

Facts4Life Activity Mat

Riding the Ups and Downs

Think of

- A happy memory from the past
- One thing you are enjoying at the moment
- One thing you are looking forward to in the future



Draw a picture showing all three ideas.

Our life is made up of times when we are happy and times when we are low. Some people find that when they're low they can lift their mood by focusing on happier times in the past, or something positive about the present (as we don't always appreciate what we have now) or something they are looking forward to.

Even when it's raining there are always sunny days ahead!

How does your body process medicine?

Watch this video: <https://www.youtube.com/watch?v=u0cpsXMJcJk>

Key Facts for Life

Draw a flow diagram showing the journey that a medicine takes through the body after someone swallows it. Which organs does it pass through?

In what other ways can a medicine enter the body?

What happens to the medicine once it has been turned into metabolites?

Does someone always need a medicine to feel better?

What other things can help the body to feel better?



Further Facts4Life research:

What is a placebo? Find out about 'the placebo effect'.

Why do you think that sometimes people report feeling better when all they have taken is a placebo?

Puzzle Time!

Unscramble these words and use the numbered letters to work out the phrase below. (Hint: all these words are to do with the medicines video).

DENMEICI

WASLWOL

VEILR

TRAHE

RABIN

NYSDEKI

LIBTEATEOM

SCEOSRP

NIAP

U

Make your own word puzzle to test out on a friend or family member.



Keep Learning



By continuing to learn new knowledge and skills we keep our brain active and have a greater sense of wellbeing. Set yourself a target of learning to do one of the following over the next week – or set your own challenge!

- Learn a poem off by heart and recite it to someone
- Learn to juggle with three soft balls or bean bags
- Learn a new card game to play with a family member or friend



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