

Welcome to Thackray Museum of Medicine



WHO LOOKS AFTER YOU

This Who Looks After You trail has been put together for **KEY STAGE TWO** groups. We hope you enjoy exploring the museum together.

It is very important that we look after our bodies and keep healthy. There are lots of ways to do this and lots of people who can help us do this, so let's explore the galleries and see what we can find.

Before we start there are some important things to note:



This sign means there is something for you to watch



This sign means it is time for you to be a detective



This sign means there is something for you to touch



This sign means there is something for you to look at



This sign means there is something for you to think about



This sign means there is an activity for you to do back at school.

DISEASE STREET

SOME CHILDREN MAY FIND THIS GALLERY UPSETTING

This gallery shows us what life was like a long time ago in Victorian Leeds and how they did their best to look after themselves. The houses are very close together so it is very dark and there is lots of rubbish on the street.



Meet Hannah Dyson and travel back in time with her to Victorian Leeds.



Pick a character. What is your character's name?

Why do you think it was so hard for your character to stay healthy on our Hazard Trail?



What do you think it must have felt like to live in a place like this?

Would you have liked to live on this street?

Do you think people were happy living on this street?

MAKING US WELL, OUTSIDE IN – PUBLIC HEALTH

It was important that people made changes to the way they lived.



Explore this gallery and discover some of the things that people did to improve living conditions.

Can you find one way which people improved the water they drank?

Can you find one way which people improved what they ate?

Can you find one way which people improved the houses they lived in?



Think about your house at home, how many people live in it?

How does being in your house make you feel?

It is important that people look after their minds as well as their bodies.

What can you do to help your mind stay healthy?

Who do you talk to when you feel sad?

What can you do to make yourself feel happy?

DISEASE DETECTIVES

This gallery is all about Germs and the people who helped us discover how to fight them.



Watch the **What is a Germ?** video. It is important that we know what germs are and how we can help stop them.



Can you think of a way we can help stop germs spreading?



Use the fuzzy felt to design your own **Animalcule**.

CUTTING EDGE



This gallery shows us some of the amazing inventions that help us stay healthy. Have a look at them and see if you can decide which one you think is the best by using our special voting wall.

WHO CARES

This gallery talks about all the people who help to keep us healthy and shows us the different ways some people care for each other.



Look at the Nurses uniforms in the big case.



What does a nurse do?

How have the uniforms changed over time?

Why do you think they changed?

Do you know any famous nurses?



Look behind the doors and discover some of the different ways that people care for each other when they are poorly.



Can you remember a time you have been poorly?

Who looked after you? What did they do to help you?

Do you have any home remedies (things you do in your family to help you feel healthy)?

What other jobs do people do in healthcare?

Do you know anyone who works looking after people?

HEALTH HEROES WALL



Look at the giant picture on the picture showing lots of people who help take care of us on the wall.



Who can you spot in the picture?

Can you find the air ambulance?

Do you know anyone who does any of these jobs?

Can you think of three adjectives to describe what type of qualities people in these jobs need?

Who do you think is your health hero?

BACK AT SCHOOL ACTIVITY



Make a poster / Youtube Video / Blog article to show the range of choices people have when caring for themselves and others.

This could include:

Home remedies

Personal hygiene

Public health

Alternative medicine (like Chinese medicine)

The NHS