



**SCAFFOLDING STUDENTS SERIES**

# **BEING HEALTHY AND WELL**

# Pre Session Activity

There are given picture of two groups of children. See the pictures and give the answers.

Group A



Group B



- Which group is looking **happy**?
- Which group is looking **healthier**?
- In which group you would like to be and why?

# Learning Outcomes

- To know and understand what is meant by being healthy and well
- To understand the relation between health and wellness.
- Healthy lifestyle, health and wellness tips for students

# Health

- Most people think that health is the absence of sickness.
- Health is much more than that!



***Health is the combination of your physical, mental, emotional, and social well being.***

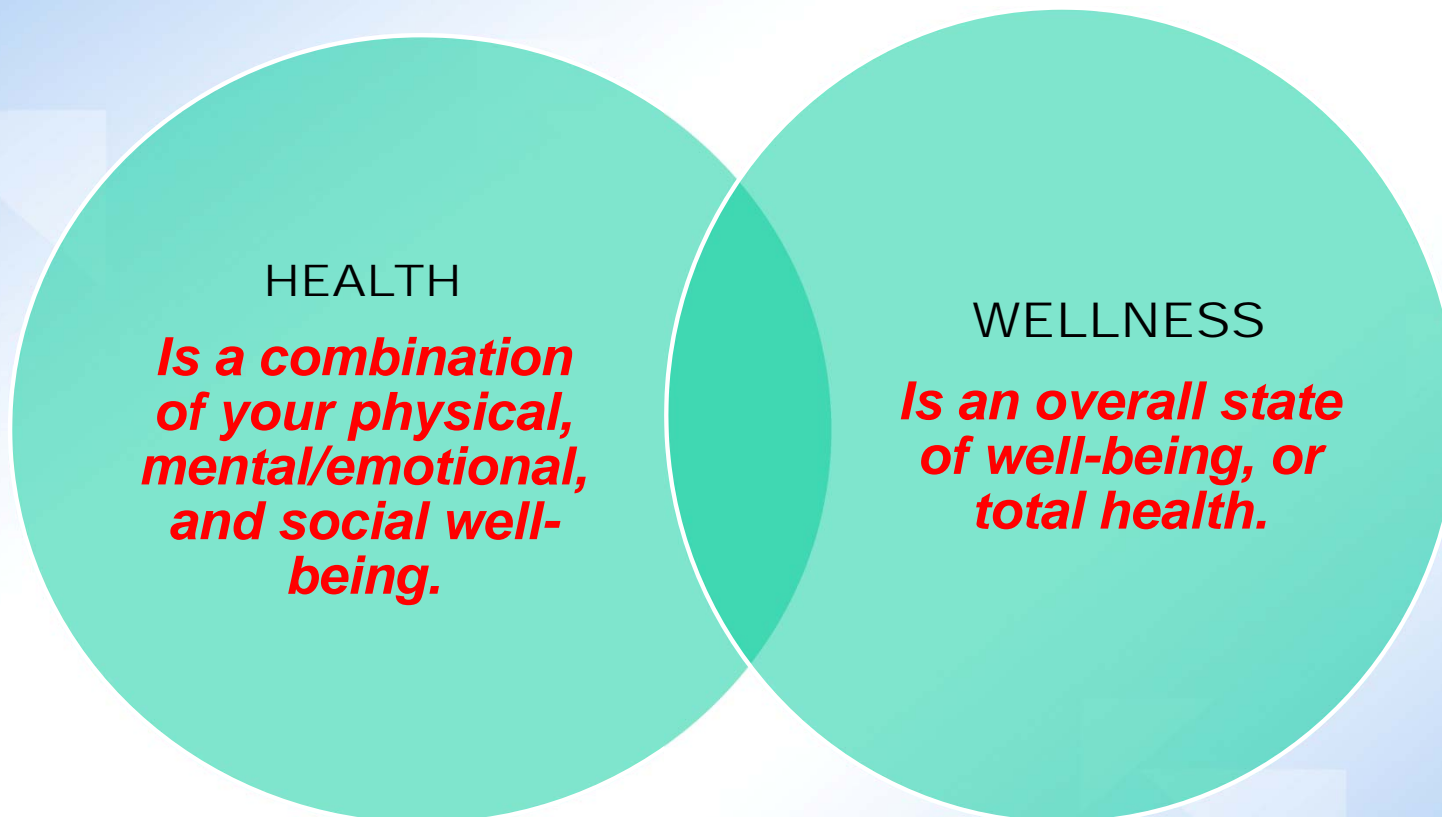


# Wellness

***An overall state of well-being, or total health***

*-It comes from making decisions and practicing behaviors that are based on sound health knowledge and healthful attitudes*

