



## ‘Falling over – Your body and you’ resource

Did you know? ....

If you look after your body, your body will look after you!

### Drinking – Water keeps you well

Water makes up 60% of your body weight.

All the cells in your body need water to keep them working properly.

When you don't drink enough water, the cells that make up your body don't work so well.

You can start to feel unwell, this is called dehydration.

There are 6 early warning signs to your body not having enough water (dehydration)

- Feeling thirsty
- A dry mouth
- Tiredness
- Having dark coloured and smelly wee (your wee should get lighter in colour each time you go)
- Going to the toilet less often
- Having a bad head, feeling dizzy/giddy

If you feel any of the above, it's time to find a safe place to sit down and drink some water.

Sitting on the floor can stop you falling over and hurting yourself. It's always best to sit down, before you fall down.

Once you take on some water you will start to feel better again. This is called rehydrating, its when your body gets the water it needs to work properly again.

#### → Task

1. Can you find out how much water should we drink each day? Is this the same all the time?
2. What sorts of things can change the amount of water our bodies need/we should drink? i.e. temperature, exercise (additional water to sweat to regulate our body temperature).



## Food is fuel

Everyday you eat food to give you energy. Food contains useful things called nutrients.

Different food groups contain different nutrients that our bodies need to keep working.

Everyone needs to eat a mixture of healthy foods. This is called a balanced diet. Its about eating the right amounts (or proportions) of foods to help your body work at its best.

Some foods are better than others.

Fruit and vegetables are better than chocolate and crisps, as they give you longer-lasting energy and contain all the good things to keep your body working well. Crisps and chocolate give us energy but only for a short time and none of the good stuff our bodies need.

A balanced diet keeps your body going, just like putting fuel in a car.

### → Task

1. Can you name the different food groups? (Proteins, carbohydrates and fats)
2. Can you think of examples of foods that have these nutrients? i.e. pasta, bread, potatoes for carbs.
3. Can you think of a fruit or vegetable for each colour of the rainbow?
4. Think about what you need to eat more of.

## Bones and muscles

Inside you there are over 200 bones and more than 600 muscles.

Without good food, water and exercise your body wouldn't be able to move and it definitely wouldn't be able to keep you safe from falling over.

Exercise keeps your muscles working. We use our muscles every day to do the things we don't really think about.

Getting up out of bed, lifting a drink or food to our mouth. Getting dressed, brushing our teeth and hair, carrying our school bag. If we don't do other exercise to keep our muscles working, they won't grow strong and they won't be able to support our body to keep us upright and steady.

# Steady on... Stay **SAFE**



Strength



And Balance



Falls History



Environment

## → Task

1. How much exercise should we be doing each day? Or per week?
2. Try these six basic exercises for strength and balance from the Chartered Society of Physiotherapy's

[www.csp.org.uk/publications/get-go-guide-supplement-six-exercises-staying-steady](http://www.csp.org.uk/publications/get-go-guide-supplement-six-exercises-staying-steady)

[www.csp.org.uk/news/2017-09-27-csp-launches-video-demonstrate-six-simple-exercises-stop-falls](http://www.csp.org.uk/news/2017-09-27-csp-launches-video-demonstrate-six-simple-exercises-stop-falls)

## Your senses

Your five senses let you experience the world around you.

## → Task

1. Can you name your 5 senses?
2. How could differences in our senses affect our risk of falling over?

You may consider inviting someone to speak from RNIB, or The Macular Society.

Or even someone from a local Community Resource Team to explain how an impairment of your senses can impact on their day-to-day life and make them unable to detect certain dangers that they may have noticed to stop them from falling over.



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