

# Teacher Notes (Lower Key Stage 2)

## Lila chats to Alexandra the Doctor



Alexandra is a doctor. Doctors are people who practise medicine. Doctors are trained to keep people healthy and to heal people when they are unwell. There are many parts to a doctor's job. Doctors first need to identify what is making a person sick. Then they decide on a treatment.

Other related jobs:

General Practice Doctor

Nurse

Radiologist (x-rays)

Health Journalist

Medical Photographer

Pharmaceutical Researcher



### Guided Reflection – to structure a conversation after the film



- ☐ What was the most interesting thing you found out from Alexandra?
- ☐ What did you like about Alexandra's job?
- ☐ What would you enjoy most about Alexandra's job and what would you find most difficult?
- ☐ What have you learnt about being a Doctor?
- ☐ How might you go about becoming a Doctor?



5  
mins

### Discover & Do Activities – to run alongside the Discover & Do printed worksheets

#### Activity 1 – Were you listening carefully?



10  
mins



In this activity, pupils apply Steps 2 and 3 of Listening from the Skills Builder Framework.  
Listening Step 2: I can listen to others and ask questions about what I heard.  
Listening Step 3: I can follow a conversation and tell somebody else what it was about.

Share the definition: "Listening is the receiving, retaining and processing of information or ideas".

Using the Discover & Do worksheet, ask pupils to:

- ☐ Write down 3 questions they would ask Alexandra
- ☐ Tell a partner what they recall from the conversation

#### Activity 2 – Drawing Instructor



15-20  
mins

In this activity, pupils will explore the importance of communication effectively through a drawing activity.

Ask your pupils to work in pairs and sit back to back. Pupils can choose one of the simple pictures from the four on their worksheet. Tell the children that one person in the pair will act as the 'instructor' and will describe the picture to their partner. Meanwhile, the other partner acts as the 'artist' and attempts to draw the shape (on a scrap piece of paper) using only the verbal instructions given. After 2-3 minutes, tell the children to compare the drawing with the printed picture. Allow pairs to switch and repeat the activity (using a different picture) with the 'instructor' now acting as the 'artist.'



**Reflection Question:** Why do doctors need to listen carefully to the people they meet?

#### Activity 3 – Healthy living artwork



Extended  
project

In this activity, pupils will create a piece of artwork to represent a healthy lifestyle.

Ask pupils to create a piece of artwork to share all of the things that help them to have a healthy lifestyle. This could be a collage or painting or might be a sculpture. It might include their favourite foods, hobbies and things they do in and outside of school, e.g. 1K a day, PE and mindfulness.



**Reflection Question:** Why is it important for doctors to encourage people to be healthy?