

Top ten classroom tips



A simple guide for health
professionals visiting Primary
Schools.

Make yourself heard!

1



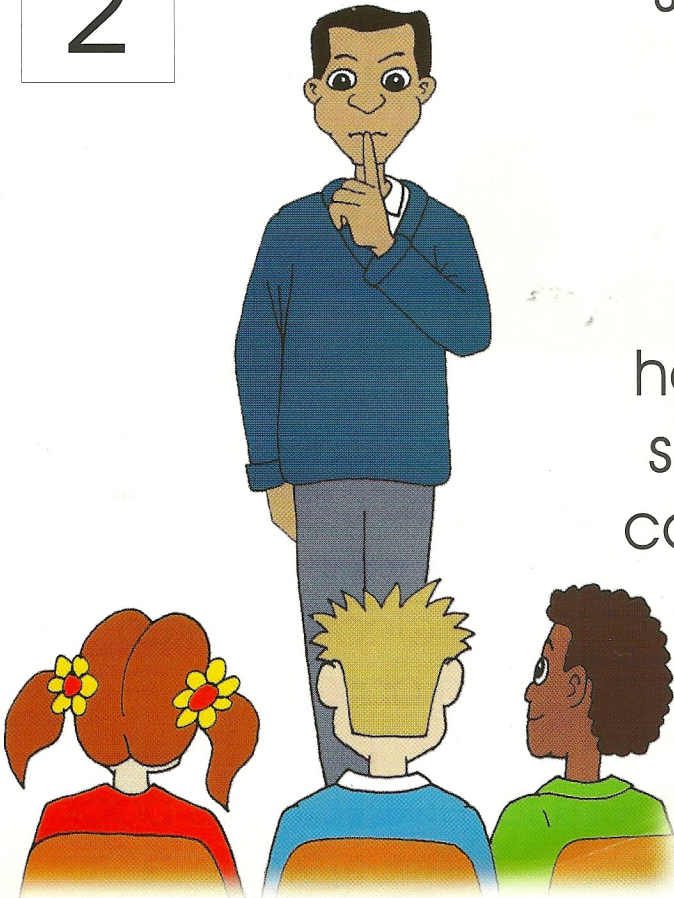
Don't be afraid to be loud! Teachers get used to it!

If you are in a large echoing classroom make sure you can be heard at the back or the children will get bored.

In small groups you may be able to speak quite normally but **MAKE YOURSELF HEARD!**

Wait for silence

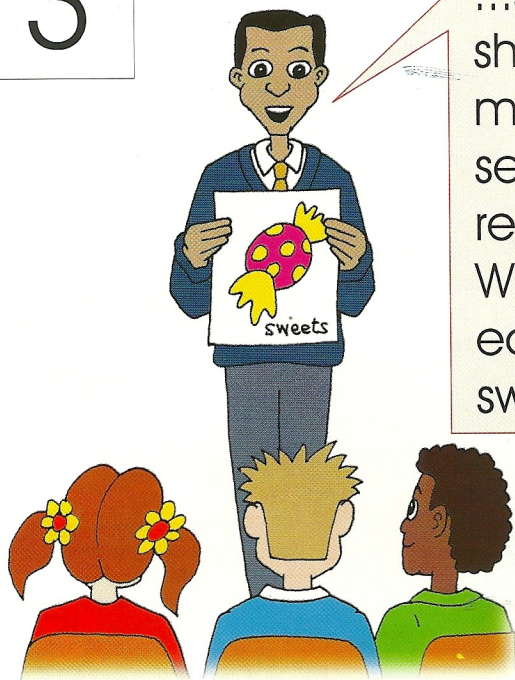
2



Thirty children
can make a
lot of noise.
They'll all want
to tell you
things at the
same time!
Have
patience.
With the
teacher's
help wait for
silence and
count two to
yourself
before
starting
again.

Speak slowly

3



...so that is why we should not eat too many sweets. Let's see who has been really listening. Why shouldn't we eat too many sweets?'

Don't go too quickly and allow time to repeat things if necessary.

Children respond better to an even pace where words are clearly spoken with pauses to let them absorb the information

You can ask them to repeat things back to you.

4

Bring things along

'Show and tell' is as popular as ever. Bring in a stethoscope or some x-rays. If you are looking at the heart bring a foetal heart monitor so everyone can hear.

Children love to see and handle things.



Use simple language

5



Why do
we get
spots?



The epidermis is prone to accumulations of surplus exudate or excretions of sebaceous fluid....



There are little holes in our skin and sometimes they get blocked...

Be positive

So who can tell me
one thing to eat that's
good for you

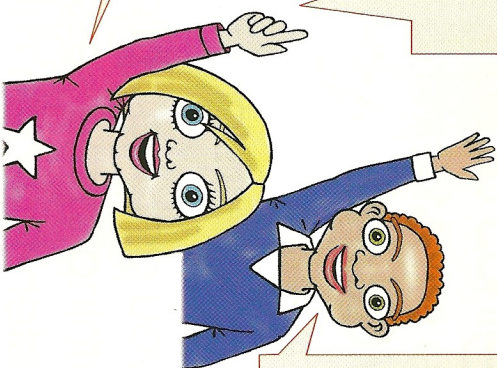


I have a cat
called Eric!



