

## Check In Activity

**Ups and Downs reflection** – think back on the last week. How have things gone for you? Answer these questions:

- Draw or design an emoji which best shows how you feel at the moment.
- Which time of day do you find the best/worst? Why?
- When you doodle what do you draw does your mood affect your doodle?
- Name a song that gets stuck in your head. Do you like that song?
- What was the last good deed that you did?
- What always makes you smile?

We all 'ride the ups and downs' in our lives – this is normal. What are the best strategies you use to cope with your downs?

## How we conquered the smallpox virus

Watch this video: <https://www.youtube.com/watch?v=yqUFy-t4MIQ>

### Key Facts for Life

What were the main symptoms of smallpox?

How did smallpox spread around the world?

How did a Buddhist nun help to prevent people from getting smallpox?

Why were milkmaids generally immune to smallpox?

How did Sarah Nelmes, Blossom the cow and the boy James Phipps help Edwards Jenner to develop the smallpox vaccine?

When was it confirmed that smallpox had been wiped out?

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### Further Facts4Life research:

Edward Jenner was born in Berkeley, Gloucestershire and is also buried there.

A statue of him is in Gloucester Cathedral. Find out more about his life and make a fact file or presentation about him and his work.

Name at least 5 other diseases people can be vaccinated against. Pick one and give a more detailed explanation of the disease, its symptoms and how it is spread.

Vaccination is one way that doctors help people 'smooth the path' with their health.

## Puzzle Time – Wordsearch

S	Y	D	O	R	N	R	T	O	M	P	V	A	W	L	E	U	U
M	A	Y	R	M	R	S	E	M	L	E	N	H	A	R	A	S	C
O	E	N	K	W	E	N	P	F	V	Y	C	O	E	E	P	A	A
O	Q	Z	T	Z	V	A	M	O	Y	V	D	U	R	Y	I	I	S
T	U	J	A	M	E	S	P	H	I	P	P	S	M	U	I	M	E
H	E	Q	U	U	F	J	Y	Q	W	D	G	J	B	M	N	E	S
I	C	O	W	P	O	X	C	A	H	E	U	S	A	G	F	M	L
N	O	R	Y	I	S	H	L	L	M	S	U	O	R	C	E	X	M
G	G	E	A	A	Z	B	L	O	S	S	O	M	C	S	C	O	D
T	U	V	O	S	P	Q	E	M	W	D	J	I	R	I	T	P	U
H	I	E	A	L	H	I	G	N	I	T	I	M	O	V	I	L	W
E	A	R	E	N	N	E	J	D	R	A	W	D	E	F	O	L	N
P	T	A	H	E	W	U	S	Q	R	I	P	K	A	I	N	A	B
A	Y	P	W	O	A	U	K	Q	O	W	I	O	O	A	W	M	T
T	I	Z	M	R	U	V	A	C	C	I	N	E	G	I	E	S	E
H	P	O	Y	O	D	F	N	I	O	E	Y	U	Q	O	Q	L	F

Can you find these words?

- Vaccine
- Smallpox
- Cowpox
- Edward Jenner
- Sarah Nelmes
- Blossom
- James Phipps
- Infection
- Smoothing the Path
- Symptoms
- Fever
- Vomiting
- Rashes



## Connect – with a smile!



A man walks into a doctor's office. He has a cucumber up his nose, a carrot in his left ear and a banana in his right ear.

"What's the matter with me?" he asks the doctor.

The doctor replies, "You're not eating properly."



Did you find that joke funny - or pathetic? Laughter is good for our mental health – when we laugh our brain releases special chemicals that lift our mood. But what makes one person laugh doesn't always work on another.

Make a collection of jokes. Try them out with people you are in contact with. Can you find out what sort of things make different people laugh?

For more wellbeing activities, see <https://facts4life.org/for-parents-carers/>