

Practical activities

Notes for the teacher - If your children need to review their learning, you can use these activities to support them.

Time capsule creation

The resources needed for this activity include a box, and other items suitable for a time capsule.

Activity: Children will work in small groups to create a time capsule that represents healthcare today. Each group will gather items (drawings, photographs, or written notes) that reflect their experiences with hospitals and healthcare. After discussing what items to include, they will place these items in a box and write a letter to future students explaining their significance. The teacher will guide the discussion on how these items represent current healthcare practices. At the end of the activity, groups will present their time capsules to the class, explaining their choices and how they relate to the past.

Historical hospital role play

The resources needed for this activity include a classroom set-up with suitable props and clothes that could be used for medical role play.

Activity: Children will pair up and choose roles (doctor, nurse, patient) to enact a hospital scene from the past versus the present. The teacher will provide a brief overview of hospital practices from different eras. Students will then create a simple script based on their roles, incorporating historical practices and modern advancements. Sentence starters and a word bank might be useful to provide here. After rehearsing, pairs will perform their scenes for the class. The teacher will facilitate a discussion on how hospital roles and practices have changed over time.

Virtual hospital tour

The resources needed for this activity include access to the internet.

Activity: Children will participate in a virtual tour of a local hospital using tablets or computers. For example <https://bwc.nhs.uk/virtual-tour/>

The teacher will guide them through the tour, highlighting different departments and historical changes in medical practices. After the tour, children will complete a simple worksheet where they draw one thing they learnt about the hospital and write a sentence about how it has changed over time.



Storytime with historical figures

The resources needed for this activity include access to a range of stories / picture books.

Activity: The teacher will read a story about a historical figure in healthcare (e.g. Florence Nightingale). After the story, students will discuss what they learned about hospitals in the past and how they relate to their experiences today. In small groups, students will create a short story or comic strip that imagines a day in the life of a healthcare worker from the past, incorporating elements from the story read.

Healthcare carers day

The resources needed for this activity include visits from a range of medical professionals.

Activity: Invite local healthcare professionals (doctors, nurses, paramedics) to speak to the class about their roles and how they have changed over time. Students will prepare questions in advance and engage in a question-and-answer session. After the presentations, students will work in groups to create a poster highlighting one profession and how it has changed.

Interactive timeline wall

The resources needed for this activity include access to a range of non-fiction books / the internet.

Activity: Children will collaboratively create an interactive timeline wall in the classroom that showcases key events in healthcare history. Each student will contribute a piece of information (e.g. a drawing, a fact) related to a specific time period. The teacher will guide students in researching their topics and placing them on the timeline. Once completed, students will present their sections to the class, explaining their significance.

