can comfort a worried patient.
- Make some 'get well' soup with natural objects you find in your garden – sticks, stones, leaves. Write a list of ingredients you have used in your soup.
- Say thank you to our carers and NHS staff by making instruments to accompany the Thursday night clap.

KS1

- Draw round yourself on a large piece of paper and draw all your organs.
<https://www.bbc.co.uk/bitesize/topics/z9yycdm>
<http://www.crickweb.co.uk/ks1/science.html#bodypart>
- Research Florence Nightingale
<https://www.youtube.com/watch?v=iONlz7vaMnU>
- Role Play hospitals/doctors/nurses/paramedics
- Research what hospitals were like in the past
- Say thank you to our carers and NHS staff by making instruments to accompany the Thursday night clap.

KS2

- Do some research on different roles in the NHS, not just doctors and nurses, how many people does it take to run a hospital?
- What is a vaccine and how do they work? Present your information as a poster.
- Do some research and create a fact file about Florence Nightingale and Mary Seacole.
- Draw up a comparisons table and describe the differences between Florence Nightingale and Mary Seacole.
<https://www.youtube.com/watch?v=nc0cht6YfI8>
- Using the three videos available:
<https://www.bbc.co.uk/teach/class-clips-video/history-ks2-mary-seacole-ep1/z72prj6> create a labelled time-line diagram describing key features of the life of Mary Seacole.
- Look into what would make a good first aid kit – draw a diagram. Would it look different if you were somewhere else in the world/ like a different environment?
- Research a significant contribution to medicine from ancient to modern.
- Who was the first female doctor?