# Relation between Health and Wellness



***Achieving wellness is an ongoing, lifelong commitment to all aspects of health!***

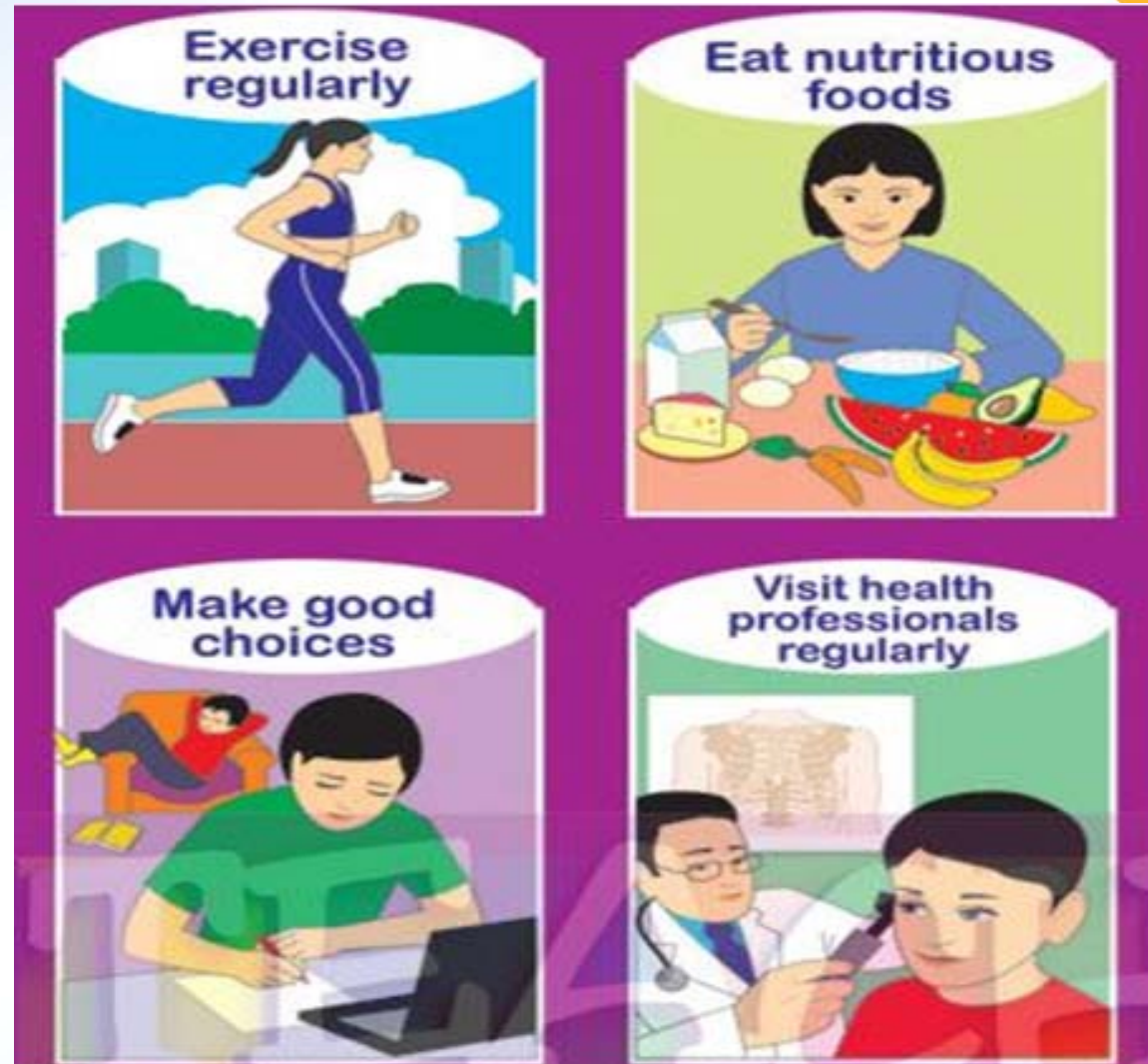
# How is Health Important for Wellness?

<b>HEALTH PARAMETER</b>	<b>HOW IT AFFECTS WELLNESS</b>
<b>Physical health</b>	A sound body keeps us happy and energetic to produce more work.
<b>Mental health</b>	A well balanced mental health keeps us calm and composed, resulting in constructive work production.
<b>Emotional health</b>	Emotional health is a crucial aspect of overall wellness, affecting our mental and physical health, relationships, and productivity.

# Physical Health

The physical health depends on the way parts and systems of our body work together.

*To maintain physical health we need to:*





**Get at least eight hours of sleep each night**



**Wash your hands with soap**



**Practice good hygiene**



**Wear protective gear while playing sports**



# Mental and Emotional Health

*It includes feelings about yourself and how well you meet life's demands.*

**To have sound mental and emotional health you need:**

- To **be in touch with your feelings** and express them in appropriate, healthy ways.
- **Accept** responsibility for your actions.
- Enjoy learning, **do not be shy of asking!**
- Know that your **mistakes are opportunities** to learn and grow.
- Use your mind to **develop thinking skills.**

# Reflection

***Your friend has said something harsh to you or say your sibling. You are very angry at him / her.***

- 1. How are you going to react to this situation?*
- 2. Does your reaction makes you happy? Y/N*
- 3. Does this reaction promotes your well being? Y/N*

# Key to Wellness

*Working on the principle of: **Prevention is better than cure!***

- Prevention of falling ill, bottling up of emotions, creating social distances, etc.
- Following safety rules at all fronts.
- Practicing health and safety habits to remain free of disease and injury

**Examples:** *wearing seatbelts,  
applying sunscreen/vaseline,  
talking out your emotions to a person you trust,  
bridging the social gap, etc...*

# Activity Time

- Gather in a circle and close your eyes and sit quietly in the circle.
- Now, think it means to be healthy and well.
- Think about one thing you can do for your good health. This could be *drinking more water, eating a healthy snack, or taking a short walk.*



**Commit yourself to do this one thing every day.**

# Task sheet

**ADVENTURE TO FITNESS**  
Adventure to Fitness  
Healthy Minds + Fit Bodies = Happy Kids !!

## Adventure to Fitness - Healthy Tracker

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

 <p>Daily Goal: 3-5 Vegetables &amp; 2-4 Fruits</p>							
 <p>Daily Goal: 6-8 Cups of Water</p>							
 <p>Daily Goal: Eat Healthy Snacks Not Sweets</p>							
 <p>Daily Goal: 60 Minutes of Physical Activity</p>							

**Take care of your body.  
It's the only place  
YOU have to live in.....**