Christmas
trees?

My mum's
having a baby.

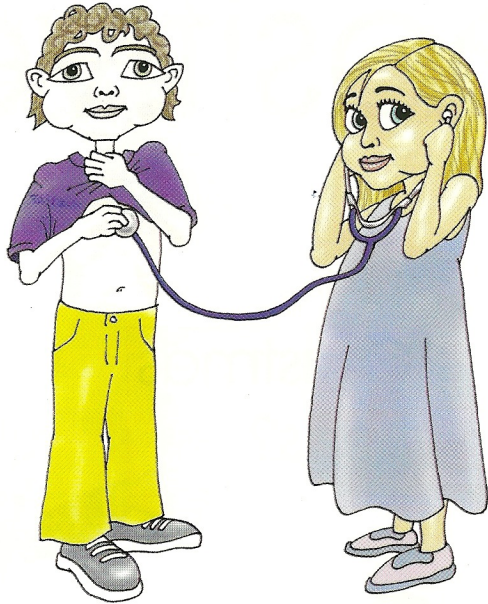


Chewy
sweets
and
fizzy
drinks!

The answers and ideas you get may not always be the ones you are expecting, especially with younger children! Try *'That's interesting'* or *'let's talk about that later'*, and don't be afraid to repeat the question if necessary.

7

Get the children to be active.

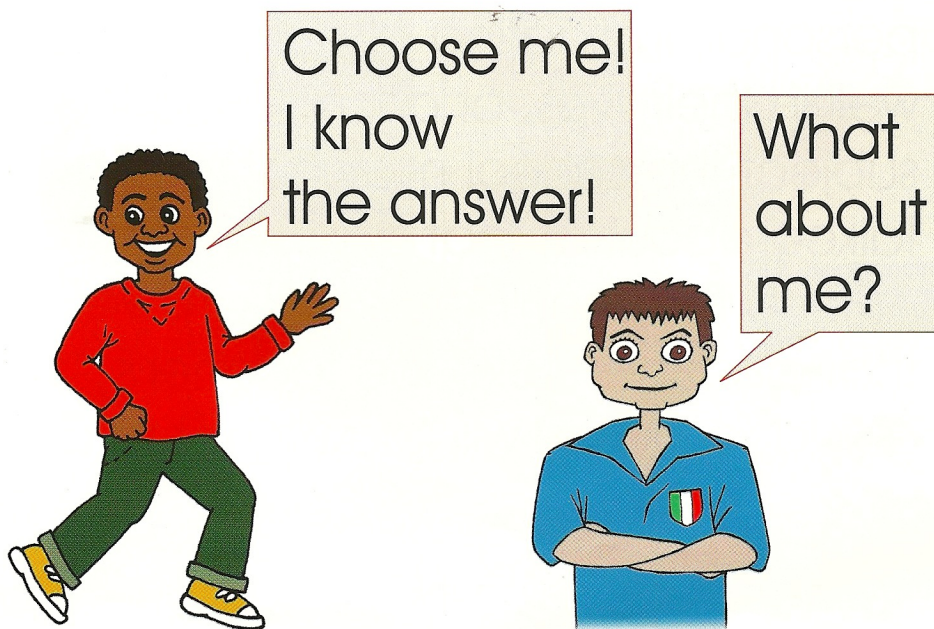


Can you get the children to do something in the session? Could they listen to each other's hearts - some schools have stethoscopes? Could they all mime washing their hands? Could they work in small groups at their tables coming up with their ideas about 'what makes a healthy breakfast?'

Involve everyone

8

Even teachers find it tempting to choose the child with their hand up at the front bursting with the right answer. Remember those hidden at the back or who might not be so confident. Try and look at everyone. Make eye contact and show that you are listening to, and talking to, everyone, including any adults in the room.



9 You are

not alone!

You are a guest in the class NOT the teacher. It is the teacher's job to make sure everyone behaves and to help choose children to ask and answer questions.

Sometimes children may say something that could be very personal, indicating all may not be well in their lives, or ask about a subject the school may not wish talked about at that age.

Ask the teacher 'How can I answer that' and then take the teacher's guidance. They will know what to do.



Be Yourself!



Children LOVE visitors. It is a real treat to have someone visiting their class.

Some of them will know you as their doctor, nurse or health visitor and be very proud of this. They like to hear about your life and experiences and tell you theirs. They will want to know what made you choose your career and how they could too.

They will be interested in what you do during the day. So don't be afraid to BE YOURSELF.

In this guide we are not trying to turn doctors and nurses into teachers. We are, however, hoping that some of these tips will help you get the best from your time in front of the children.

These tips are based on our own teaching experiences and those of our colleagues in other projects.



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